



Directory of Resources

Contra Costa County Substance Use Prevention and Treatment for Women and Mothers With Young Children



Contra Costa County Behavioral Health Division
Alcohol and Other Drugs Services Administration

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<http://cchealth.org/aod>

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AOD Women's Services – Directory of Resources

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About This Directory

Welcome to the Drug Medi-Cal Organized Delivery System (DMC-ODS) of Contra Costa County. Women's Services! This is a directory of substance use disorders prevention and treatment programs provided specifically for Contra Costa County women and mothers with children. As your DMC-ODS Plan, we have the responsibility to ensure that substance use disorder treatment services are readily available.

The directory was developed by the Contra Costa County Behavioral Health Division – Alcohol and Other Drug Services (AODS) Administration with the goal of providing contact information for all substance use disorders treatment and recovery programs under contract with AODS Administration.

All services in this directory comply with the requirements of the DMC-ODS Waiver Plan and follow the American Society of Addiction Medicine Criteria (ASAM).

If you would like more information about the programs and services in this directory, contact the Contra Costa County Behavioral Health Alcohol and Other Drugs Access Line at 1-800-846-1652 or 925-335-3330. Monday – Friday 8:00 AM – 5:00 PM (Hablamos Español).

Contra Costa County Alcohol & Other Drug Services Behavioral Health Access Line
Toll Free 1.800.846.1652
All Calls are Completely CONFIDENTIAL
Call for more information and/or to access services

Alcohol & Other Drugs Services Contact
Fatima Matal Sol, AODS Program Chief
(925) 335-3330

Trisha J. Seastrom, LAADC – AODS Program Manager – Perinatal and Women's System of Care
Direct (925) 335-3333 / Trisha.Seastrom@hsd.cccounty.us

Types of Programs and Services

Outpatient Drug Free (ODF) and Intensive Outpatient Treatment [IOT] – ASAM Level 1 & 2.1

Offers support and counseling for women who do not live in a treatment facility and want to work on their alcohol and other drug use concerns and increase their self-sufficiency and stability. Women can bring their children to some programs. Childcare is offered free of charge.

Residential – ASAM Level 3.1 – Offers non-medical care for women who live in the treatment facility and want to work on their alcohol and other drug use concerns and increase their self-sufficiency and stability. Some programs accept women with their children who can also participate in treatment.

Withdrawal Management (Detox) – Non-medical – ASAM Level 3.2 – Offers non-medical detoxification services to assist and support people who are physically dependent on alcohol or other drugs during withdrawal.

Medication Assisted Treatment [MAT]

Narcotic Treatment Program – Offers outpatient treatment using methadone and/or levoalphacetylmethadol (LAAM) as narcotic replacement therapy to help people cope with the symptoms of opiate/opioid withdrawal.

Buprenorphine – available through “Choosing Change Clinics” in Ambulatory Care within CCC Health Services Department.

Cost of Services – Must be Medi-Cal eligible. Each program offers assistance with Medi-Cal enrollment. We also offer a sliding fee scale if Medi-Cal is not an option. No woman will be turned away for inability to pay.

Access to Services – Please call the **BEHAVIORAL HEALTH ACCESS LINE, toll free, at 1-800-846-1652** and speak with a Substance Use Counselor. If you are already receiving healthcare, please ask your healthcare professional about a referral.

Childcare Services – Each of the perinatal programs provide onsite childcare services. Please ask for information about childcare options when you contact the Behavioral Health Access Line.

Transportation – Each of the perinatal programs provide transportation services. Please ask for information about transportation options during admission into a program.



Ujima Central Outpatient Program

(925) 691-5083

Type of Program:

- Outpatient Drug Free (ODF) ASAM Level 1
- Intensive Outpatient Treatment (IOT) ASAM Level 2.1

For Who?:

- Women who are pregnant, postpartum and parenting women with young children
- Women who are CalWORKs recipients (SAMHWorks)

Location: Concord – Central Contra Costa County

Services:

- Outpatient alcohol and drug treatment program
- Comprehensive assessments
- Alcohol and Drug Recovery Education
- Individual, group and family counseling
- Individualized Treatment Plans
- Relapse prevention education
- Recovery Support Services such as 12-step, SMART and others
- Pregnancy support
- Parenting skills an education
- Child care and child development services
- Family reunification support
- Life skills education
- Domestic Violence education
- Psychiatric appointments and medication management for eligible CalWORKs clients
- Case management and care coordination services
- Resources for state and local agencies, service providers and community organizations
- Continuing Care, Discharge Planning and Alumnae activities



