

S A Y S A N D I E G O

ALCOHOL, TOBACCO, AND OTHER DRUG
PREVENTION (ATOD) PROGRAM

R E S O U R C E
D I R E C T O R Y



R E V I S E D A U G U S T 2 0 2 4

DISCLAIMERS

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COLOR CODE

BILINGUAL

Resources with a blue dot signify that the service is provided in both English and Spanish

COST INVOLVED

Resources with a green dot signify that the service is provided at a charge

VIRTUAL

Resources with a purple dot signify that the service is provided only virtually

HYBRID

Resources with a yellow dot signify that the service is provided in both virtual and in-person settings

IN-PERSON

Resources with an orange dot signify that the service is provided only in-person

INSURANCE ACCEPTED

Resources with a red dot signify that the service accepts insurance for payment.

ATOD RESOURCE
DIRECTORY

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ATOD EDUCATION

Includes resources addressing alcohol, tobacco, and other drugs education opportunities for youth. This includes field trips, educational materials, etc.

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YOUTH WITH A SUBSTANCE USE DISORDERS (SUD)

Resources include treatment options and support groups.

03

YOUTH WHOSE PARENT/GUARDIAN HAS A SUD

Resources prioritizing youth support services such as counseling, education, etc.

04

YOUTH EMPOWERMENT

Programs and resources that prioritize youth engagement. This includes youth groups and peer mentorship opportunities.

05

IN LIEU OF SUSPENSION

Programming and local organizations that can be engaged as alternatives to suspension for substance related offenses.

06

PARENT RESOURCES

Resources for parents whose youth are experimenting with substances or have an SUD. This includes support groups, educational materials, and one-on-ones with specialists.

S A Y S A N D I E G O

A T O D P R O G R A M

Section 1

**ATOD
EDUCATION**

INTERACTIVE EXPERIENCES

Tour of DEA Office



The DEA's office can accommodate field trips to their facility when planned in advance. These field trips can be held for between 30-60 students. No link or application available – contact Community Engagement Coordinator provided below:

Shastity Urias

SD.Community.Outreach@dea.gov

(571)-324-8465

An Ounce of Prevention



A virtual field trip created in collaboration with the DEA to educate youth on the sharp increase of counterfeit pills, fake pills, and fentanyl. The aim is to empower youth with the knowledge to make healthy decisions and become prevention advocates in their own communities. The video is free and 23 minutes long.

<https://operationprevention.com/virtual-field-trip>

Operation Prevention



Operation Prevention provides a series of educational modules aimed at providing resources for youth of various grade levels that can be administered by educators. Operation Prevention's school resources provide educators with engaging tools that are aligned to national health and science standards, and integrate seamlessly into classroom instruction. Through a series of hands-on investigations, students will explore the science behind substance misuse, and the resulting impacts on brain and body.

<https://operationprevention.com/multi-drug-exploratory>

<https://operationprevention.com/virtual-field-trip>

EDUCATIONAL MATERIALS

California Health Education



Contains evidence- and theory-based curriculums in hopes of preparing high school students with the knowledge, skills, attitudes, and behaviors to choose and maintain a drug-free life and to reduce drug-related harms. Other content areas should be integrated into instructional strategies when appropriate. Such content areas include physical activity as a healthy alternative to ATOD use; healthy coping behaviors in lieu of ATOD use (mental, emotional, and social health); or injury prevention and its connection to ATOD

<https://californiahealtheducation.org/Pages/9-12-Alcohol-Tobacco-Other-Drugs.aspx>

I Choose My Future



A series of videos created with middle and high school youth in mind. Presented in a captivating and entertaining matter, I Choose My Future is presented either in person or through a six part video series presented by Rocky Herron, drug abuse prevention ambassador for the San Diego County Office of Education and 31 year veteran of the DEA. I Choose My Future is available in English and in Spanish.

