SACRAMENTO COUNTY

Substance Use Prevention and Treatment (SUPT) Levels of Care and Access to Services

Sacramento County
Department of Health Services
Division of Behavioral Health Services
March 9, 2026

Today's Topics

- Adult SUPT continuum of care
- Specific levels of care including ASAM designations
- How to access SUPT services

Adult SUPT Continuum of Care

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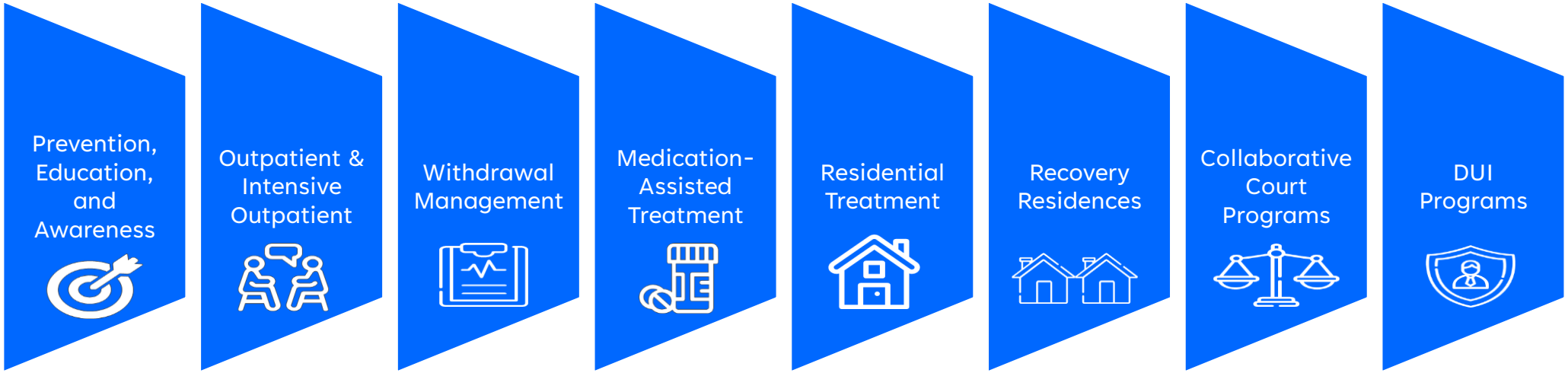


SERVICES PROVIDED TO YOUTH, TRANSITION-AGE YOUTH, ADULTS, OLDER ADULTS, PREGNANT/PARENTING WOMEN, AND OTHER SPECIAL POPULATIONS.

Approximately 6,834 individuals received treatment services in Fiscal Year 2024/2025.

Primary Drugs Used:

- Opiates
- Methamphetamines
- Alcohol
- Marijuana
- Other

Specific Levels of Care Including ASAM Designations

Outpatient/Intensive Outpatient

Outpatient (ASAM 1.0)

- Less than 9 hours of outpatient services per week (6 hours per week for adolescents) providing evidence-based treatment.

Intensive Outpatient (ASAM 2.1)

- Minimum of 9 hours of outpatient services per week (6 hours per week for adolescents) providing evidence-based treatment.

Withdrawal Management

Withdrawal Management (ASAM 3.2)

- Medically necessary habilitative and rehabilitative services that are provided in a residential setting as prescribed by a licensed physician or licensed prescriber.
- Supports include intake and assessment, observation and monitoring to evaluate health status of individuals during the withdrawal process, medication services, and discharge planning.

Medication-Assisted Treatment (MAT)

Narcotic Treatment Program (NTP)

- For Opioid Use Disorder treatment and stabilization. Supports include methadone or other FDA-approved SUD treatment medications, counseling, and care coordination.
- Both Sacramento County and out-of-County programs available.

Non-NTP Program

- Supports include a range of FDA-approved SUD treatment medications other than methadone, as well as other supportive medications, counseling, and care coordination.

Residential

Residential (ASAM 3.1)

- Structured SUD treatment/recovery services that are provided in a 24-hour residential care setting. Individuals receive at least 5 hours of clinical services per week.

