



Substance Use Prevention and Treatment *Youth Services*

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Our Mission

To promote a healthy community free of the harmful consequences associated with problem alcohol and drug use by providing access to a comprehensive continuum of services while remaining responsive to and reflective of the diversity among individuals, families, and communities.

Why Do Youth Use Drugs?

ONE:

Having poor grades

TWO:

Having friends and peers who use

THREE:

Witnessing attitudes that are favorable to drug use

FOUR:

Being exposed to alcohol or drug use in social media, songs, movies, TV

FIVE:

To feel good, ease their pain, forget their troubles

SIX:

Relieve boredom

SEVEN:

Satisfy curiosity

Collaborations & Partnerships

- Community-based, contracted prevention providers
- Community-based, contracted treatment providers
- Sacramento County Behavioral Health Youth Advisory Board
- Courts – Juvenile Justice System
- Child Protective Services (CPS)
- STARS Program
- Juvenile Probation
- Youth Detention Facility
- Sacramento County Coalition for Youth

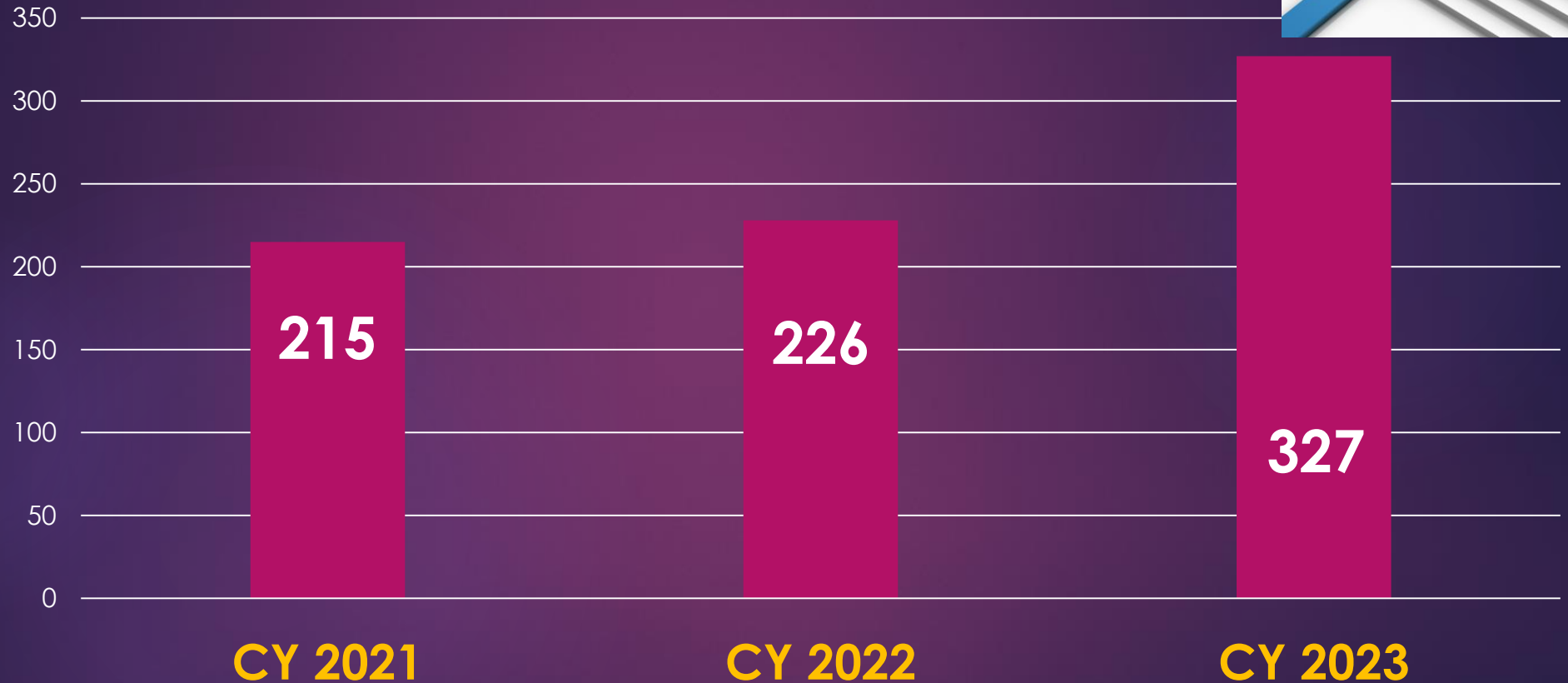
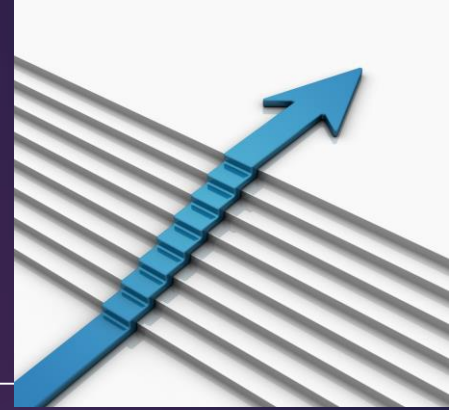
Sacramento County System of Care Intake Data

