

## CONFIDENTIALITY

*All services are confidential per Welfare and Institutions Code 5238 and Title 42 of the California Code of Regulations. Minors may consent for their own services under certain circumstances.*

## YOUR RIGHTS

- *Your treatment at TCBHD is voluntary.*
- *You have the right to be treated fairly. TCBHD does not discriminate based on race/ethnicity, religion, gender, age, disability, income or sexual preference.*
- *You have the right to request services.*
- *You have the right to complain. Contact your clinician, their supervisor, or the Quality Assurance Manager for assistance.*
- *You have the right to request your records; a nominal copying fee will be charged.*



**Tuolumne County  
Behavioral Health Department  
105 Hospital Road  
Sonora, CA 95370  
(209) 533-6245—Appointments & Admin**

**Normal Business Hours:  
Mon. - Fri. 8am - 5pm  
Closed weekends and holidays**

**For 24 hour crisis services call:  
(209) 533-7000 or toll free (800) 630-1130**

### What is Substance Use Disorder?

Substance Use Disorder (SUD) is a disease that affects a person's brain and behavior which can lead to an inability to control the use of a legal or illegal drug or medication. Substances such as alcohol, prescription medications, marijuana and nicotine are also considered drugs. When you are addicted, you may continue the drug despite the harm it causes.

With SUD treatment, a person can recover from the active use of substances. Recovery is a process of change through which people can improve their health and wellness, live a self-directed life and reach their full potential. Even people with severe and chronic substance use disorders can, with help, overcome their illness and regain health and social function. Being "in recovery" is when those positive changes and values become part of a new healthy and worthwhile lifestyle.

## Are alcohol and/or drugs affecting your life?

- ⇒ Failing in your attempts to stop using alcohol and/or drugs?
- ⇒ Have you been told that you should stop drinking or doing drugs, or that you should use them less often?
- ⇒ Do you feel that your alcohol or drug use is holding you back or negatively affecting your relationships, work, school, or home life?
- ⇒ Do you use or drink more than you intend to?



## TUOLUMNE COUNTY BEHAVIORAL HEALTH

### DEPARTMENT

105 HOSPITAL RD.  
SONORA, CA 95370  
(209) 533-6245

## SUBSTANCE USE DISORDER SERVICES



### **PROMOTING WELLNESS: ONE MIND, ONE BODY**

*Our Mission is to provide respectful, culturally sensitive and strength based behavioral health services which provide wellness, self-sufficiency and recovery from mental illness and/or addiction.*

## SUBSTANCE USE DISORDER SERVICES

(209) 533-6245

- **Substance Use Disorder Treatment:** Individual, group and family treatment for persons with a substance abuse or addiction problem.
- **Dual Diagnosis Treatment:** Counseling for clients who have alcohol and/or drug problems in addition to a mental health disorder.
- **Perinatal Treatment Program:** Specialized alcohol and drug treatment for pregnant and/or parenting women. Priority will be given to pregnant women who are intravenous substance users.
- **Adolescent Youth Treatment:** Early intervention for youth and teens using alcohol and/or drugs through individual and family counseling. Ages 12 to 25
- **Residential-A Preauthorized Service:** Youth and Adults Services are available. Short-term residential services are determined by medical necessity and include group counseling, patient education, individual counseling, crisis assistance and case management.

## COURT ORDERED PROGRAMS

- Adult Drug Court and Prop 36 Services
- Dependency Drug Court
- AB 109
- Deferred Entry of Judgment Education

Visit Tuolumne County's

Network of Care for Behavioral Health  
[www.tuolumne.networkofcare.org/mh/](http://www.tuolumne.networkofcare.org/mh/)



## PROGRAM ENTRY

Initial brief walk-in appointments are available. Assessments for all Substance Abuse Disorders are available by appointment at :

105 Hospital Road, Sonora, CA  
or by calling (209) 533-6245

### PLEASE NOTE:

*Tuolumne County Behavioral Health reserves the right to refuse treatment to any person who arrives for such treatment obviously under the influence of alcohol or drugs; useful therapy is not possible while a client is actively under the influence.*

## COST

Voluntary services are charged on a sliding scale based on income; **in order to determine your fees, you MUST bring proof of income to your assessment appointment or you will be charged the maximum fee.**

- If you are a Medi-Cal beneficiary and meet medical necessity, most treatment services are covered under Medi-Cal benefits.
- Some court-ordered programs have fees that must be paid in full, in addition to attending all classes, in order to qualify for completion.



## COMMUNITY SUBSTANCE ABUSE & RECOVERY RESOURCES

- **Sonora Alano Club:** (209) 532-1928  
19421 Village Dr., Sonora, CA
- **Alcoholics Anonymous Hotline:**  
(209) 464-1594
- **Al-Anon:** (888) 425-2666 for meeting information and schedules
- **Narcotics Anonymous Hotline:**  
(209) 533-2348
- **Nicotine Anonymous:**  
(877) 879-6422 KickitCA.org  
Tobacco Control Program-Tuolumne County Public Health: (209) 533-7401
- **Gamblers Anonymous Helpline:**  
(800) 522-4700

## ADDITIONAL COMMUNITY RESOURCES

The Enrichment Center  
101 Hospital Rd  
Sonora, CA 95370  
(209) 533-7114

Additional outreach and support may be available for anyone **over 55 years old:**

The Friendship Line: **(800) 971-0016.**