



Substance Use Resources

Last Reviewed: March 2023

Outpatient/Non-residential Programs

[Various East Bay Substance Use Support Groups](https://uhs.berkeley.edu/counseling/social-services/counseling/aod/community-based-support-groups)

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This list includes various anonymous recovery groups, such as over-eating, nicotine, drugs, alcohol, and more. There are religiously informed groups for recovering from addiction including christian and buddhist groups.

[Options Recovery Services](https://optionsrecovery.com/aod-treatment/)

<https://optionsrecovery.com/aod-treatment/>

Options plus is a 12-month program that helps people learn how to live life sober. The organization's mission is to work towards breaking the cycle of addiction which causes homelessness, crime and broken families. Program duration will be longer if you miss class frequently, clients do not graduate until they have attended the requisite number of groups and sessions.

- Phone number: (510) 666-9552
- Languages: English, counselor for groups speaks Spanish but other clients will primarily speak English
- Medical Services: drug and alcohol substance use disorder counseling
- Referral Needs: no
- Insurance Needs: Medical (Alameda County), private insurance (must check with your insurance first), self-payment
- Requirements: Adult men and women are welcome to call the phone number and have a pre-screening conversation, once complete you can set up an appointment time. Condition must be mentally and physically stable.
- Locations: San Leandro, Oakland, Berkeley, Concord.
1300 East 14th St. San Leandro, CA 94577
1630 10th St. Oakland, CA 94607
1835 Allston Way Berkeley, CA 94704
1470 Civic Court, Suite 100 Concord, CA 94520
- Day treatment recovery programs: 12-step study, self-esteem groups, relaxation training, yoga, anger management, life skills, relapse prevention, smoking cessation, individual counseling, acupuncture and a host of other services.
 - Men: M-F, 8:30-11:30 am (intakes at 8:00 am, walk-ins accepted)
 - Women: M-F, 1:30-4:30 pm (intakes at 1:00 pm, walk-ins accepted)
 - Attend at either location:
1300 East 14th St. San Leandro, CA 94577

1630 10th St. Oakland, CA 94607

- EVENING OPTIONS: MWF, 5:30-7:00 pm (intakes at 5:00 pm, walk-ins accepted)

Only offered at: 1835 Allston Way Berkeley, CA 94704

- Other services include: Addiction Severity Index testing, money management guidance, mental health care, residential treatment referral, acupuncture, health care screening referral, vocational counseling, educational assessment and literacy training.

[Lifeline Treatment Services](#)

<https://www.americanhealthservices.org/oakland-california.html>

If you click or type the link into the search bar, you'll see Lifeline Treatment Services' hours of operation for Substance Abuse Clinic Hours and Narcotic dosing services. If you go to the location below during these hours you can receive counseling services and dosing services.

- Phone number: (510) 777-8448
- Languages: English and Spanish
- Medical Services: Narcotics replacement therapy, dosing and counseling
- Referral Needs: none
- Insurance Needs: Medical and Medicare
- Requirements: ID and medical insurance information
- Location: 10429 International Blvd, Oakland, CA 94603

[East Bay Community Recovery Project:](#)

<https://lifelongmedical.org/ebcrp/>

If interested in taking steps towards recovery, go to the location below, fill out paperwork, and meet with a specialist who will decide whether or not the organization is equipped to support you at this time.

- Phone number: (510) 446-7180
- Languages: English
- Medical Services: Not residential, outpatient day treatment
- Referral Needs: None
- Insurance Needs: Medical
- Requirements: None
- Location: 2577 San Pablo Ave, Oakland

In-patient/Residential Programs

[Magnolia Women's Recovery Program](https://magnoliarecovery.org/)

<https://magnoliarecovery.org/>

Magnolia Women's Recovery Programs Inc., is a not for-profit organization committed to educating our clients, their children, family members, and others on the various illegal drugs that are destroying our community. Perinatal program, catered towards pregnant individuals, and people with children under the age of 16. If you have children under the age of 7 you may be able to live on site, depending on space available.