Residential (ASAM 3.5)

- Structured, high intensity SUD treatment/recovery services that are provided in a 24-hour residential care setting. This level of care is intended for individuals presenting with multiple challenges to recovery and who require a safe, stable recovery environment combined with a high level of treatment services.

Recovery Services

- Recovery Services may be offered before, during, or after Outpatient, Intensive Outpatient, or Residential Treatment.

- Services for individuals who require ongoing stabilization and supports to remain in recovery including assistance with education, jobs, housing, recovery management (relapse prevention), etc.

Sober Living Environment (SLE)/ Recovery Residences

- 24-hour cooperative living arrangements where all residents are committed to being alcohol/substance-free.

- Eligibility: Individuals must either be concurrently enrolled or have completed a SUPT Program within the past 12 months.

Perinatal Services

- Designed to meet the unique SUD treatment and recovery needs of pregnant and parenting women of minor children.

Treatment Services include:

- Outpatient Treatment
- Intensive Outpatient Treatment
- Withdrawal Management
- Residential Treatment
- Transitional Living
- Care Coordination
- Educational Women's Perinatal Services
- Child Play Care

How to Access Services

BHS-SAC Integration

BHS-SAC integrated services with the mental health and substance use prevention and treatment services in January of 2025.

Integration Benefits:

- Provided additional personnel to help process requests. Resulting in higher retention and lower burnout rates.
- Reduced wait time for individuals needing to get linked to SMHS. (Wait time currently is 0 to 2 days).
- 2024 – Team processed 20,456 inquiries.
- 2025 – Team processed 35,657 inquiries.

- **MH Referrals** – 18,181, **SUD** – 7,643 and **MH & SUD** – 1,896.

BHS-SAC

Behavioral Health Services

Screening and Coordination (BHS-SAC)