<https://sdcoe.net/students/substance-abuse-prevention-education/i-choose-my-future-video-series>

Opioid Response Network



The Opioid Response Network (ORN) provides free training and education to address opioid, stimulant and all substance use disorders. ORN provides evidence-based, culturally responsive education, training and consultation, also known as technical assistance (TA). Every state and territory has designated Technology Transfer Specialists to work with organizations and ORN consultants located in the community.

Visit their website to learn more about their work and submit a request form:

<https://opioidresponsenetwork.org/about-us/>

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Section 2

**YOUTH WITH
SUBSTANCE USE
DISORDERS (SUD)**

SUPPORT GROUPS

Alcoholics Anonymous



This organization provides free meetings and sober adult mentorship for anyone struggling with an alcohol addiction. They work through a 12-step program that aims to help individuals overcome their alcohol dependencies. For teenager specific resources, they have meetings dedicated to young people all over the San Diego area. Meetings can be found using the website below:

<https://aasandiego.org/meetings/>
24-hour hotline: (619) 265-8762

Narcotics Anonymous



Like Alcoholics Anonymous, this organization provides free meetings and sober adult mentorship for individuals struggling with an addiction to narcotics. For teenager specific resources, they have meetings dedicated to young people all over the San Diego area. Meetings can be found using the website below:

- Regional Meeting Schedule – <https://www.sandiegona.org/meetings/>
 - Under the format tab, select Young People for teenage-specific meetings.
- Connect person varies per meeting but can be located on meeting schedules.

Hotline: 619-584-1007 (English) or 619-546-0774 (Spanish)

Marijuana Anonymous



Like Alcoholics Anonymous, this organization provides free meetings and sober adult mentorship for individuals struggling with an addiction to marijuana. For teenager specific resources, they have meetings dedicated to young people all over the San Diego area. Meetings can be found using the website below:

<https://marijuana-anonymous.org/find-a-meeting/>

- Under the format tab, select Young People for teenage-specific meetings.
- Connect person varies per meeting but can be located on meeting schedules.

TREATMENT PROGRAMS

Union of Pan Asian Communities - Teen Recovery Center

As a leading nonprofit treatment provider, UPAC offers affordable evidenced-based care for teens struggling with substance-use disorders. They engage clients in group/individual/family counseling, case management, drug testing, and sober activity with peers. Available for youth 12-17 years old. MediCal insurance can be used to cover services.

3288 El Cajon Blvd, Suite 9, San Diego, CA 92104

Program Manager: Alex Cosio-Santillan / (619) 521-5720 ext. 327

For Referrals call (619) 521-5720 or visit <https://www.upacsd.com/programs/teen-recovery/>

Vista Hill - Bridges Teen Center

This program provides an array of recovery tools for teens and their families. This includes: diagnosis and treatment planning, individual/group/family counseling, support meetings, drug testing, sober activities, and aftercare counsel. Available for youth 12-17 residing in central southeast San Diego (Diamond District).

For referrals or more information, call (619) 795-7232 (office)/(858) 527-5730 (cell) or email oascencio@vistahill.org

<https://www.vistahill.org/programs-services/bridges-teen-recovery-center/>

McAlister Institute - Outpatient

Teen Recovery Centers (TRC) provide substance abuse treatment, recovery, and education for adolescents who are using, misusing, or abusing substances. Each program accommodates teens' school schedules, offering after-school treatment, individual/group counseling, and other recovery activities. Accepts MediCal or MediCal eligible individuals. 90 day program.

Crisis line (24/7): (888) 724-7240

East TRC: (619) 588-5361 / 550 Fesler Street, Suite G1, El Cajon, CA 92020

South TRC: (619) 691-1045 / 371 E St. Suite 150, Chula Vista, CA 91910

<https://mcalisterinc.org/programs/>

TREATMENT PROGRAMS

TURN - Behavioral Health Services



Mental Health Systems/TURN is an established behavioral health services provider in prevention, intervention, treatment, and recovery services. They provide an integrated approach to specialized services and are uniquely qualified to offer Mental Health, Substance Use Disorder, Supportive Housing, and Justice Involved services through a network of statewide programs. Accepts Medi-Cal.