SUPT YOUTH AGES 0-17 INTAKE DEMOGRAPHICS				
Race	FY 22/23		FY 23/24 (07/01/23 - 01/31/24)	
	#	%	#	%
American Indian /alaskan Native	3	1%	0	0%
African-American/Black	96	42%	21	34%
Asian/Pacific Islander	18	8%	0	0%
Caucasian/White	42	18%	14	23%
Multi Racial	23	10%	5	8%
Other Race	45	20%	22	35%
Not Reported /Unknown	2	1%	0	0%
Ethnicity				
Latinx	116	51%	26	42%
Non-Latinx	87	38%	36	58%
Not Reported /Unknown	26	11%	0	0%
Primary Drug of Choice				
Alcohol	4	2%	1	2%
Marijuana/Hashish	166	72%	37	60%
Methamphetamines	1	0%	0	0%
None	25	11%	0	0%
Other (specify)	4	2%	7	11%
Other Opiates and Synthetics	9	4%	5	8%
OxyCodone / OxyContin	2	1%	0	0%
Not Reported /Unknown	18	8%	12	19%
Modality				
IOT	8	3%	0	0%
OP	221	97%	62	100%
TOTAL	229	100%	62	100%

SUPT TRANSITIONAL AGE YOUTH AGES 18-25 INTAKE DEMOGRAPHICS

Race	FY 22/23		FY 23/24 (07/01/23 - 01/31/24)	
	#	%	#	%
American Indian/alaskan Native	5	1%	5	2%
African-American/Black	116	22%	69	21%
Asian/Pacific Islander	21	4%	3	1%
Caucasian/White	180	35%	113	35%
Multi Racial	52	10%	27	8%
Other Race	106	20%	71	22%
Not Reported/Unknown	39	8%	34	11%
Ethnicity				
Latinx	180	35%	125	39%
Non-Latinx	284	55%	197	61%
Not Reported/Unknown	55	11%	0	0%
Primary Drug of Choice				
Alcohol	41	8%	22	7%
Cocaine /Crack	13	3%	8	2%
Ecstasy	3	1%	0	0%
Heroin	22	4%	4	1%
Marijuana/Hashish	122	24%	41	13%
Methamphetamines	36	7%	32	10%
None	10	2%	0	0%
Other (specify)	74	14%	14	4%
Other Amphetamines	1	0%	0	0%
Other Opiates and Synthetics	158	30%	184	57%
Other Stimulants	2	0%	0	0%
OxyCodone / OxyContin	17	3%	11	3%
Tranquilizers (Benzodiazepine)	2	0%	6	2%
Not Reported/Unknown	18	3%	0	0%
Modality				
IOT	46	9%	29	9%
OP	195	38%	87	27%
OTP/NTP	187	36%	133	41%
RES	71	14%	59	18%
WM	20	4%	14	4%
TOTAL	519	100%	322	100%

