

**Tej kev pab tshwj xeeb ntawm Options
for Recovery:**

Kev Kho Cov Neeg Nyob Hauv Tsev

Kev Ntxuav Tshuaj Txhaum (Muaj tsawg)

Kev Kho Cov Neeg Mob Hnyav Sab Nrau

Kho Neeg Mob Sab Nrau

**Kev Tiv Thaiv thiab Txhawb Kom Tsis Pub
Tshwm Sim**

**Ntsuam Xyuas Kev Nyuaj Siab thiab Kev Sab
Laj**

Qhia Txog Kev Noj Qab Haus Huv

WEAVE Cov Pab Pawg

**Pab txoj kev tawm kom txhob pub muaj kev
Phem Ua Plees Ua Yis**

Ke Txhim Kho Me nyuam

Kev kawm Cob Ntawm Niam Txiv

**Kev Saib Xyuas Tus Kheej thiab Cov Txuj Ci
Noj Nyob**

Kev Saib Xyuas Me nyuam Hauv Chaw Ua Si

Kev Pab cuam Zej Zog thiab sib qhia



Division of Behavioral Health Services
Ryan Quist, Ph.D.
Behavioral Health Director
Alcohol and Drug Program Administrator

Department of Health Services
Peter Beilenson, MD, MPH, Director

County Executive:
Navdeep S. Gill

Board of Supervisors:

Phil Serna
Patrick Kennedy
Susan Peters
Sue Frost
Don Nottoli

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



Department of Health Services
Division of Behavioral Health Services

Alcohol and Drug Services



Options for Recovery

Cov Chaw Muaj Kev Pab Cuam

Volunteers Of America

Strategies For Change

LUS QHIA TXOG LUB LUAG HAUJ LWM

Peb lub luag hauj lwm yog txhawm rau txo qis kev puas tsuaj cuam tshuam txog quav dej cawv thiab yeeb tshuaj thiab txhim kho kev yug me nyuam rau cov poj niam cev xeeb tub thiab cov niam tsev uas yog muab chaw saib xyuas tshwj xeeb sab hauv thiab cov kev kho mob tab si tsis pw tsev kho mob.

YOG KOJ TAB TOM QUAV CAWV los sis QUAV TSHUAJ thaum lub sij hawm koj lub cev xeeb tub, koj yuav muaj teeb meem tsim kev puas tsuaj rau koj tus me nyuam hauv plab.

TSUM KIAG TAM SIM NO! Nws tseem tsis tau lig rau koj thum thiab ua rau koj tus me nyuam muaj lub dag zog zoo thaum yug los.

Options For Recovery rau cov leej niam nyob hauv nroog Sacramento.

Yog koj xav tau kev pab, hu rau peb.

(916) 395-3552, txuas 1272

Pab txhua leej txhua tus txawm tias koj tsi muaj nyiaj them.

Xav pab rau cov MUAJ ME NYUAM Kev Pab Cov Quav Cawv thiab Quav Tshuaj rau Pojniam

Cov tshuaj txhaj rau cov poj niam cev xeeb tub yuav tsum ua raws li cov ntawv qhia txuas ntxiv nram no:

- Cov poj niam cev xeeb tub thiab txhaj tshuaj muaj yees
- Cov poj niam cev xeeb tub quav tshuaj muaj yees
- Cov neeg siv tshuaj txhaj, thiab

Options for Recovery Kev Xaiv:

Kev Kho Cov Neeg Nyob Hauv Tsev

- **Volunteers Of America**

Nyob peb hlis hauv lub chaw kho mob uas tau muab kev kho cov neeg quav dej cawv thiab yeeb tshuaj, nrog rau kev sab laj ib leeg thiab nrog pab pawg, kev sib pab ntawm phooj ywg, pab loj hlob ntawm me nyuam, thiab kev kawm ntawm niam txiv, rau txog li 16 tus poj niam thiab 12 tus me nyuam yaus.

Ntxuav Tshuaj Txhaum

- **Volunteers Of America**

Qhov kev pab ntxuav tshuaj txhaum 5-10 hnuv rau cov poj niam nkag los rau hauv Options for Recovery hauv tsev los sis kev pab sab nrauv.

Kev Kho mob Rau Cov Neeg Nyob Sab Nrauv

- **Strategies For Change**

Qhov kev kho mob rau cov neeg mob tab tsis pw hauv tsev kho mob peb hlis txij li 9 txog 20 teev hauv ib asthiv. Muab kev qhia paub txog qhov tsis zoo ntawm dej cawv thiab yeeb tshuaj, kev tiv thaiv, chav tiv thaiv, qhia paub rau me nyuam yaus, thiab kev pab txhawb los ntawm phooj ywg pab rau cov poj niam hauv kev tswj kev noj qab haus huv.

Kho Mob Rau Cov Neeg Tsis Quav Tshuaj (ODF)

Sab Nrauv - Strategies For Change

Kho mob ib zaug ib asthiv rau sij hawm peb lub hlis rau cov neeg quav dej cawv thiab yeeb tshuaj, kev sab laj, kev tiv thaiv, kev qhia me nyuam, qhia pab rau me nyuam, thiab kev pab txhawb ntawm phooj ywg.

Hloov kev Nyob Noj

- **Volunteers Of America**

Tu thiab saib xyuas haw nyob rau cov poj niam thiab tus me nyuam rau npe hauv chaw kho mob tab si tsis pw hauv tsev kho mob. Txhawm rau kom muaj cai yuav tsum tau kho nrog Options For Recovery thiab raug ntsuas kom pom tias tsis muaj dej cawv thiab yeeb tshuaj nyob hauv 30 hnuv.

Nroog Sacramento Cov Kev Pab

Muab kev tshuaj ntsuas txog kev nyuaj siab, kev sab laj thiab xa mus kho sab nrauv. Kev pab ruaj khov rau kev pab kev nyuaj siab thiab kho cov mob cuam tshuam raws li xav tau, kev pab txhawb, thiab kev khiav hauj lwm kev pab.

Xav Nrhiav Paub Ntau Ntxiv Txog:

Qhov Kev Pab



Seb Koj Puas Tau Txais



Yuav Pib Li Cas



Hu Rau (916) 395-3552, txuas 1272

Thaum lub sij hawm ua hauj lwm

8:00am - 5:00pm

Monday txog Friday

Chaw Pab Cuam Tham Xov Tooj: 711

Muaj cov neeg ua haujlwm hais ob hom lus thiab/los sis kws txhais lus tsis tau them nqi