



San Diego County SUBSTANCE ABUSE SERVICES PHONE GUIDE

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What you need to know..... SOME BASIC INFORMATION

1. Most substance abuse problems fall into one of three categories: detoxification, residential, and non-residential or outpatient.
 - **Detoxification:** This is often the first phase of treatment and recovery. Individuals enter “detox” when they need to be in a safe, clean and caring environment while they stop the ingestion of drugs. This process cleans the body of the toxic effects of drugs and alcohol, while under the supervision of a medical staff in a hospital, inpatient setting.
 - **Residential:** These are intensive, structured treatment and recovery programs located in communities. Participants must apply, are required to be detoxed first, and must make a commitment to live in the program.
 - **Non-Residential or Outpatient:** These programs offer information and referral, 12-step recovery support groups, alcohol and drug education and counseling services on what is called an “outpatient” basis. This term refers to any treatment offered outside residential settings and includes full and partial day programs and weekly visits.

2. When you call for assistance for these programs be prepared to provide the following:
 - **Basic identification data** about the person who needs help, for example: name, age, phone number, address, and social security number.
 - **Reason for needing help now** (if the problem is an emergency) or very soon (if the problem is urgent).

Where to call for SUBSTANCE ABUSE SERVICES

Volunteers of America (VOA) – Alcohol Detox	619-232-9343
San Diego Health Alliance – Heroin Detox	619-283-7228
Home Avenue Clinic – Heroin Detox	619-266-7400

Central/North Central Region:

- ECS Mid-City Regional Recovery Center 619-282-3322
- ECS Kearny Mesa Regional Recovery Center 858-292-5670
- MHS Mid-Coast Regional Recovery Center 619-523-8121
- Stepping Stone (Gay/Lesbian emphasis) 619-295-3995
- Union of Pan Asian Communities (UPAC) 619-524-5720

North County Coastal Region:

- MITE North Coastal Regional Recovery Center 760-721-2781
- MHS Pegasus West 760-439-2785

North County Inland Region:

- MHS Kinesis North 760-721-2781
- MHS North Inland Regional Recovery Center 760-741-7708
- North Rural Regional Recovery Center 760-788-6246

Where to call for SUBSTANCE ABUSE SERVICES (continued)**East County Region:**

- MITE East County Regional Recovery Center 619-440-4801
- MHS Pegasus East 619-697-2388
- La Posta Substance Abuse Treatment Center (Native American) 619-478-2264

South County Region:

- ECS South Bay Regional Recovery Center 619-691-8164
- MHS Kinesis South 619-425-8590

Where to call for Other Substance Abuse Services**County of San Diego Alcohol and Drug Services
Information and Referral Line**

619-692-5727

Alcoholics Anonymous (AA)

- San Diego Central 619-265-8762
- North County 760-758-2514

Narcotics Anonymous (NA)

- San Diego 619-584-1007
- Toll-free 800-479-0062

Specialized Services

- Options for Recovery - for pregnant & parenting women 619-682-5257
- HIV Counseling Services 619-516-0247
- Stepping Stone (Gay & Lesbian emphasis) 619-584-4010
- Deaf Community Services (TTY) 619-682-5011
619-682-5010
- Union of Pan Asian Communities (UPAC) 619-521-5720
- Many Nations in Recovery 619-692-1718
- San Diego American Indian Health Center 619-234-0648
- Southern Indian Health Council 619-445-1188

Where to call for DUAL DIAGNOSIS SERVICES (Mental Health/Substance Abuse)

- The McAlister Institute (MITE) 619-440-4801
- Pathfinders – Shelter 619-260-1605
- Mental Health Systems 619-461-0015
- UCSD Dual Disorders Program (Central Region) 619-497-6692
- Vietnam Veterans of San Diego 619-497-0142
- Veterans Affairs SAMI 858-552-8585
- Volunteers of America SAMI (residential) 619-232-3150

For more information see CHIP's [A Roadmap for Mental Health Services](http://www.sdchip.org) at www.sdchip.org