Link to locations: <https://turnbhs.org/locations/>

Link to program overview: <https://turnbhs.org/programs/>

San Diego Center for Children - Residential Treatment



The Center provides intensive residential treatment to children and teens, ages 6-18, who are experiencing significant mental, emotional and/or behavioral health challenges. This program is structured for youth whose needs and safety concerns require a 24-hour treatment environment. Located on a 12-acre campus, this program provides a safe and inclusive environment focused on comprehensive and individualized services determined by their team and in partnership with family and caregivers. Accepts Medi-Cal.

To learn more about this program, call (833) 800-9105 or visit their website at <https://www.centerforchildren.org/our-services/residential-treatment/>

Lifeline Community Services - TrueLife Recovery Center



TrueLife Recovery aims to serve youth aged 12-17 in need of an outpatient drug and alcohol treatment program. It serves any adolescent enrolled in a school located in the North Coastal Region needing medical necessity for outpatient services. They provide the following but is not limited to: evidence-based drug and alcohol outpatient treatment, counseling, case management, and benefit aid. Their goals for adolescents is the reduction of substance use relapse and building self-sufficiency to manage life stressors through trauma-informed services.

To learn more about this program, call 1-(760) 842-6280 or visit their website at <https://www.lifelinecs.org/truelife-recovery-north-coastal-teen-recovery-center>

Section 3

**YOUTH WHOSE
PARENT/GUARDIAN
HAS A SUBSTANCE
USE DISORDER
(SUD)**

SUPPORT GROUPS

National Association for Children of Addicts



A national organization dedicated to providing children and families support when navigating a parent with addiction. They provide webinars, online courses, and program start-up guides to implement support groups for children and families.

<https://nacoa.org/>

- [Link](#) for teens to find resources and information on their parent's substance use habits
- [Link](#) for Children's Program Kit (an educational toolkit for children of addiction)
- [Link](#) for Celebrating Family's Kit (an educational toolkit for both children of addiction and their parents to develop healthy coping strategies)

Alateen - Alanon



This is a meeting group designed for teenagers whose parents struggle with alcohol addiction. It is an off shoot of Alcoholics Anonymous and follows similar programming with the 12-steps.

24hr hotline: (619) 296-2666

Link to find in-person/zoom meetings in San Diego:

<https://docs.google.com/spreadsheets/d/1zgXgZdqgyDkFix7UMmv3ThwvemDcONQlhdUj8EIF55w/view#gid=1201475329>

SMART Recovery - Family & Friends



Self Management and Recovery Training (SMART) is an evidenced-informed recovery method grounded in Rational Emotive Behavioral Therapy (REBT) and Cognitive Behavioral Therapy (CBT), that supports people with substance dependencies or problem behaviors. SMART Recovery Family & Friends meetings are a dedicated space for those with loved ones who are struggling with addiction.

To find local meetings, visit their website <https://smartrecovery.org/family>.

THERAPY

Family Health Centers of San Diego



Family Health Centers of San Diego's (FHCS) provides caring, affordable, high-quality health care and supportive services to everyone, with a special commitment to uninsured, low-income and medically underserved persons. Their mental health services include trained clinicians who employ behavioral therapies and evidence-based practices to help those in need. Provide individual, family, and group therapy sessions.

For in-person visits, call (619) 515-2338, or schedule a telehealth appointment at <https://www.fhcsd.org/mental-health-services/>.

Youth Enhancement Services (YES)



San Ysidro Health's YES program specializes in children and adolescent mental health treatment. Available in Spanish and English. A legal guardian is required in part to complete the referral process. Referrals made through telephone provided below:

- (619)-428-5533
- 3025 Beyer Blvd #E-101, San Diego, CA 92154
- To learn more about this program, visit their website at <https://www.syhealth.org/clinics/yes>

San Diego Youth Services



San Diego Youth Services provide resources that will address mental health needs throughout a youth's life, including prevention and early intervention for kids and families, and intensive, outpatient mental health services, trauma informed care and case management for youth ages 12-25 who are experiencing homelessness or running away from home. They also work with children and their families to improve adult-child relationships both at school and in the home.

