

HEALTH SERVICES AGENCY

POST OFFICE BOX 962, 1060 EMELINE AVE., SANTA CRUZ, CA 95061
TELEPHONE: (831) 454-4339 FAX: (831) 454-5049 TDD: Call 711

Treatment & Recovery Resources

COVID 19 Information:

Due to COVID-19, there may be modifications to services offered for resource agencies. To ensure you have the most accurate information, please call agencies ahead to verify current services, cost, and availability.

Narcan:

SafeRx

Narcan, a very easy to administer medication that is used to reverse life-threatening symptoms of overdose, may be available upon request to SafeRx. Supplies are limited. To make a request, please email Rita at rita@hipscc.org

Helplines:

California Substance Use Line

Tele-consultation service for providers to help facilitate prevention and treatment efforts. 24/7 line: 1-844- 326-2626

National Suicide Prevention Lifeline (English/Spanish)

1-800-273-8255- English 1-888-628-9454- Spanish

Northern CA Cocaine Anonymous: Recovery from Cocaine & Other Mind-Altering Substances

South Bay Helpline (408) 966-9344

Postpartum Support International (English/Spanish)

- Toll-free 24/7 warmline: **1-800-944-4773**
- Leave a confidential message and a trained volunteer will call you back within 24 hours.
- Text: 503- 894- 9453 (Eng.) Text: 971- 420-0294 (Span)
- Cost: No cost support groups.

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<u>Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline</u> (English/Spanish)

- **2**4/7: 1-800-662-HELP (4357)
- Referral & information service for individuals & families facing mental health or substance use disorders.

Supporting Mamas

- Confidential helpline: Call 408-475-4408.
- Leave a message and a trained volunteer will call you back within 24 hours.
- No cost- 24/7 confidential text crisis line. **Text "GO" to 741-741** to chat with a trained mental health crisis counselor.
- Supporting Mamas offers group and individual therapy services.

Pregnancy and Postpartum	Services	Cost/Insurance
Janus of Santa Cruz Perinatal (English/Spanish) 200 7th Ave. Suite 150 Santa Cruz, California 831-462-1060 Local 866-526-8772 Toll Free 831-462-5267 DUI Program	24-hour residential alcohol/drug treatment program for pregnant and parenting women and their children through age five.	Call to verify. Private insurance, Medi-Cal, & sliding scale.
El Camino Hospital (English/Spanish) Call 1-650-988-8468 to inquire about services.	Mother-baby unit with inpatient & outpatient services.	Call to verify pricing and insurances accepted.

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HEALTH SERVICES AGENCY

Additional Resources	Services	Cost/Insurance
Bodhi Addiction Treatment & Wellness 603 Capitola Ave. Capitola, CA, 95010 Admissions: 877-328-1968	Individual case management; rehabilitation services with referrals; addiction treatment consultation; professional addiction counseling; outpatient recovery program and mentorship. Virtual services available.	Call to verify current pricing. Fees vary by treatment. Sliding scale options.
Access Team- Adult Mental Health Services of Santa Cruz County (English/Spanish)	24/7 crisis line and walk in crisis services.	Toll- free line. Additional services based on eligibility.
24/ 7 Access line: (800) 952-2335	Call 911 if you are at risk for harm to yourself or others.	
Walk-in Crisis Services Available Monday - Friday 8 am – 5 pm. 1400 Emeline Avenue Santa Cruz, CA 95060		
Al-Anon and Alateen (Teens) (English and Spanish) Call: (831) 462-1818	Support groups for relatives and friends of alcoholics. Virtual meetings available. Alateen is a group for teens. See website for more information on local meetings/ events.	No cost.