Ujima West Outpatient Program

510) 215-2280

Type of Program:

- Outpatient Drug Free (ODF) ASAM Level 1
- Intensive Outpatient Treatment (IOT) ASAM Level 2.1

For Who?:

- Women who are pregnant, postpartum and parenting women with young children
- Women who are CalWORKs recipients (SAMHWorks)

Location: Richmond – West Contra Costa County

Services:

- Outpatient alcohol and drug treatment program
- Comprehensive assessments
- Alcohol and Drug Recovery Education
- Individual, group and family counseling
- Individualized Treatment Plans
- Relapse prevention education
- Recovery Support Services such as 12-step, SMART and others
- Pregnancy support
- Parenting skills and education
- Child care and child development services
- Family reunification support
- Life skills education
- Domestic Violence education
- Psychiatric appointment and medication management for eligible CalWORKs clients
- Case Management and care coordination services
- Resources for state and local agencies, service providers and community organizations
- Continuing Care, Discharge Planning and Alumnae activities



East County Women's Services / Wollam House

(925) 427-1384

Type of Program:

- Withdrawal Management (Detox) ASAM Level 3.2
- Residential ASAM Level 3.1

For Who?:

- Women
- Women who are pregnant, postpartum and parenting women with young children – up to age 5
- Women who are CalWORKs recipients (SAMHWorks)
- Will accept clients on Medication Assisted Treatment (MAT) for opiate/opioid use disorder who want alcohol and drug treatment with the goal of sustained recovery

Location: Pittsburg – East Contra Costa County

Services:

- 24 hour detoxification services
- Child care, child development services & parenting education
- Children's' services with the Lynn Center for eligible clients
- Communication and life skills education
- Healthy lifestyles, nutrition and HIV/AIDS education
- Recovery Support Services such as 12-step, SMART and others
- Job training referrals
- Sober transitional housing available
- Pregnancy support
- Family reunification support
- Alumnae activities, support groups and linkages to aftercare
- Recreational and social functions
- 24 hour Residential Treatment Program
- Individual, group and family counseling
- Treatment and recovery planning
- Alcohol and drug education
- Relapse Prevention
- Individual and Group Trauma Therapy
- Women's Issues groups
- Domestic Violence education



La Casa Ujima Residential Treatment Program

(925) 229-0230

Type of Program: Residential ASAM Level 3.1

For Who?:

- Women who are pregnant, postpartum and parenting women with young children – up to age 5
- Women who are CalWORKs recipients (SAMHWorks)
- Will accept Methadone clients who want alcohol and drug treatment with the goal of sustained recovery

Location: Martinez – Central Contra Costa County

Services:

- 24 hour Residential Treatment program
- Individual, group and family counseling
- Treatment and recovery planning
- Psychiatric support
- Alcohol and drug education
- Relapse Prevention
- Individual and Group Trauma Therapy
- Women’s Issues groups
- Domestic Violence education
- Pregnancy support
- Parenting education
- Family reunification support
- Child care and child development services
- Children’s services with the Lynn Center for eligible clients
- Communication and life skills education
- Healthy lifestyles, nutrition and HIV/AIDS education
- Recovery Support Services such as 12-step, SMART and others
- Job training referrals
- Sober transitional housing available
- Alumnae activities, support groups and linkages to aftercare
- Recreational and social functions



Ujima Rectory Women's Recovery Center

(510) 236-3134

Type of Program: Residential ASAM Level 3.1

For Who?:

- Women who are pregnant, postpartum and parenting women with children – girls up to age 12 and boys up to age 7
- Women who are CalWORKs recipients (SAMHWorks)
- Will accept Methadone clients who want alcohol and drug treatment with the goal of sustained recovery

Location: San Pablo – West Contra Costa County

Services:

- 24 Hour Residential Treatment program
- Individual, group and family counseling
- Treatment and recovery planning
- Psychiatric support
- Alcohol and drug education
- Relapse Prevention
- Individual and Group Trauma Therapy
- Women's Issues groups
- Domestic Violence education
- Pregnancy support
- Parenting education
- Family reunification support
- Child care and child development services
- Children's services with the Lynn Center for eligible clients
- Communication and life skills education
- Healthy lifestyles, nutrition and HIV/AIDS education
- Recovery Support Services such as 12-step, SMART and others
- Job training referrals
- Sober transitional housing available
- Alumnae activities, support groups and linkages to aftercare
- Recreational and social functions



