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.

Board of Supervisors
Phil Serna—1st District
Patrick Kennedy—2nd District
Rich Desmond—3rd District
Rosario Rodriguez—4th District
Pat Hume—5th District

County Executive
David Villanueva

Department of Health Services
Timothy W. Lutz, Director

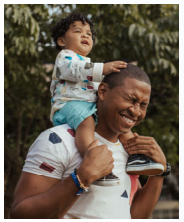
Division of Behavioral Health
Ryan Quist, Ph.D.
Behavioral Health Director

Substance Use Prevention and Treatment Services
Lori Miller, LCSW
Division Manager

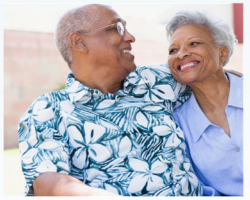
SACRAMENTO COUNTY

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

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.

BHS-SAC 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!

SACRAMENTO COUNTY

Behavioral Health Services — Screening and Coordination (BHS-SAC)

For a screening and referral to a substance use treatment provider, please call the BHS-SAC Team.

Telephone Number
(916) 875-1055, CA Relay 711 or toll free at 888-881-4881

Fax
916-875-1190

Hours
24 Hours a Day, 365 Days a Year

If you are experiencing a behavioral health crisis, please call 988. If you are experiencing a life-threatening emergency, please call 911.