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HEALTH SERVICES AGENCY

Alcoholics Anonymous of Santa Cruz (AA) 5732 Soquel Drive Soquel, CA, 95073 24-Hr hotline (831) 475-5782	Alcoholics Anonymous is a fellowship group that supports one another in recovery from alcoholism. Virtual meetings available.	No cost. Contributions welcomed.
California Department of Rehabilitation 1350 41st Ave. Suite 101, Capitola, CA, 95010 Call: 831-465-7100	Works in partnership with consumers and other stakeholders to provide services and advocacy resulting in employment, independent living, and equality.	Call to verify eligibility.
Celebrate Recovery Santa Cruz Bible Church Call: 831-429-1162	12-step recovery program requiring a 10-month commitment. Gender-specific groups for individual sharing in a supportive group setting.	Call for more details.
Coastal Turning Point Office Location 147 S River Street Ste 234A, Santa Cruz, CA 95060 Call: 831-234-2010	Outpatient program and partial hospitalization programs primarily serving individuals struggling with substance abuse and those with co-occurring mental health problems such as depression, anxiety, mood disorders and others.	Costs can vary based on insurance coverage. Accepts most major PPO insurances. Will assist you to determine eligibility. Loans may be available.

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HEALTH SERVICES AGENCY

Cocaine Anonymous of Northern California	Cocaine Anonymous is a support group that is not limited to any one substance. Uses the twelve steps. Virtual meetings available.	No cost. Contributions welcomed.
Dignity Health (English/Spanish) * Many locations throughout Santa Cruz County.	Primary care and treatment services available. Call ahead to verify service availability.	Call to verify eligibility and insurance for primary care and Medication Assisted Treatment services.
Elevate Addiction Services Drug & Alcohol Rehab location near Mt. Madonna and the Santa Cruz Mountains: 262 Gaffey Rd. Watsonville, Ca 95076 Call: 831-440-3568	Detox, inpatient, and outpatient drug and alcohol treatment services. Does not use the 12 steps. Uses motivational interviewing and therapy approach.	Call to verify pricing and insurances accepted.
Encompass Community Services- Santa Cruz Residential Recovery & Alto Counseling Center (English/Spanish)	Adult/ youth substance use counseling and residential treatment programs.	Call to verify eligibility.
To schedule an appointment call: 831-226-3728 or by email: recoverysupport@encompasscs.org		

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HEALTH SERVICES AGENCY

GRASP-Grief Recovery After a Substance Passing Los Altos Chapter Contact: Elizabeth Andersen Email: eshow818@gmail.com Phone: 650-793-2359	Support group for loved ones after a substance passing. Nearest local chapter- Los Altos. Must pre-register for meetings by contacting the facilitator.	No charge for GRASP groups.
Jesus Mary Joseph Home Call: 831-459-8046 Email: pgorman@stfrancissoupkitchen.org	Transitional shelter for unhoused women and children.	No cost. Time limit for length of stay and residents must be seeking employment and permanent housing.
Kaiser Permanente (English/Spanish) Santa Cruz: 831-425-4100 Scotts Valley: 831-430-2700 Watsonville: 831-768-6600	Treatment services available. Call ahead to verify service availability.	Call to verify eligibility and insurance.
Monarch Services (English/Spanish) Watsonville Office 233 East Lake Avenue Watsonville, CA 95076 (831) 722-4532 Santa Cruz Office 550 Water Street Suite J3 Santa Cruz, CA 95060 (831) 425-4030	Services include emergency shelter, peer counseling, advocacy, support groups, dropin support, and assistance with restraining orders.	No cost for services. Call to obtain more information on eligibility.

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HEALTH SERVICES AGENCY

TDD: (800) 735-2929 (California Relay Service) 24-Hour Bilingual Crisis Line Domestic Violence, Sexual Abuse and Human Trafficking Crisis Line 1(888) 900-4232		
NAMI- National Alliance on Mental Illness- Santa Cruz County (English/Spanish) https://www.namiscc.org/ Help Line: (831) 427-8020 Español: (831) 205-7074	Offers support groups and trainings for those affected by mental illness and their loved ones. Offers a help line staffed by volunteers. Calls are usually returned within 24-hrs.	No cost.
Nar-Anon Family Groups toll free: 800-477-6291	Support groups for relatives and friends of those with addiction. Narateen is a group for teens. See website for more information on local meetings/ events.	No cost.
Narcotics Anonymous Facebook Page: Santa Cruz NA: Surfin' the Net for Recovery Santa Cruz Area Helpline: 1-855-562-2789	Non-profit group that uses the 12-step program to encourage sobriety. Virtual and phone meetings may be available	No cost. Contributions welcomed.

