

WARNING SIGNS

Behaviors commonly associated with teenagers who have substance abuse problems—but also may reflect normal teenage growing pains

- Mood changes
- School problems
- Rebelling against family rules
- Switching friends abruptly, and reluctance to introduce new friends
- A “nothing matters” attitude (sloppy dress, low energy, lack of engagement)
- Finding or smelling alcohol or drugs on your child or in their backpack or room
- Memory lapses, poor concentration or other mental issues
- Bloodshot eyes, slurred speech or a lack of coordination

If someone you care about

has any of these warning signs, you can call these **24-HOUR HOTLINE NUMBERS FOR HELP**

CC Mental Health Crisis Services
925-646-2800

California Youth Crisis Line
800-843-5200

The Trevor Project (crisis intervention for LGBTQ+ youth)
866-488-7386

Al-Anon/Alateen (for families of alcoholics)
Central/East County
925-932-6770

West County
510-528-4379

National Center for Missing & Exploited Children
800-843-5678

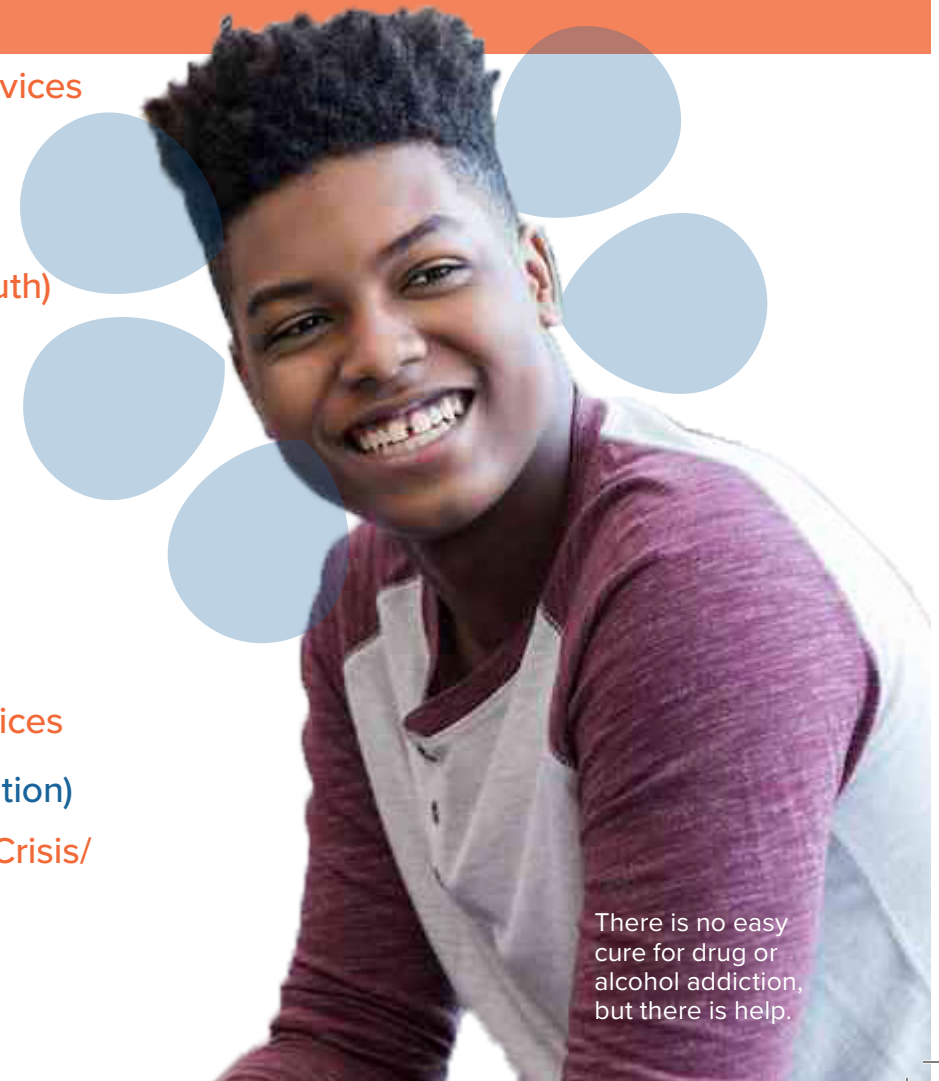
Alcohol & Other Drugs Services
Martinez, CA 94553
925-335-3330 (Administration)