- Phone number: (510) 547-1531
- Languages: English
- Medical Services: non-medical, residential treatment program. They offer peer and individual counseling, perinatal program
- Referral Needs: Call the number above, they will then direct you to call Centerpoint referral helpline, a center that handles most Alameda County substance use treatment referrals. The Centerpoint helpline number is 1(844) 682-7215
- Insurance Needs: Medical
- Requirements: Women with children under 16 are prioritized, and there is occasionally space for women without children.
- Location: 17 Embarcadero Cove, Oakland, CA 94606

[Father Alfred Center Addiction Recovery for Homeless Men](https://www.stanthonyssf.org/)

<https://www.stanthonyssf.org/>

The year-long, abstinence-based, work-structured program at the Father Alfred Center empowers men who have no income or resources with the tools to overcome addiction and the support to establish productive, healthy lives. The multi-program access available through St. Anthony's own services is rare in the field of recovery, and allows the speedy assessment and resolution of clients' medical, legal, vocational, and educational needs, most or all of which have been affected profoundly by their cycles of poverty and addiction

- Phone number: (415) 592-2831 or (415) 592-2894 for intake
- Languages: predominantly English, limited Spanish counseling
- Medical Services: access to a clinic, therapy, psychiatry, medical staff, MAT treatment (suboxone/methadone)
- Referral Needs: Not needed
- Insurance Needs: No insurance is required because services are free

- Requirements: Men ages 18 and older. May not have a criminal conviction for arson; may not be a registered sex offender. Clients must be able to pass a physical examination given by St. Anthony's Medical Clinic as part of the intake process. Vaccination for COVID-19 and up to date on boosters.
- Location: 121 Golden Gate Avenue, San Francisco, CA 94102

[CityTeam Renew](https://cityteam.org/oakland/)

<https://cityteam.org/oakland/>

A Christian-based recovery program that gives men and women a new start at life, restored from the grips of homelessness and addiction. CityTeam Renew is an 8-month to a year-long residential program in which you will have housing on-site, and the main goal is to get you back into the workforce!

- Phone number:
 - to get connected with the men residential program: call 510-452-3758, listen to the voicemail and press number 1 for the men's program
 - to get connected with the women's residential program: call 510-452-3758, listen to phone tree and press number 7 for the women's program
- Languages: primarily English
- Medical Services: No clinical staff, but they work with Lifelong Trust and providers who accept MediCal if the clients are in need of medical treatment.
- Referral Needs: None
- Insurance Needs: Program fees are minimal and based on patient's income, paid with cash or food stamps
- Requirements: Only offered to men, be prepared to make an 8 month to a year long commitment in order to complete the program. If you are a registered sex offender or have been diagnosed with a serious mental illness this is not the program for you.
- Location: once through screening, you'll be given the address

[Friendship House](https://www.friendshiphousesf.org/index-test)

<https://www.friendshiphousesf.org/index-test>

Our clients become residents in our 80-bed residential facility in San Francisco for up to 6 months. During that time, clients are immersed in both American Indian cultural practices and Western approaches for substance abuse recovery and prevention. Call the number below to get on the waiting list, be prepared to spend a minimum of 30-45 minutes in the intake interview.

- Phone number for Intake Coordinator: (415) 865-0964
- Languages: English

- Medical Services: Residential program for folks with severe substance use disorder for primarily American Indian
- Referral Needs: A referral confirming that the patient is ready for treatment from a Roots provider is ideal.
- Insurance Needs: Applicants' ability to pay for treatment will be evaluated at the time of the intake screening. The only accepted insurance is Drug Medical issued by the city of San Francisco. The fee for service and payment options will be determined at this time.
- Required condition: Clients must be age 18 and over. If you are pregnant and/or a mother who wishes to bring up to two children ages 0-5, please apply for our Women's Lodge program. Must have a sincere desire to stop drinking and/or using drugs. No serious medical, psychological or emotional conditions that could interfere with participation in a social-model residential treatment program. All legal and medical issues should be sufficiently resolved so the client will not be removed from the program during treatment.
- Required documentation: State ID/Driver's License, Social Security Card, Birth Certificate and Tribal Registration. Proper written documentation of a negative TB test taken within the past 6 months must be in-hand or sent prior to the client's admission. The individual will not be admitted without this certification.
- Location: 56 Julian Ave San Francisco, CA 94103

[Berkeley Alcohol and Drug Rehab Center](https://www.newbridgefoundation.org/)

