

“My family and I have hope for today. Love, trust, happiness.”

—Contra Costa Recovery Wall

Is your life or the life of someone you love affected by the use of alcohol or other drugs?

Warning Signs

These behaviors are commonly associated with teenagers who have substance abuse problems—but in many cases, may also reflect normal teenage growing pains:

- Mood changes
- School problems
- Rebelling against family rules
- Switching friends abruptly, and reluctance to let you get to know the new friends
- A “nothing matters” attitude (sloppy dress, low energy, lack of engagement)
- Finding or smelling alcohol or drugs on your child or in their backpack or room
- Memory lapses, poor concentration or other mental issues
- Bloodshot eyes, slurred speech or a lack of coordination

If someone you care about has any of these warning signs, you can call these numbers for help:

24-Hour Hotlines

Contra Costa Mental Health Crisis Services:
925-646-2800

California Youth Crisis Line:
800-843-5200

The Trevor Project (crisis intervention for LGBT youth):
866-488-7386

Al-Anon/Alateen (for families of alcoholics): 925-932-6770 (voicemail) Central/East County 510-528-4379 West County

National Center for Missing & Exploited Children:
800-843-5678

The mission of AODS is to advocate for alcohol- and drug-free communities by promoting individual and family responsibility, hope and self-sufficiency.



Alcohol & Other Drugs Services
1220 Morello Avenue, Suite 101
Martinez, CA 94553
Administration: 925-335-3330
Access Line: 1-800-846-1652
Fax: 925-335-3318
cchealth.org/aod

Treatment & Recovery Resources For Teens & Youth



Alcohol & Other Drugs Services

Access Line: 1-800-846-1652
cchealth.org/aod



There is no easy cure for drug or alcohol addiction, but there is help.



About Us

Contra Costa Behavioral Health's Alcohol & Other Drugs Services (AODS) and its community partners provide compassionate, culturally competent treatment for teens 12 and older. Contra Costa County adheres to the State Youth Treatment Guidelines.

- Assessment
- Counseling—Individual, Family and Group available
- Peer support
- Residential services

Treatment services are based on a sliding fee scale. No one is denied service because they cannot pay.

How To Get Help

If you, a family member or a friend has a problem with alcohol or other drugs, or if you suspect they do, please call 1-800-846-1652 or visit cchealth.org/aod to learn more about our services.

You can also contact our partners directly in your community:

East County Outpatient Programs

Reach Project Antioch
1915 D Street
Antioch, CA 94509
925-754-3673

Reach Project Brentwood
101 Sand Creek Rd, Suite B
Brentwood, CA 94513
925-666-8460

Reach Project Oakley
3385 Main Street, Suite B
Oakley, CA 94561
925-679-2504

Pittsburg High School
"The Attic"
1750 Harbor Street
Pittsburg, CA 94565
925-473-2390 x 7838

Byron Boys Ranch
4491 Bixler Rd, Byron, CA 94514
(925) 427-8660

Regional Mental Health Clinics- Outpatient Services

Antioch Children's Behavioral Health
2335 Country Hills Drive
Antioch, CA 94531
925-608-8745

*Central County Child and Adolescent
Mental Health Services*
2425 Bisso Lane, Suite 200
Concord, CA 94520
925-521-5789

*West County Child and Adolescent
Mental Health Services*
303 41st Street
Richmond, CA 94805
510-374-7159

Other Resources

East Bay Young People of Alcoholics Anonymous

EBYPAA is a group of sober alcoholics having but one primary purpose, to be of service and carry the message of AA throughout the Bay Area. We hope to balance the more serious aspects of life in recovery with fellowship enhancing activities.

EBYPAA was formed to meet this purpose in the late 80's and has been doing exactly that, for fun and for free. Through love and service we carry the message of recovery to those that want and need it.

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

Alateen

Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking. Alateen groups are sponsored by Al-Anon members who help the group to stay on track. Alateen offers hope and help for younger family members and friends of alcoholics.

<https://www.al-anonbythebay.org/alateen.htm>