To learn more about their available programs, call/text (619) 241-0608 or visit their website at <https://sdyouthservices.org/services/mental-health/>

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Section 4

**YOUTH
EMPOWERMENT**

MENTORSHIP

TAY Works! - San Diego Youth Services B H

TAY Works! integrates workforce readiness, peer-mentoring, and on-the-job training for youth in San Diego. It offers several pathways that focus on Education, Employment, and Entrepreneurship. The program gives youth the opportunity to develop job skills, establish connections, and practice professional through workshops and work-based learning. To be eligible for TAY Works! programing, youth must be ages 15 – 24.

For more information, please contact the TAY Works! Project Manager, Angelina Najera, at 619.385.9895 / anajera@sdyouthservices.org

<https://sdyouthservices.org/services/workforce-development/>

Project A.W.A.R.E H

A local non-profit centered around building emotional literacy skills, understanding the root causes of violence, and connecting youth with supportive resources. The organization hosts free restorative talking circles for youth and young adults in the San Diego area. These meetings are run by staff and young-adult mentors with lived experience.

Virtual Restorative Talking Circle: Every Friday from 2-3pm

Zoom ID: 837 5944 5605 Password: 020366

<https://projectawareenterprises.org/>

Contact Person: Reggie Washington / 760-828-7002 / projectawareprogram@gmail.com

Community Wrap-Around B H

This organization is a gang prevention and positive youth development initiative that supports gang-affiliated youth by offering viable alternatives. In addition, their programs utilize trauma-informed and restorative justice practices to provide support to local youth.

Lived Experience Community Mentoring:

To learn more: (858) 788-9727 and infor@communitywraparound.org

<https://community-wraparound.ueniweb.com/services/community-services/lived-experience-community-mentoring-150369709>

CAREER READINESS

San Diego Workforce Partnership



This organization conducts several career readiness programs free of charge. They facilitate trainings for resume and cover letter building, interview workshops, and workforce programs for foster youth. For current or former foster youth ages 14-24.

Calendar of upcoming trainings and workshops: <https://workforce.org/events>

Foster Youth Liaison: Sal Terrones / salterrones@workforce.org

- Application form: https://forms.workforce.org/form-6521546/?ProgramID=a3Z3loooooD1glOEAR&_ga=2.53404459.2082642554.1711651773-1107702611.1711651773

San Diego Workforce Partnership Cont.



This organization conducts a peer support specialist training program for youth who have currently completed high school or have received their GED. It is a paid, 300hr program that teaches youth about the healthcare field specifically in mental health and substance abuse practices. Youth receive a certification at the completion of their program.

<https://workforce.org/peersupport/>

Program Specialist: Stephanie Ramirez Medina / sramirezmedina@workforce.org

Program Coordinator: Shane Morey / shanemorey@workforce.org

TAY Works! - San Diego Youth Services



TAY Works! offers several pathways to youth throughout San Diego County that focuses on Education, Employment, and Entrepreneurship. The program gives youth the opportunity to develop job skills, establish connections, and practice professional through workshops and work-based learning. To be eligible for TAY Works! programing, youth must be ages 15 - 24.

For more information, please contact the TAY Works! Project Manager, Angelina Najera, at 619.385.9895 / anajera@sdyouthservices.org

<https://sdyouthservices.org/services/workforce-development/>

CAREER READINESS

Union of Pan Asian Communities - Neighborhood Enterprise Center



UPAC's Neighborhood Enterprise Center (NEC) is an innovative social enterprise. NEC provides mentorship, training, employment and entrepreneurial opportunities for underserved and diverse youth living in City Heights, Southeast San Diego, and elsewhere. To achieve its mission, NEC operates the Neighborhood Café and Catering business and Writerz Blok Print Shop. Youth receive training in all aspects of NEC and have opportunities for employment in one or all of the NEC's business endeavors.