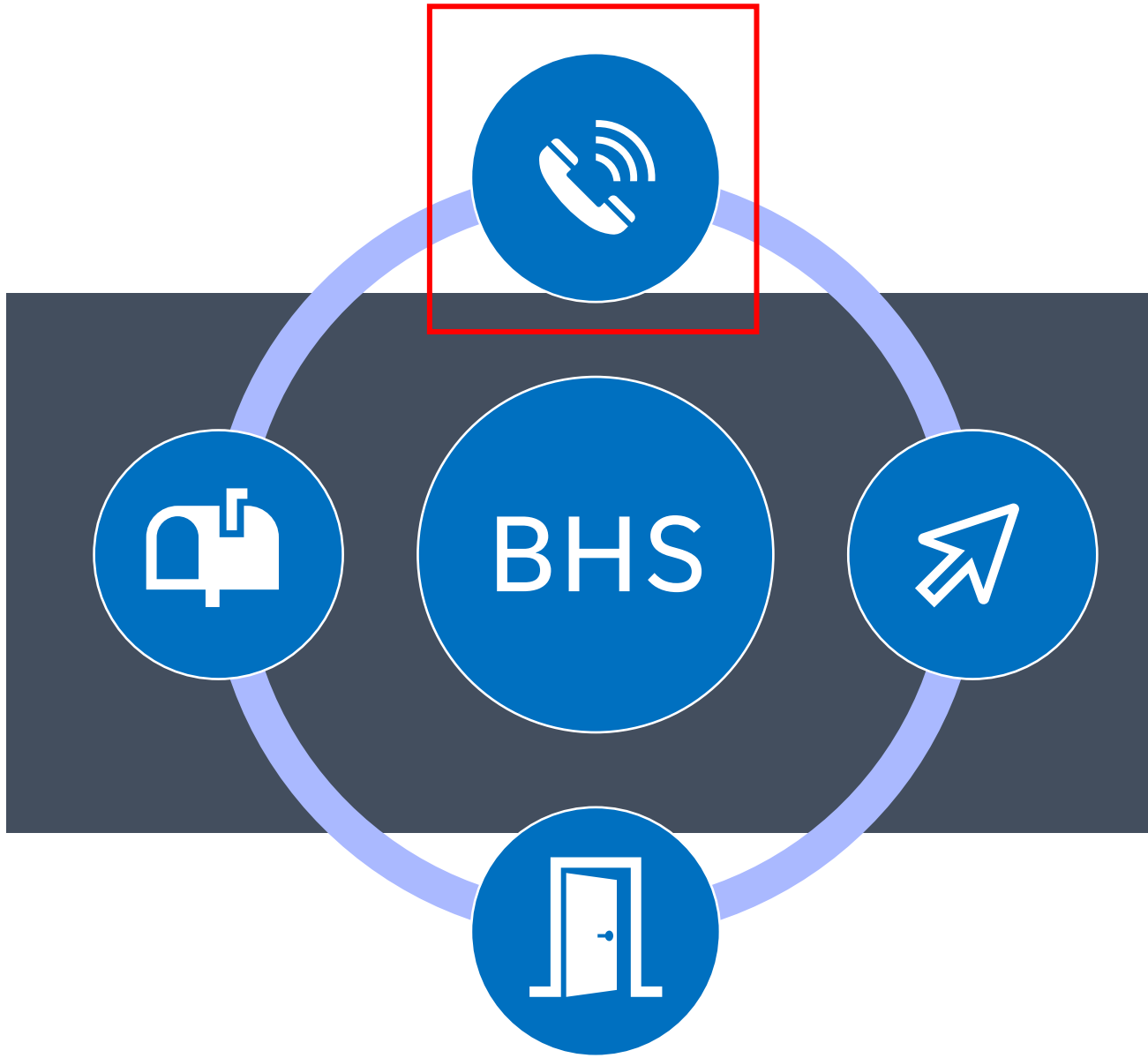
Phone:
(916) 875-1055; CA Relay 711

Toll Free:
(888) 881-4881

Fax:
(916) 875-1190

Hours:
24 Hours a Day, 365 Days a Year

How to seek Behavioral Health Services



What to expect when calling BHS-SAC

Callers will receive a brief screening to help determine the best program and level of care for the individual.

DON'T FEEL LIKE CALLING?

WALK IN TO SERVICES TODAY!

MENTAL HEALTH ADULT AND CHILD PROVIDER WALK IN HOURS

Adult-and-Child-Mental-Health-Provider-Open-Assessment-Hours.pdf

SUBSTANCE USE PREVENTION AND TREATMENT COMMUNITY RESOURCE LIST

GI-BHS-SUPT-Open-Assessment-Hours.pdf

DON'T FEEL LIKE CALLING?

THE ONLINE REQUEST FORM IS AVAILABLE!

- **BHS-SAC-Service-Request-Form.pdf**
- **Online SUD Youth Referral Form**
- **Mental Health and Substance Use Request**

DON'T FEEL LIKE CALLING?

MAIL REFERRALS ARE AVAILABLE!

- Print and Mail the to: BHS-SAC Team, *7001-A East Parkway, Suite 700, Sacramento, CA 95823*

- Print and Mail the SUD Adult Universal Referral Form or SUD Youth Referral Form to: BHS-SAC Team, *7001-A East Parkway, Suite 700, Sacramento, CA 95823*

BHS-SAC – Services Offered

- Screening for Mental Health and Substance Use Services
- Mental Health and Substance Use Outpatient Treatment
- Residential Treatment
- Recovery Residences/Sober Living Environments
- Care Coordination
- Crisis Intervention
- Medication Support
- Medication-Assisted Treatment
- Therapy Rehabilitation Services and Groups
- Driving Under the Influence Programs
- Linkage to Community Resources

Questions?

Substance Use Prevention and Treatment (SUPT)	• SUPT Main Line: (916) 875-2050 • BHS-SAC Main Line: (916) 875-1055, CA Relay 711, or toll free at (888) 881-4881
Tory Ross, LMFT, Health Program Manager	• Office: (916) 875-9920 • Cell: (916) 809-5469 • Email: RossTo@saccounty.gov
Lori Miller, LCSW, Division Manager	• Office: (916) 875-2046 • Email: MillerLori@saccounty.gov