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HEALTH SERVICES AGENCY

New Life Santa Cruz Addiction Treatment (English/Spanish) 707 Fair Ave. Santa Cruz, CA 95060 Toll free: 888-474-6758 Local: 831-427-1007	Residential & outpatient treatment; individual, group, & family counseling; drug & alcohol re-entry education. Children and adolescents live on-site with parents. Vocational and educational support; toxicology screening & aftercare.	Please call for details.
Never Use Alone Call line: 1-800-484-3731 Mandy's Line: 1-800-943-0540	The call line asks for first name, location, and call back number for the caller. The operator will stay on the line during use and will notify emergency services if the caller is non-responsive. In addition to the call line is a second phone number-Mandy's Line. Mandy's line is a support line for individuals struggling with substance use disorder who need someone to talk to. All operators have experienced substance use disorder and can relate to the caller to provide support.	Toll free numbers.
Pajaro Valley Prevention Student Assistance, Inc. (PVPSA) (English/Spanish) Office: 335 E. Lake Ave. Watsonville, CA, 95076	School-based drug and alcohol prevention program and counseling services.	Accepts Medi-Cal and sliding scale. Please contact to verify services and eligibility.

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HEALTH SERVICES AGENCY

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Counseling Center: 411 E. Lake Ave. Watsonville, CA, 95076 Call: 831-728-6445		
Palo Alto Medical Foundation (English/Spanish) Contact for Medication Assisted Treatment (MAT): Dr. Bill Morris- 408-314-9338	Primary care and treatment services available. Many locations throughout Santa Cruz County. Call ahead to verify service availability.	Call to verify eligibility and insurance.
Westside 1301 Mission Street, Santa Cruz, CA 95060 Call: 831-458-6300		
Scotts Valley El Rancho Drive Center 2980 El Ranch Drive Santa Cruz, CA, 95060 Call: 831-438-1430		
Scotts Valley Center 4663 Scotts Valley Drive Scotts Valley, CA, 95066 Call: 831-458-6330		
Santa Cruz 2025 Soquel Avenue, 2nd Floor Santa Cruz, CA 95062 Call: 831-458-5524		
Soquel 2950 Research Park Drive Soquel, CA 95073 Call: (831) 458-6272		

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HEALTH SERVICES AGENCY

Aptos 7600 Old Dominion Court Aptos, CA 95003 Call: 831-458-6200 Capitola 815 Bay Avenue Capitola, CA 95010 Call: 831-460-7333 Watsonville 550 South Green Valley Road Watsonville, CA 95076 Call: 831-458-5865		
Partnership to End Addiction (English/Spanish) Text CONNECT to 5573/ CONECTAR al 55753 to connect to a specialist.	Support services for parents of youth with substance use disorder.	No cost services. Messaging and data charges may be incurred from your service provider.
Planned Parenthood (English/Spanish) 398 South Green Valley Road Watsonville, CA 95076 831-724-7525 1119 Pacific Ave. Suite 200 Santa Cruz, CA 95060 831-426-5550	Abortion services; birth control; general health care; HIV & STD Testing; LGBTQ Services; women's health; pregnancy services; and Vaccines.	Most insurances accepted. Call to verify costs and insurance information.

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HEALTH SERVICES AGENCY

Pregnancy Resource Center of Santa Cruz County 24 hr. Helpline: 831-475-2200 Santa Cruz Clinic 1570 Soquel Drive, Suites 3 & 4 Santa Cruz, CA 95065 831-475-2200 Downtown Santa Cruz Clinic 138-B Walnut Avenue Santa Cruz, CA 95060 831-454-8481 Watsonville Clinic 55 Brennan St., Rm 201, Watsonville, CA, 95076 831-726-0011	Pregnancy testing & ultrasound; Prenatal care up to 32 weeks; STD testing & treatment; Medical, WIC and resource referrals. Short and long-term counseling. Tangible assistance with maternity and baby clothing and other supplies as available.	Call to verify costs and insurance information.
Respero Ministries Call: 831-334-8268	Individual counseling; courses and workshops. Virtual and phone services available.	No cost counseling.
SafeRx	A county coalition of social service, healthcare, and government entities partnering for best practices of prescription pan medicines. The website lists information on safe medication and sharps disposal sites for Santa Cruz County. Additional resources on their website include pain management	More information is available on their website. To make a request for Narcan, please email Rita at rita@hipscc.org

