

## 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

Timothy W. Lutz, Director

### Division of Behavioral Health

Ryan Quist, Ph.D.  
Behavioral Health Director

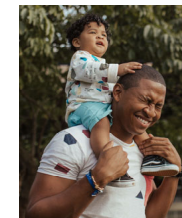
### Substance Use Prevention and Treatment Services

Lori Miller, LCSW  
Division Manager



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!



## 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) 875-1190, 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.*