Frederic Ozanam Center

(925) 676-4840

Type of Program:

- Detox ASAM Level 3.2
- Residential ASAM Level 3.1

For Who: All women, including pregnant women (***NOTE: this is not a perinatal program and does not provide onsite childcare or living arrangement for children***)

Location: Concord – Central Contra Costa County

Services:

- 24 Hour Withdrawal Management (detox) services
- 24 Hour residential support
- Alcohol & drug education
- Individual & group counseling
- Recovery planning for individuals and families
- Nutrition guidance
- Personal development
- Participation in Recovery Support Services such as Self-help support groups, eg. 12-step, SMART
- Assistance in obtaining childcare, vocational training & employment services
- Recreational & social functions
- Structured family program
- Supportive alumnae program
- Two supportive living houses



BAART – Methadone Programs

Richmond: (510) 232-0874

Antioch: (925) 522-0124

Type of Program:

- Outpatient Narcotic (Methadone) Treatment Program (CO-ED)

For Who?: Clinically eligible females and males suffering from an opiate/opioid use disorder, **including pregnant women**

Location: Richmond – West Contra Costa County; Antioch – East Contra Costa County

Services:

- Services Monday – Friday
- Outpatient methadone services
- Withdrawal Management (detox) and recovery maintenance
- Individual Counseling
- Psychosocial Services
- HIV screening and prevention
- Relapse Prevention Services



CHOOSING CHANGE

BUPRENORPHINE TREATMENT

Type of Program: Outpatient Treatment Program (CO-ED)

For Who?: Clinically eligible females suffering from an opiate/opioid use disorder, **including pregnant women**

Location: San Pablo – West Contra Costa County; Antioch & Pittsburg – East Contra Costa County; Martinez – Central Contra Costa County; Concord – Central Contra Costa County

Services:

- Services Monday – Friday
- Outpatient induction and maintenance
- Individualized Behavioral Health Counseling
- Psychosocial Services
- HIV screening and prevention
- Relapse Prevention services

**For Referrals to Choosing Change, please
call the Behavioral Health Access Line
Toll Free at 1.800.846.1652**

Substance Use Treatment for Girls Under 18

Girls under 18 who are pregnant or parenting can be fully served at perinatal or other adult treatment programs **if they are legally emancipated minors**. Otherwise they can receive only partial individualized services there, and can receive full services only from programs for girls under 18.

ALL PROGRAMS FOR GIRLS UNDER 18 ARE CO-ED.

R.E.A.C.H.

- Location in East County
- Spanish language services offered
- HIV prevention education and testing
- Antioch: (925) 754-3673
- Brentwood: (925) 809-7920

BAART:

- Located in Richmond
- Outpatient methadone detoxification, maintenance, counseling and HIV prevention for clinically eligible individuals suffering from an opiate/opioid use disorder, including minor girls **with parental consent**
- (510) 232-0874

County Wide Prevention Services

Co-Ed prevention services for girls under 18

Center for Human Development:

- Countywide
- (925) 687-8844

R.E.A.C.H.

- Located in East County
- Spanish language services offered
- Antioch: (925) 754-3673
- Brentwood: (925) 809-7920

Discovery Counseling of San Ramon Valley

- Located in Danville
- (925) 837-0505

Community Health Asian Americans – CHAA

- Located in Richmond
- Asian and Pacific Islander language services offered
- (510) 835-2777

Bay Area Community Resources

- Located in West County
- (510) 559-5550

Alcohol and Other Drugs Administration

- Countywide
- Spanish speaking available
- (925) 335-3313



SAMHWorks for CalWORKs

SAMHWorks: Wellness to Independence provides assessment, treatment and referral services for CalWORKs recipients.

Parents participating in CalWORKs Welfare to Work and considering substance use or mental health treatment are encouraged to contact the SAMHWorks offices below for assistance.

SAMHWorks liaisons can help women on CalWORKs with contacting the Behavioral Health Access Line for Screening and placement in the appropriate level of substance use treatment, as well as navigate other barriers including transportation and childcare.