Contra Costa Crisis Center Crisis/
Suicide Intervention
2-1-1
See Parenting Guide
21cc.org



CONTRA COSTA
HEALTH

TREATMENT & RECOVERY RESOURCES FOR TEENS & YOUTH



There is no easy cure for drug or alcohol addiction, but there is help.



My family and I have hope for today. Love, trust, happiness.
—Contra Costa Recovery Wall

ABOUT US

Contra Costa Behavioral Health's Alcohol & Other Drugs Services (AODS) and its community partners provide compassionate, culturally competent treatment for teens 12 and older. Contra Costa County adheres to the State Adolescent Best Practice Guidelines.

- Assessment
- Counseling Individual, Family and Group available
- Peer support
- Residential services

Treatment services are based on a sliding fee scale. No one is denied service because they cannot pay.

CONTRA COSTA
HEALTH



HOW TO GET HELP

If you know or suspect, a family member, or friend has a problem with alcohol or other drugs, please call 1-800-846-1652 or visit cchealth.org/aod to learn more about our services. You can also contact our partners directly in your community:

EAST COUNTY OUTPATIENT PROGRAMS

Reach Project Antioch
1915 D Street, Antioch, CA 94509
925-7545-3673

Reach Project Brentwood
9100 Brentwood Blvd., Brentwood, CA 94513
925-666-8460

Reach Project Oakley
3385 Main Street, Suite B Oakley, CA 94561
925-679-2504

Pittsburg High School "Project Achieve"
1750 Harbor Street
Pittsburg, CA 94565
925-473-2390 x7838

Regional Mental Health Clinics-Outpatient Services
Antioch Children's Behavioral Health
2335 Country Hills Drive Antioch, CA 94531
925-608-8745

Behavioral Health provides integrated care at all the mental health clinics. Youth can access treatment for substance use in the three child and adolescent mental health clinics.

CENTRAL COUNTY OUTPATIENT PROGRAMS

Central County Child and Adolescent Mental Health Services
2425 Bisso Lane, Ste. 200
Concord, CA 94520
925-521-5789

Parent Warm Line/Parent Navigator
Navegadora de Servicios Para Padres
Maritza Monterrosa—HABLO ESPANOL
Alcohol and Other Drug Services
Martinez, CA 94553
925-335-3346
925-812-7417 (mobile)
maritza.monterrosa@cchealth.org

WEST COUNTY OUTPATIENT PROGRAMS

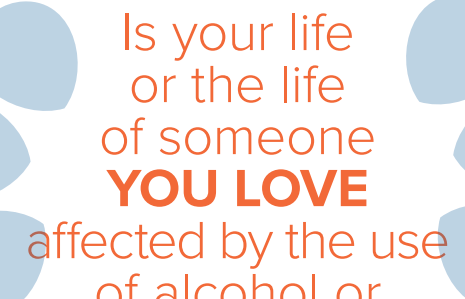
West County Child and Adolescent Mental Health Services
13585 San Pablo Ave., 1st flr., San Pablo, CA 94806
510-942-4600

Behavioral Health West County Child & Adolescent Services (ROAR)—Intensive Co-Occurring
1160 Brickyard Cove, Ste. 111, Point Richmond, CA 94801
925-334-2289

La Familia
2118 Willow Pass Rd., Ste. 500
Concord, CA 94520

La Familia
3065 Richmond Parkway, Ste. 108
San Pablo, CA 94806

MAT Services for Youth
Contact parent navigator
Access Line Alcohol and Other Drugs
1-888-846-1652



Is your life or the life of someone **YOU LOVE** affected by the use of alcohol or other drugs?