NEC website: <https://upacnec.org/>

Café Phone Number: 619-255-7644

Email: necinfo@upacsd.com

Access2Jobs



Access offers educational and employment services for at-risk youth and provides quality individually focused access to workshops, hiring events, training programs, and other resources such as mentors, community supportive services, and leadership training. Services are provided in partnership with San Diego County Office of Education, community colleges and universities, and other providers that assist youth obtain post-secondary degrees and/or industry-recognized certifications. Access serves youth between the ages of 14-24 years old.

For more information call (858)560-0871 or email info@access2jobs.org

To submit an application, visit their website at <https://www.access2jobs.org/job-skills-training/>

San Diego Center for Children



The San Diego Center for Children provides comprehensive services for children struggling with mental, emotional, and/or behavioral disorders and their families. They have created a virtual successful transitions resource center on their website (link below). Here you will find a variety of resources and services that are designed to assist teens and young adults with locating vocational/trade schools, career counseling, and and job readiness training in San Diego County.

<https://www.centerforchildren.org/successful-transitions-resource-center/job-career/>

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Section 5

**IN LIEU OF
SUSPENSION**

SELF-GUIDED CURRICULUMS

Johnny's Ambassadors



This organization developed a marijuana suspension alternative program that created an online curriculum for students to learn about the harmful effects of high-THC marijuana. The course is built on an innovative, mobile Learning Management System and can be taken from any device. The course ranges from 60-90 minutes and is separated into 8 modules.

To request the curriculum at no charge: [Online Marijuana Curriculum](#)

Link to the course overview: [E-learning-educational-model.pdf \(johnnysambassadors.org\)](#)

Point of contact: laura@johnnysambassadors.org

MY Healthy Future - Stanford Tobacco Prevention Toolkit



The Healthy Futures, an Alternative-to-Suspension program is geared for students who have been caught using e-cigarettes (or any tobacco product) and/or for any students who are interested in trying to quit. MY Healthy Future is a self-guided curriculum that lasts between 40-60 minutes. Their recommended course of action is for students to first complete the MY Healthy Futures on their own, followed by some teacher-student interaction using the OUR Healthy Futures. Additional lessons are available from the [You and Me, Together Vape-Free](#).

Link to curriculum: <https://med.stanford.edu/tobaccopreventiontoolkit/healthy-futures-nicotine.html>

Operation Prevention Self-Paced Module



Operation Prevention provides a series of educational modules aimed at providing educational resources for youth in various grade levels. In this self-paced, standards-aligned e-learning experience, students meet teens who are struggling with prescription opioid misuse and heroin use and learn the science behind their powerful stories. With strategies and resources for those being faced with a decision about prescription opioid misuse or struggles with addiction, students become better equipped to handle these experiences.

<https://operationprevention.com/opioid-and-prescription-drugs#spm>

TEACHER-GUIDED CURRICULUMS

OUR Healthy Future - Stanford Tobacco Prevention Toolkit

The Health Futures, an Alternative-to-Suspension program is geared for students who have been caught using e-cigarettes (or any tobacco product) and/or for any students who are interested in trying to quit. OUR Healthy Future is the adult-assisted curriculum that has two versions ranging from 2-4 hours. Their recommended course of action is for students to first complete the MY Healthy Futures on their own, followed by some teacher-student interaction using the OUR Healthy Futures. Additional lessons are available from the [You and Me, Together Vape-Free](#).

Link to curriculum: <https://med.stanford.edu/tobaccopreventiontoolkit/healthy-futures-nicotine.html>

California Health Education

Contains evidence- and theory-based curriculums in hopes of preparing high school students with the knowledge, skills, attitudes, and behaviors to choose and maintain a drug-free life and to reduce drug-related harms. Other content areas should be integrated into instructional strategies when appropriate. Content areas include physical activity as a healthy alternative to ATOD use; healthy coping behaviors in lieu of ATOD use (mental, emotional, and social health); or injury prevention and its connection to ATOD.