Antioch: 925-706-4688

Pleasant Hill: 925-602-9444

Hercules: 510-262-8572

Richmond: 510-412-3200

**Fadua Galdámez, Spanish Outreach for SAMHWorks-
Llámanos podemos ayudarte! (925) 335-3335**

Screening, Brief Intervention and Referral to Treatment [SBIRT] ASAM Level.5

SBIRT is offered in all health centers in Contra Costa County during your first annual visit to the doctor and every year thereafter.

S [Screening]

The purpose of the screening is to quickly assess the severity of substance use and identifies the appropriate level of treatment.

B [Brief Intervention]

Brief intervention focuses on increasing insight and awareness regarding substance use and motivation toward behavioral change.

RT [Referral to Treatment]

Referral to treatment provides to those women identified as needing more extensive treatment with access to specialty substance use disorder care.

Additional Community-Based Recovery Support Groups

SMART (Self-Management & Recovery
Training Recovery – On-Line Meetings
[https://www.smartrecovery.org/community
/calendar.php](https://www.smartrecovery.org/community/calendar.php)

SMART Recovery – Live Meeting Directory:
<https://www.smartrecovery.org/local/#s=1>

Refuge Recovery – Find Local Meetings:
<https://www.smartrecovery.org/local/#s=1>

A.A. – Alcoholics Anonymous
925-939-4155 – Hotline/Central Office
510-839-8900 – Oakland Central Office

N.A. – Narcotics Anonymous
925-685-4357 – Español oprima 89
925-685-4357 – 24/7 Hotline
<http://www.Norcal.NA.org>
<http://www.contracosta.NA.org>

M.A. – Marijuana Anonymous
510-957-8390

C.A. – Cocaine Anonymous
510-268-0600

Crystal Meth Anonymous
415-835-4747
www.crystalmeth.org

LifeRing
Secular self-help sober social support
Local Phone: 510-763-0779
Toll-Free: 1-800-811-4142
<http://lifering.org/>

Recovering Couples Anonymous
1-877-663-2317
<http://www.recovering-couples.org/>

Co-dependents Anonymous
<http://www.sfbaycoda.org/MeetingList.pdf>
1-888-444-2359

Adult Children of Alcoholics
[http://www.adultchildren.org/meetinginfo@
adultchildren.org](http://www.adultchildren.org/meetinginfo@adultchildren.org)

Dual Recovery @ Anka
510-232-7571 (Richmond)
925-685-7613 (Concord)
925-778-3750 (Antioch)

S.L.A.A. – Sex & Love Addicts Anonymous
415-979-4715
<http://www.slaa-sfeb.org/>

Food Addicts Anonymous
1-800-600-6028

Survivors of Incest
(Does not post meetings on-line)

For more info:
<http://www.slawo.org/contactus.html>

Additional Services Continued

DOMESTIC VIOLENCE AND SAFETY SUPPORT

Rape Crisis Hotline

24-Hour Service:
1-800-670-7273

STAND for Families Free of Violence

Shelters & 24-Hour Hotline:
1-888-215-5555
925-827-0212

Community Violence Solutions

510-237-0113

International Rescue Committee – For victims of human trafficking

510-452-8222

CHILDREN, PRENATAL AND PERINATAL SERVICES

Prenatal Care Guidance (PCG)

925-313-6254
1-800-696-9644

Women, Infants & Children (WIC)

1-800-414-4WIC
1-800-414-4942
<http://cchealth.org/services/wic/index.php>

Brighter Beginnings

1-877-427-7134
<http://www.brighter-beginnings.org/wp-content/uploads/2012/07/B-B-Programs-Brochure-2012.pdf>

Lift Every Voice – For Incarcerated pregnant women and teens

925-313-6313

Healthy Start

Martinez – 925-370-5495
Pittsburg – 925-431-2345
Richmond – 510-231-1340

First 5 Contra Costa

925-771-7300
http://firstfive.org/uploads/programs/f5centersTrifold_0612.pdf

Welcome Home Baby

Antioch – 925-753-2156
San Pablo – 510-307-4401

Ujima Children’s Recovery and Family Education Program

510-236-0399

Postpartum Depression Support

1-800-773-6667
(1-800-PPD-MOMS)
http://cchealth.org/perinata/pdf/perinatal_depression_handout.pdf

ADDITIONAL SERVICES

HIV/AIDS/TB Testing & Services

925-313-6770 – Español
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Bay Area Legal Aid

800-551-5554

Rainbow Community Center (LGBTQQI)

925-692-0090
<http://rainbowcc.org/>



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