Fentanyl Related Deaths By Year



Source: Sac County Coroner's Office

Age, Race and Zip
Codes with Highest
OVERDOSE
Deaths



OVERDOSE Data: Sacramento County Coroner's Office January – December 2023 (5 Total, 0-17 years)

Age	Gender	Race	Zip Code	Cause
0	Female	White		Maternal Drug Use
14	Male	White	95630	Fentanyl
16	Male	Black, White	95843	Poly Substance/Fentanyl
16	Female	Mexican	95833	Poly Substance/Fentanyl
17	Female	Mexican	94533	Fentanyl/Xanax

OVERDOSE Data: Sacramento County Coroner's Office January – December 2023 (19 Total, 18-21 years)

Age	Gender	Race	Zip Code	Cause
18	Female	Filipino, Mexican, Native American	95832	Fentanyl
18	Male	African American	95838	Fentanyl
19	Female	African American	95832	
19	Male	Mexican	95842	Fentanyl/meth/oxy
19	Male	White	95817	Fentanyl
19	Male	White	95826	Fentanyl
20	Female	Mexican	95823	Poly/Fentanyl
20	Male	Afghani	95670	Fentanyl
20	Male	Black, Mexican, White	95818	Fentanyl
20	Male	Black		Fentanyl/Meth
21	Male	Latino, Mexican	95687	Poly/Fentanyl
21	Female	Black	95823	Fentanyl/Meth
21	Male	White	95670	Poly/Fentanyl
21	Male	Hispanic	95823	Poly/Fentanyl
21	Female	Asian, Pacific Islander	95822	Fentanyl
21	Male	White	95632	Fentanyl
21	Male	Mexican	95815	Fentanyl
21	Female	African American	95818	Cocaine/Meth/Fentanyl
21	Female	African American	95824	Fentanyl

OVERDOSE Data: Sacramento County Coroner's Office January – December 2023 (10 Total, 22-24 years)

Age	Gender	Race	Zip Code	Cause
22	Male	White	95816	Fentanyl/Meth
22	Male	White	95608	Fentanyl
23	Male	White	95632	Fentanyl/Xanax
24	Female	Mexican	95811	Poly/Fentanyl
24	Male	White	95826	Poly/Fentanyl
24	Male	Black	95815	Fentanyl/Meth
24	Female	White	95630	Fentanyl
24	Male	White	95820	Fentanyl/Meth
24	Male	White, Mexican	95815	Fentanyl
24	Male	Alaskan Native	95815	Fentanyl/Diazepam



Prevention, Education, and Awareness Campaigns

SUBSTANCE USE DISORDER
Strategic Prevention Plan

JULY 2021 - JUNE 2026

Prevention Plan 2021-2026

Priority Area 1:

Reduce Underage
Cannabis/Marijuana Use

Priority Area 2:

Reduce Underage and
Binge Drinking

Prevention Services

Four (4) Primary Prevention Providers

- Leadership and Advocacy Project
- Youth Engaged in Action
- Community Education for Drug-Free Youth
- Families and Communities Together
- Active Parenting of Teens
- Family Matters
- Teens in Action
- Friday Night Live/Friday Night Live Mentoring
- Club Live



Prevention Services

Four (4) Primary Prevention Providers

- Services in Schools
- Services in the Community
- Town Halls
- Trainings
- Community Events
- Campaigns
- Social Media



Primary Prevention: July 2023 – Jan. 2024

Total Participation: 3,035

Educational Activities

- Classroom Educational Services
- Youth or Adult Groups
- Mentoring
- Parenting Classes
- Peer-Leader Programs

Participants: 2,015

Alternative Activities

- Social & Recreational Events
- Community Drop-In Centers
- Community Service Activities
- Youth/Adult Leadership Activities