<https://www.newbridgefoundation.org/>

Direct Medical Program long term residential program, primarily Drug and Alcohol Use counseling. In-patient, live in 3 month program

- Phone number: (866) 772-8075
- Languages: English only
- Medical Services: Drug and Alcohol use counseling
- Referral Needs: Alameda County access helpline must send over a referral, call (844) 682-7215 to ask about having one sent over
- Requirements: MediCal through Alameda County, privately funded/private health insurance
- Location: 2323 Hearst Avenue, Berkeley, CA 94709

Educational web links

Five different podcast options with different hosts all discussing the challenges of sobriety.

- [American Addiction Center Podcast Recommendations](#)
- <https://americanaddictioncenters.org/blog/podcasts-about-addiction>

What is addiction? How does it work?

- [Substance Use Disorder Signs and Symptoms Video](https://www.youtube.com/watch?v=Hgn7MJjMfkk)
<https://www.youtube.com/watch?v=Hgn7MJjMfkk>
Learn what the signs and symptoms of substance use disorder are and treatment options.
- [KHAN Academy](https://www.youtube.com/watch?v=tPhcRBkVmUM)
<https://www.youtube.com/watch?v=tPhcRBkVmUM>
Defines common terms associated with Substance Use Disorder, explains how addiction works
- [SAMHSA: Public messages](https://www.samhsa.gov/public-messages)
<https://www.samhsa.gov/public-messages>
Resources for understanding the different risks associated with various types of substance use, learning how to manage your mental health in a healthy way, and supporting family/loved ones who have substance use disorder.
- [SAMHSA: Find treatment](https://www.samhsa.gov/find-treatment)
<https://www.samhsa.gov/find-treatment>
This link has the following resources: substance use treatment locators, various helplines for anyone experiencing crisis, mental illness treatment locators, and more.

Food access

1. **Roots Community Market**
Offers nutritious grocery items onsite at Roots, free for members with a navigator, and after every diabetes class.
Talk to your navigator or the diabetes team
For Medi-Cal sign ups, CalFresh sign ups; Navigation, clinical care, call Roots at 510-777-1177
2. [Project Open Hand](https://openhand.org/)
<https://openhand.org/>
Free meals for individuals with specific diagnoses, including diabetes. Must be referred by physician
Talk to your provider or the diabetes team to get referred.
3. [CalFresh](https://www.getcalfresh.org/)
<https://www.getcalfresh.org/>
CalFresh is California's food stamps (SNAP) program. Apply to get up to \$192 a month per household member on an EBT card.

Talk to your Roots navigator or visit the link above to apply

4. [Alameda County Community Food Bank](https://www.accfb.org/)

<https://www.accfb.org/>

Food helpline for immediate access to food & food programs.

1-510-635-3663

9am-5pm, Mon-Fri

[Harbor House](#) - 1811 11th Avenue, Oakland, CA 94606

<https://hhministries.org/programs/food-access>

The Harbor House distributes food provided by Alameda County Community Food Bank every 2nd and 4th Tuesday of the month from 10:00-11:30 am.

5. [Give A Meal of Love](https://kcceb.org/get-help/#immigration-services)

<https://kcceb.org/get-help/#immigration-services>

This is a wonderful food delivery service for elderly monolingual Korean people.

Call 844-828-2254 to get connected with Baki, and receive a warm nutritious

meal delivered to your doorstep

6. [East Bay Food Not Bombs](https://eastbayfoodnotbombs.org/)

<https://eastbayfoodnotbombs.org/>

Rain or shine, East Bay Food Not Bombs serves hot, nutritious food seven times a week at People's Park, Berkeley at 3pm.

(In case of rain, they will serve outside of "Mad Monks" on Haste and Telegraph)
instagram: @foodnotbombs.eastbay

7. [Food Pantry](https://tmcoakland.org/what-we-do/)

<https://tmcoakland.org/what-we-do/>

We distribute food every Wednesday and Friday from 10am to 2pm and Wednesday evenings from 5:30pm to 7pm. If you are in need of emergency food, please visit during normal food pantry hours or call or text (510) 435-1270.

5316 Telegraph Ave

Oakland, CA 94609