<https://californiahealtheducation.org/Pages/9-12-Alcohol-Tobacco-Other-Drugs.aspx>

National Institute on Drug Abuse (NIDA)

NIDA is a federal scientific research institute and the world's largest funder of biomedical research on drug use and addiction. NIDA's mission is to advance science on drug use and addiction and to apply that knowledge to improve individual and public health. Use the link below to search for free lessons and activities on the science and consequences of drug use. All lessons are based on national science and education standards and were developed by scientists from leading universities and the National Institute on Drug Abuse.

<https://nida.nih.gov/research-topics/parents-educators/teachers>

TEACHER-GUIDED CURRICULUMS

Natural High



The Natural High curriculum is aligned to the Common Core State Standards (CCSS) as well as National Health Education Standards (NHES). The activities are designed to develop student understanding about the consequences of drug and alcohol abuse and also to support students in learning and practicing strategies to make healthy decisions. Additionally, many of the activities help students develop advocacy for self and others. All storyteller videos have discussion questions and recommended activities.

Link to curriculums: <https://www.naturalhigh.org/for-educators/>

Steer Clear by UCSD TREDS



This 40-minute course is designed for youth ages 15-20 and aims to prevent impaired driving from alcohol and cannabis. It includes facts about alcohol and cannabis, risks of impaired driving, California's DUI laws, and strategies for teens to stay safe while driving. It can be facilitated in English or Spanish or completed as a self-paced module.

Link to Steer Clear: Decide to Drive Sober:

<https://treds.ucsd.edu/programs/general-public/impaired-driving/impaired-driving-teens.html>

Understanding Substance Use Educators Guide



Designed by the Canadian Centre on Substance Use and Addiction, this guide accompanied with video modules aim to increase knowledge and provide resources to help teachers feel more confident when talking to youth about substance use. It has been developed for youth in Grades 6 to 12 to gain knowledge, tools and resources on substance use, stigma, cannabis vaping, alcohol and impaired driving..

Link to the Educators Guide: <https://www.ccsa.ca/understanding-substance-use-educators-guide>

Link to the program overview and video modules: <https://www.ccsa.ca/educators-guide>

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Section 6

**PARENT
RESOURCES**

PARENTS WHOSE YOUTH ARE USING SUBSTANCES

Partnership to End Addiction



This virtual organization provides a wide variety of resources to help support individuals whose loved ones are struggling with substance use. They provide information for parents who suspect their child is using substances or may begin using them. The website contains educational information, free hotlines/specialists, parental support groups and parental peer mentoring.

Virtual Resources: <https://drugfree.org/prevention-and-early-action/>

Appointments with Specialists: <https://drugfree.org/article/get-one-on-one-help/>

Parent Support Meetings: <https://drugfree.org/supportmeetings/>

Family Health Centers of San Diego (therapy)



Family Health Centers of San Diego's (FHCS) provides caring, affordable, high-quality health care and supportive services to everyone with a special commitment to uninsured, low-income and medically underserved persons. Their mental health services include trained clinicians who employ behavioral therapies and evidence-based practices to help those in need. Both individual and family counseling services can be provided.

For in-person visits, call (619) 515-2338, or schedule a telehealth appointment at

<https://www.fhcsd.org/coronavirus-self-care/>

CDC - Resources for Adolescent Health



The Centers for Disease Control and Prevention has an online hub containing educational materials specific to adolescent health. Topics include health behaviors, health services, high-risk substance use, and more. This resource hub also includes a downloadable toolkit, Teens Linked to Care, that helps to address youth about high-risk substance use as well as STDs, teen pregnancy, and more.