Participants: 1,020

Primary Prevention Demographics

5 - 11 years: 7

12 - 14 years: 1,646

15 - 17 years: 925

18 - 20 years: 34

21 - 24 years: 12

25 - 44 years: 34

45 - 64 years: 15

65+ years: 1

Age unknown: 361

Male: 1,268

Female: 1,368

Non-binary: 1

Transgender: 1

Other: 397

Hispanic/Latino: 812

Non-Hispanic/Latino: 1,770

Hispanic Origin Unknown: 453

American Indian: 44

Asian: 638

Black/African American: 343

Native Hawaiian: 90

Fentanyl Education & Awareness

- Collaboration with Sac County DHS, Sac County DA's Office/Crime Lab, Arrive Alive, CA and Grieving Parents
- Fentanyl Education and Awareness in Middle and High Schools
- In 2023, impacted 37,740 people through 63 events

Assemblies, classroom education,
parent meetings and town halls





Community members working together to make Sacramento a safe place for young people to grow up, free from the influences of substances that are addictive and harmful.

<https://www.sacramentoccy.org/>

Alcohol Prevention



Marijuana Prevention



FUTURE FORWARD

Sacramento County Youth
MARIJUANA PREVENTION CAMPAIGN



The campaign is designed to educate the Sacramento Community, offer information and resources, and provide an opportunity to get involved in creating change to protect young people from increased accessibility to marijuana in our community.

**Public Service
Announcements 2023**

<https://www.sacramentoccy.org/futureForward.html>

Light Rail/Bus Transit Shelters & Premier Panels



30,644,495
impressions



PSAs
3,525,700 impressions



PSAs - Movie Theaters
786,358 impressions



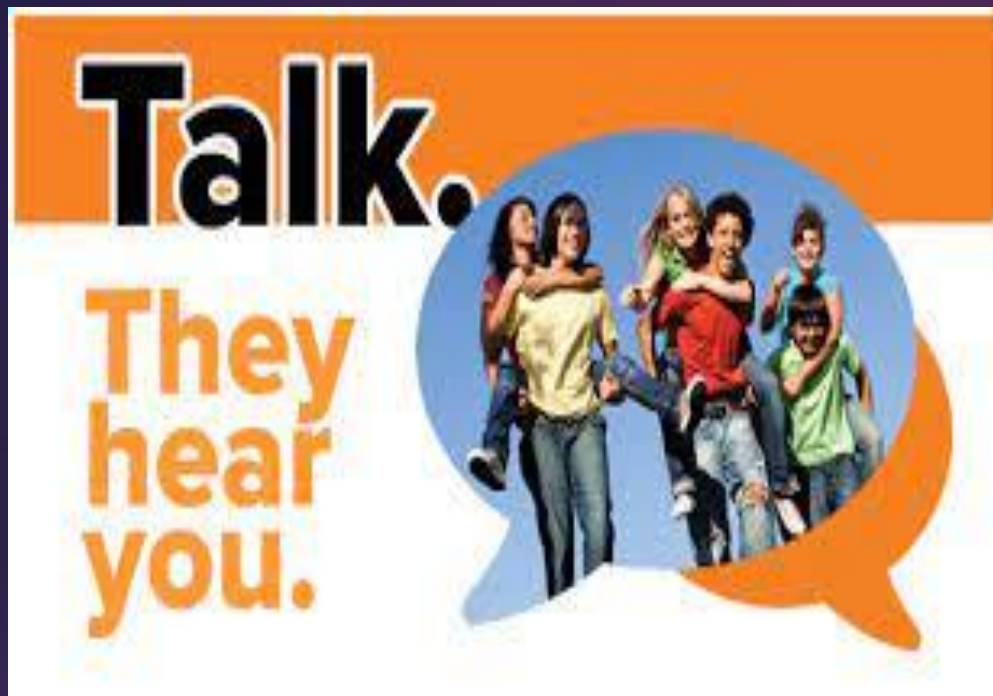
Jumbotron/Electronic banners
100,477 impressions



PSAs
938,500 impressions



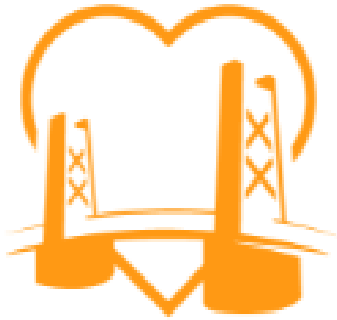
Online streaming
461,99 impressions



This campaign is designed to engage parents and provides the education, tools, and support parents need to communicate with their children about alcohol use and the dangers of alcohol.



