

WHAT ARE MY OPTIONS TO HELP WITH ALCOHOL AND DRUG USE?

A trained person will help decide which type of care will be best. These may include:



Detoxification (Withdrawal Management)

Medication and support to help when someone is sick after they stop using drugs.



Individual Outpatient Counseling

Talking one-on-one with a trained person.



Group Outpatient Counseling

Talking with a group of people who have problems with alcohol and drugs which is led by a trained person.



Intensive Outpatient Programs (IOP)

Talking with a group of people who have problems with alcohol and drugs which is led by a trained person several times a week.



Residential Services (Inpatient Treatment)

Live at the program for a period of time and get treatment and other supports for use of alcohol and drugs.



Medication Assisted Treatment (MAT)

Medication to help people to stop using alcohol or opioids. This is provided along with other types of help. A person can take this medicine as long as needed.



Recovery Support Services

Supports may include finding a job, finding childcare and getting to appointments. People can get these any time and with or without other services.



Peer Recovery Coaching

Talking with a trained person who also once had problems with alcohol and drugs. This person is called a recovery coach. A person can decide when they want to talk to their coach. Coaches are available to talk face-to-face or over the phone.

What services can I get to help with my alcohol and drug use?



SEE BACK PAGE

How do I get help for my alcohol and drug use in San Mateo County?



1. If you live in San Mateo County, call the ACCESS Call Center at 1-800-686-0101.

Pick the language you speak and pick option 4 for “mental health and substance use”. It is important that YOU call or give permission to allow family or friends to speak for you.

2. Give your name, birthday and phone number or email address.

3. If you have insurance give this information.

You do not need to have insurance to get help.

4. You will be connected to speak to a trained person who will ask you more questions to help you find the right type of care.

Anything you tell this person on the phone will not be shared unless you allow it.

Services are available if you have:

- Medi-Cal
- Care Advantage/Cal Medi-Connect
- Healthy Kids
- Health Worx
- Access and Care for Everyone (ACE)

If you have other or no insurance the ACCESS Call Center can still help you find care. The Call Center can also help you get insurance if you want it.

How much does it cost to get help for my alcohol and drug use?



**SAN MATEO
COUNTY HEALTH**
All together better.

You have the right to receive services in the language you speak. If you are not happy with the care or services you receive, please call: 1-800-388-5189.

This project was supported by the San Mateo County Health Care for the Homeless/ Farmworker Health program, utilizing funding received from the Federal Health Resources and Services Administration under the Health Center Program authorized under Section 330 of the Public Health Act.