



MENU OF SERVICES

Support For Education/Job Skills

- Referrals to vocational rehabilitation services
- Connect with the state Employment Development Department (EDD) for job searches, free computer training
- Referrals to adult education
- Help with DMV/insurance/social security
- Assistance with applying for the SPIRIT program

Family Support

- Suggestions for how to communicate with family members and childcare resources
- Links to children's supportive services
- Links to family support and youth services
- National Alliance on Mental Illness (NAMI) Crash Course information
- Referrals to parenting classes

Support Groups

- Alumni groups/meetings
- Weekly open group, referrals to self-help groups
- Education resources
- Meeting lists available by phone or at clinics
- Free community support groups
- Information about recovery events
- Referrals to NAMI support groups

Ancillary Services

- Referrals to Homeless Court
- Transportation
- Help with resume building/applying for work
- Access to Narcan spray to prevent overdoses
- Access to Sober Living Environments (SLEs)
- Referrals to job readiness programs
- Food bank information
- Referrals to HIV education
- Links to tobacco cessation classes

Recovery Monitoring (Coaching)

- Phone counseling available to help with stress, cravings, difficulty with sponsors
- Weekly telephone checkups for support
- Phone follow-up after treatment
- Referrals to mental health services

Outpatient

- Talk to a counselor while waiting to see your psychiatrist when you are struggling
- Referrals to community resources
- Thorough walkthrough of your relapse plan

Substance Abuse Assistance

- Alumni meetings, self-help groups, Life Ring, Marijuana Anonymous, AA and NA
- Informal networking

Contra Costa County DMG-ODS

☎ 1-800-846-1652

🌐 cchealth.org/aod

📅 July 2019



RECOVERY SUPPORT SERVICES (RSS)



Contra Costa County Drug Medi-Cal Organized Delivery System (DMC-ODS)



ALCOHOL AND OTHER DRUGS RECOVERY SUPPORT SERVICES (RSS)



WHAT Are Recovery Support Services?

They are an important part of your RECOVERY process. They will help you stay healthy and sustain your recovery by helping you eliminate triggers, prevent triggers and sustain recovery.

Recovery Support Services may take the form of counseling, coaching or monitoring to prevent relapse and help you connect to necessary services such as family support, employment services, self help, child development, education, case management and physical health. Without RSS you will feel overwhelmed.

HOW Do I Access Recovery Support Services?

- Contact staff at the last program you attended
- Contact your counselor
- Call the last program you attended
- Call the Access Line at 1-800-846-1652
- Tell the house manager at your recovery residence or Oxford House
- Send an email or text through the Recovery App, and someone will reach out to you

WHY Are Recovery Support Services Important?

- They will help you manage your health
- Promote effective self-management support strategies
- Link you to social recovery support networks
- Tell you what to do when at risk of relapse
- What to do, whom to call if triggered
- Remind you to seek internal and external community resources
- Remind you to activate your social external network
- Help you walk step by step your relapse plan
- Help you organize your thoughts and priorities
- Remind you to take your medications
- Help you to stay away from unhealthy situations

IMPORTANT:

- **Services are provided whether you have been triggered, relapsed or as a measure to prevent relapse**
- **All services are confidential**

HOW Can I Receive Recovery Support Services?

- If you completed treatment of any type at any of our programs
- Have Medi-Cal
- Reside in Contra Costa County
- Request services at a Drug Medi-Cal (DMC) Certified program
- Participate in the Choosing Change program

WHEN Can I Receive Recovery Support Services?

- After you have completed residential, outpatient or Medication Assisted Treatment (MAT) that is not through a Narcotic Treatment Program (NTP) such as BAART or AEGIS
- If you are receiving services at Choosing Change
- During transitions between levels of care when there is a lapse in between

WHERE Can I Receive Recovery Support Services?

- Over the phone
- Through telehealth
- Face-to-face
- In the community: homeless shelters, schools, job sites, offices, recovery residences/sober living environments
- You may go to the last treatment facility where you completed treatment