

## Substance Use Disorder Warning Signs

Drastic changes in mood or behavior.

Changes in eating and/or sleeping habits.

Arguing with family or friends about alcohol and/or drug use.

Memory problems/blackout.

Neglecting home or work responsibilities.

Associating with peers that use alcohol/drugs.

Strong cravings or frequent thoughts about alcohol and/or drugs.

Driving under the influence/alcohol or drug related arrests.

## Overdose Information

Do not hesitate to **call 911** for medical emergencies/overdose involving alcohol and/or drugs.

**Narcan®** is a medication that could immediately counter the effects of an **opioid or heroin overdose**. Emergency personnel often carry it with them. Narcan® is also available at select pharmacies without a prescription.

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### Department of Health Services

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### Division of Behavioral Health

Ryan Quist, Ph.D.  
Behavioral Health Director

### Substance Use Prevention and Treatment Services

Lori Miller, LCSW  
Division Manager



Department of Health Services  
Division of Behavioral Health Services

## Substance Use Prevention and Treatment Services



*Recovery is possible!*

*Help is available!*



## Our Services

Prevention Services

Outpatient Treatment

Perinatal Services for pregnant and parenting women

Withdrawal Management/ Detoxification Services

Medication-Assisted Treatment (methadone, buprenorphine, naltrexone and disulfiram, Narcan®)

Residential Treatment

Recovery Residences/Sober Living Environments

Recovery Services/After Care Services

Driving Under the Influence Programs

Collaborative Courts



Sacramento County residents ages 12+ are provided a continuum of care for substance use prevention and treatment.

Prevention services foster positive family environments and support abstinence and resiliency.

Treatment services are offered at no cost for most Medi-Cal eligible Sacramento residents.

System of Care staff will ask you simple questions about your use of alcohol and drugs to determine the best level of care for you and refer you to a treatment provider in your community. Bi-lingual staff and interpreters are available to you at no charge.

We understand that reaching out for assistance can be difficult. Substance Use Prevention and Treatment Services is here to help!



### System of Care for Substance Use Treatment

Please call our System of Care staff for a substance use disorder assessment and service referral.



*Your call and treatment will be kept confidential.*

Monday through Friday  
8:00 a.m. to 5:00 p.m.

**Telephone Number**  
(916) 874-9754

**California Relay Service**  
711

**After Hours**  
(888) 881-4881