<https://www.sacramentoccy.org/talkTheyHearYou.html>



Safer
Sacramento



Educational multimedia resources to guide individuals to make healthy choices and to avoid or reduce the potential harm from the use or misuse of alcohol, tobacco, marijuana, and other substances.

** New Youth Page Coming...

<https://www.safersacramento.com/>



Treatment Services

Substance Use Disorder Adolescent Best Practices Guidelines

Service programs are developed and administered in alignment with *California Department of Health Care Services Substance Use Disorder Adolescent Best Practices Guidelines*

Evidence-Based Practices

- Motivational Interviewing
- Cognitive Behavioral Therapy
- Trauma-Informed Treatment
- Psychoeducation
- Relapse Prevention
- Seven Challenges

System of Care

Primary access point for SUD treatment services

- CA ASAM Assessment to Determine Medical Necessity & Level of Care
- Care Coordination (formerly Case Management)
- Referral to network service provider

Telephone Number

(916) 874-9754

Monday – Friday

8:00 A.M. – 5:00 P.M.

After Hours

(888) 881-4881

California Relay Service 711



Other Access Points

- Child Protective Services
- Children's Receiving Home
- Collaborative Courts
- Crisis Response for Behavioral Health
- El Hogar Guest House Homeless Clinic
- Juvenile Delinquency Court
- Probation Department
- Rio Cosumnes Correctional Center
- Sacramento County Main Jail
- Sacramento County Mental Health
- Sacramento County Health Center
- Wind Youth Services
- Youth Detention Facility

Outpatient Services

Outpatient: Up to 6 hours per week

Intensive: Up to 19 hours per week

- Crisis Intervention Services
- Assessment
- Care Coordination
- Counseling (individual and group)
- Family Therapy
- Medication Services
- Patient Education
- Recovery Services



Another Choice
ANOTHER CHANCE



BRIDGES



Stanford Sierra
Youth & Families



WELLSPACE
HEALTH

Comprehensive care since 1953

Medication-Assisted Treatment

Treatment programs for opioid use disorders and stabilization for youth ages 16-17 years including:

- Counseling
- Methadone
- Other FDA Medications
- Coordination of Care



Medication-Assisted Treatment

Treatment programs for opioid use disorders and stabilization for youth ages 14-17 years including:

- Brief Counseling/Coordination of Care
- Methadone/Buprenorphine
- UCD Medical Center, One Community Health, SNAHC, Transitions Clinic, Sac Metro Fire Mobile Integrated Health, Sacramento Street Mobile Medicine Team

Residential Treatment – Coming Soon

- Structured substance use disorder treatment services that are provided in a 24-hour residential care setting.
- **Paradise Oaks:** Fully accredited and licensed 6 bed substance use disorder treatment center providing individualized, live-in residential treatment for youth.



Treatment Coordination

Child Welfare and Justice-Involved Individuals

- Coordination of SUD treatment with the Courts, Probation and CPS can encourage participation and help treatment providers incorporate court requirements and CPS case plans as treatment goals.
- Ongoing coordination between treatment providers/SUPT staff and Courts, Probation and CPS is important in addressing the complex needs of these families.
- Medications are an important part of treatment including methadone, buprenorphine, naltrexone, and psychiatric medications.

How PHAB Can Support Our Efforts

- Locate treatment providers
 - Outpatient, residential, communities of color
 - DSS Community Care Licensing and DHCS DMC regulations and requirements challenges and delays
- Increase referrals from system partners
- Advocate for more funding and services
(prevention and treatment, infrastructure funds)
- Increase community outreach and engagement
- MAT for youth (ages 14-16, 16-17)