Resource Hub: <https://www.cdc.gov/healthyyouth/substance-use/index.htm>

Teens Linked to Care Toolkit: https://www.cdc.gov/healthyyouth/substance-use/teens_linked_to_care.htm

PARENTS WHOSE YOUTH HAVE A SUBSTANCE-USE DISORDER

Partnership to End Addiction



This virtual organization provides a wide variety of resources to help support individuals whose loved ones are struggling with addiction. They provide information for parents whose child has a substance-use disorder. The website contains educational information, free hotlines/specialists, parental support groups and parental peer mentoring.

Virtual Resources: <https://drugfree.org/treatment-and-recovery/>

Appointments with Specialists: <https://drugfree.org/article/get-one-on-one-help/>

Parent Support Meetings: <https://drugfree.org/supportmeetings/>

SMART Recovery - Family & Friends



Self Management and Recovery Training (SMART) is an evidenced-informed recovery method grounded in Rational Emotive Behavioral Therapy (REBT) and Cognitive Behavioral Therapy (CBT), that supports people with substance dependencies or problem behaviors. SMART Recovery has Family & Friends meetings that are a dedicated space for those with loved ones who are struggling with addiction

To find local meeting times, visit their website: <https://smartrecovery.org/family>

Families Anonymous



Families Anonymous is a 12-Step fellowship for the families and friends who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavioral problems.

To learn more about this organization, visit their website at <https://familiesanonymous.org/>

Virtual Meeting Times: <https://familiesanonymous.org/wp-content/uploads/2024/03/Virtual-Directory-USCanada-3.1.24.pdf>

Informational newsletters: <https://familiesanonymous.org/newsletter/>

PARENTS WITH A SUBSTANCE- USE DISORDER

SMART Recovery



Self Management and Recovery Training (SMART) Recovery is an evidenced-informed recovery method grounded in Rational Emotive Behavioral Therapy (REBT) and Cognitive Behavioral Therapy (CBT), that supports people with substance dependencies or problem behaviors. They host meetings for individuals to get support for addiction to all types of problematic behaviors including drugs, alcohol, gambling, cigarettes, food, and more. SMART Recovery meetings are free and are guided by trained facilitators.

To find local meetings, visit their website at <https://meetings.smartrecovery.org/meetings/?location=San%20Diego,%20CA,%20USA&coordinates=50>

Solutions for Recovery



Managed by the Family Health Centers of San Diego, Solutions for Recovery are outpatient treatment centers that provide ambulatory withdrawal management services, individual and group counseling sessions, case management and mental health therapy. Fifth Avenue Behavioral Health Center specializes in treating members of the LGBTQ-IA+ community and South Bay Behavioral Health Center offers Spanish services. Medi-Cal is accepted.

To find out if you qualify, call their substance use disorder referral specialist at **(619) 906-4686** or email SUDReferrals@fhcsd.org.

<https://www.fhcsd.org/Substance-Use-Disorder-Services/>

McAlister Institute



McAlister Institute offers 24 programs that represent a complete continuum of care for the prevention and treatment of alcoholism and drug addiction. This includes inpatient, outpatient, detox, and more. Most programs accept Medi-Cal and/or those who are Medi-Cal eligible.

To learn more about their available programs, call (619)442-0277 or visit their website at

<https://mcalisterinc.org/programs/>

24/7 Access and Crisis Line: (888)724-7240

THANK YOU FOR EXPLORING OUR RESOURCE DIRECTORY!

- ◆ We hope this directory has provided you with valuable information and support as you navigate the journey of addressing substance use among youth. Remember, this directory is just one tool in the broader effort to support young people and their families in San Diego.
- ◆ **We value your feedback.** Your input is crucial in helping us improve and expand our directory. If you have suggestions for additional resources, or if you've encountered any broken links or inaccuracies, please let us know. Contact us at riley.steinley@saysandiego.org or complete our feedback form at <https://forms.office.com/r/5xmwZCsfqF>.

OUR TEAM



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For more information, visit our website at <https://www.saysandiego.org/>
or check out our resource hub at <https://www.saysandiego.org/resource-hub/>.