

*Specific services available through the
Options for Recovery Program:*

Residential Treatment

Detoxification (Limited)

Intensive Outpatient Treatment

Outpatient Treatment

Relapse Prevention and Support

Mental Health Assessment &
Counseling

Health Education

WEAVE Groups

Help Getting out of Sex Trade
Industry

Child Development

Parenting Classes

Self-Care and Living Skills

On-Site Child Play Care

Community Resource Referrals



SACRAMENTO
COUNTY



Division of Behavioral Health Services
Uma K. Zykofsky, LCSW, Director

Department of Health and Human Services
Sherri Z. Heller, Ed D., Director

County Executive:
Navdeep S. Gill

Board of Supervisors:

Phil Serna
Patrick Kennedy
Susan Peters
Roberta MacGlashan
Don Nottoli

1st District
2nd District
3rd District
4th District
5th District

SACRAMENTO
COUNTY

Department of Health and Human Services
Division of Behavioral Health Services

Alcohol and Drug Services



Options for Recovery

Service Providers

Volunteers Of America

Strategies For Change

MISSION STATEMENT

Our mission is to reduce the harmful effects associated with alcohol and drug use and improve birth outcomes for pregnant and parenting women by providing intensive residential and outpatient treatment.

IF YOU ARE DRINKING or USING DRUGS during your pregnancy, you could seriously harm your unborn child.

STOP NOW! It isn't too late to quit and give your baby a healthy start at life.

Options For Recovery treats mothers living in Sacramento County.

If you need help, call us.

(916) 395-3552, ext 272

No one will be refused services for inability to pay.

Preference provided for PERINATAL Alcohol and Drug Treatment Services to Women

Injecting pregnant women receive preference in the following order:

- Pregnant and injecting drug users;
- Pregnant substance abusers;
- Injecting drug users; and
- All others.

Revised June 2016

Options for Recovery offers:

Residential Treatment

- Volunteers Of America

A three month live-in facility providing alcohol and drug treatment, individual and group counseling, peer support, child development, and parenting classes, for up to 16 women and 12 children.

Detoxification

-Volunteers Of America

A 5-10 day detoxification program for women entering Options for Recovery Residential or Outpatient Programs.

Intensive Outpatient Treatment

- Strategies For Change

Three month intensive outpatient programs ranging from 9 to 20 hours per week. Provides alcohol and drug education, relapse prevention, parenting classes, child enrichment, and peer recovery support to assist women in maintaining a healthy lifestyle.

Outpatient Drug Free (ODF) Treatment

- Strategies For Change

Treatment one day a week for three months providing alcohol and drug treatment, counseling, relapse prevention, parenting, child enrichment, and peer support.

Transitional Living

- Volunteers Of America

Clean and sober living apartments for women and children enrolled in outpatient treatment. To qualify must be in treatment with Options For Recovery and have tested drug and alcohol free for 30-days.

Sacramento County Services

Provides mental health assessments, counseling and outside referrals. Assists in stabilization of mental health and recovery related needs, advocacy, and service coordination.

To find out more about:

The Program



If You Qualify



How to get Started



Call (916) 395-3552, ext 272

Between the Hours of

8:00am - 5:00pm

Monday thru Friday

California Relay Service: 711

*Bilingual staff
and/or interpreters are
available at no cost*