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HEALTH SERVICES AGENCY

	information and general information on opioids. Professional resources include practice guidelines and prescribing information. Narcan may be available upon request. Supplies are limited.	
Salud Para La Gente (English/Spanish) Salud Para La Gente 204 East Beach Street Watsonville, CA 95076 831-728-0222 *Additional locations available in Watsonville/ Freedom area.	Prenatal care; well child checks; counseling services; family health care; pediatric care; dental care; vision care; wellness & counseling. Specialty care. Telephone options for counseling available.	Most insurances accepted. Questions on cost/insurance or billing can be directed to: 831-707-2755
Santa Cruz Community Health Centers (English/Spanish) To make an appointment, call: 831-427-3500 Santa Cruz Women's Health Center 250 Locust Street Santa Cruz, CA 95060 East Cliff Family Health Center 21507 East Cliff Drive Santa Cruz, CA 95062 Santa Cruz Mountain Health Center 9500 Central Ave. Ben Lomond, CA, 95005	Primary care; prenatal care and education; birth control dispensary; behavioral health services; substance use treatment; health education; acupuncture and chiropractic Services. Assistance with benefit enrollment.	Most insurances accepted. Call to verify costs and insurance information.

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HEALTH SERVICES AGENCY

Santa Cruz Health Center 1080 Emeline Ave, Santa Cruz, CA, 95060 Call: 831-454-4100 Homeless Persons Health Project (HPHP) 115 A Coral Street Santa Cruz, CA, 95060 Call: 831-454-2080 Toll free: 1-866-731-4747 Watsonville Health Center 1430 Freedom Blvd, Suite D, Watsonville, CA, 95076 Call: 831-763-8400 Watsonville Homeless Health Center 1430 Freedom Blvd, Suite C, Watsonville, CA, 95076 Call: 831-763-8181	Santa Cruz County Health Services Agency offers primary care and mental health care services. Services include treatment for Opioid and Stimulant Dependence.	Please call to verify current pricing and insurances accepted.
Siena House Maternity Home 108 High Street Santa Cruz, CA, 95060 831-425-2229	Residential program offering support, education & guidance for pregnant & early postpartum women. Pre/postnatal care, resource referral, counseling, & education.	Call for eligibility requirements. No fee.
Smart Patients Postpartum Community	Online forum offered in partnership with Postpartum Support International to provide information and support to	No cost.

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HEALTH SERVICES AGENCY

	pregnant and new mothers suffering with perinatal mood and anxiety disorders.	
Sobriety Works 8030 Soquel Ave., Suite 103 Santa Cruz, Ca 95062 831-476-1747	An addiction treatment center offering day treatment, relapse prevention, a women's group and after care. Counseling services are also available.	Treatment is funded via private pay, insurance and through county funds. Payment plans are available. Please call to verify treatment costs.
Summit Estate Recovery Center Summit Estate Outpatient Program: 20640 3 rd St. #300 Saratoga, CA, 95070 Call: 1-800-701-6997	A non-12 step addiction treatment center offering detox, rehab, and counseling services for alcohol and substance abuse.	Please call to verify cost and insurances accepted.
The Camp Recovery Center 3192 Glen Canyon Rd Scotts Valley, CA 95066 1-855-487-8864	Residential and outpatient treatment; teen residential program; group, individual, and family counseling; and recreational & experiential therapies.	Please call to verify cost and insurances accepted.
The Evolving Door 69 Mt. Hermon Road Scotts Valley, CA, 95066 Call: 831-535-2008	Sober living environment that aims to provide a supportive setting for residents.	Contact to verify cost of rent.

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Walnut Avenue Family and Women's Center (English/Spanish)

Call: 831-426-3062

24/7 Domestic Violence Hotline: 1-866- 2MY ALLY/ 1-866-269-2559

Offers a range of support services for family, children, and youth. Early childhood education, workshops, prevention education, one on one support, support groups, and peer and legal advocacy. Call to verify information on cost and eligibility.

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