



# San Luis Obispo

*Substance Use Recovery Services*

*Preventing alcohol and drug addiction by offering education, prevention, treatment and recovery to individuals and families regardless of income level.*

# State-Licensed Recovery Program

- Provides a supportive environment for individuals seeking a life free from the devastating effects of drug and alcohol addiction.
- **State licensed** of California Department of Health Care Services and Medi-Cal. **Accredited** by CARF international.
- **Certified** counselors and recovery participants incorporate the principles of **Social Model** recovery, which utilize a peer-oriented, mutual help system that views the participant as a student, not a patient.



# Program Information

## FEES

- Medi-Cal (95%)
- Private Insurance
- Self-Pay

## REFERRALS

- San Luis Obispo County Behavioral Health
- Your Own Healthcare Provider
- Your Own Health Insurance
- SLO County Sheriff's office
- Self-Referral



# Our Facility at 34 Prado

The 16-bed facility includes

- shared dorms
- a large meeting room
- laundry facilities
- a meal prep area
- a recreational area



# Recovery Program Services

- Residents attend **12-step** meetings, get a sponsor, and take personal responsibility for their own recovery.
- Residents take part in a full schedule of **recovery-based classes** including recovery planning, communication skills and relapse prevention.
- Participants attend a variety of **activities including community events** and volunteer activities. 'Giving back' to the community is an important aspect of the recovery process.



# Matrix Education Classes

- The Matrix Program is a comprehensive, **evidenced-based**, individualized program with more than twenty years of research and development by the Matrix Institute of Addictions, an affiliate of the UCLA Integrated Substance Abuse Programs.
- Three modules we use;
  - Early Recovery**
  - Relapse Awareness**
  - Family Empowerment**

# THE MATRIX MODEL



# Resident Activities

Our certified counselors offer;

- Evidence-based practice groups such as Matrix, **relapse prevention, Seeking Safety**, psycho education and Family Empowerment.
- **Wellness and nutrition, hikes and walks**, integration into the 12-step community, and creative arts.
- A **monthly alumni and resident awards night** for all current residents and program graduates.



Tyson received two awards from CAPSLO for the volunteer work he started while in Sun Street Centers.

# Alumni Quote: Tyson

Tyson, a proud alumnus of the Sun Street Centers Residential Program in San Luis Obispo, is celebrating 17 months of sobriety this month.

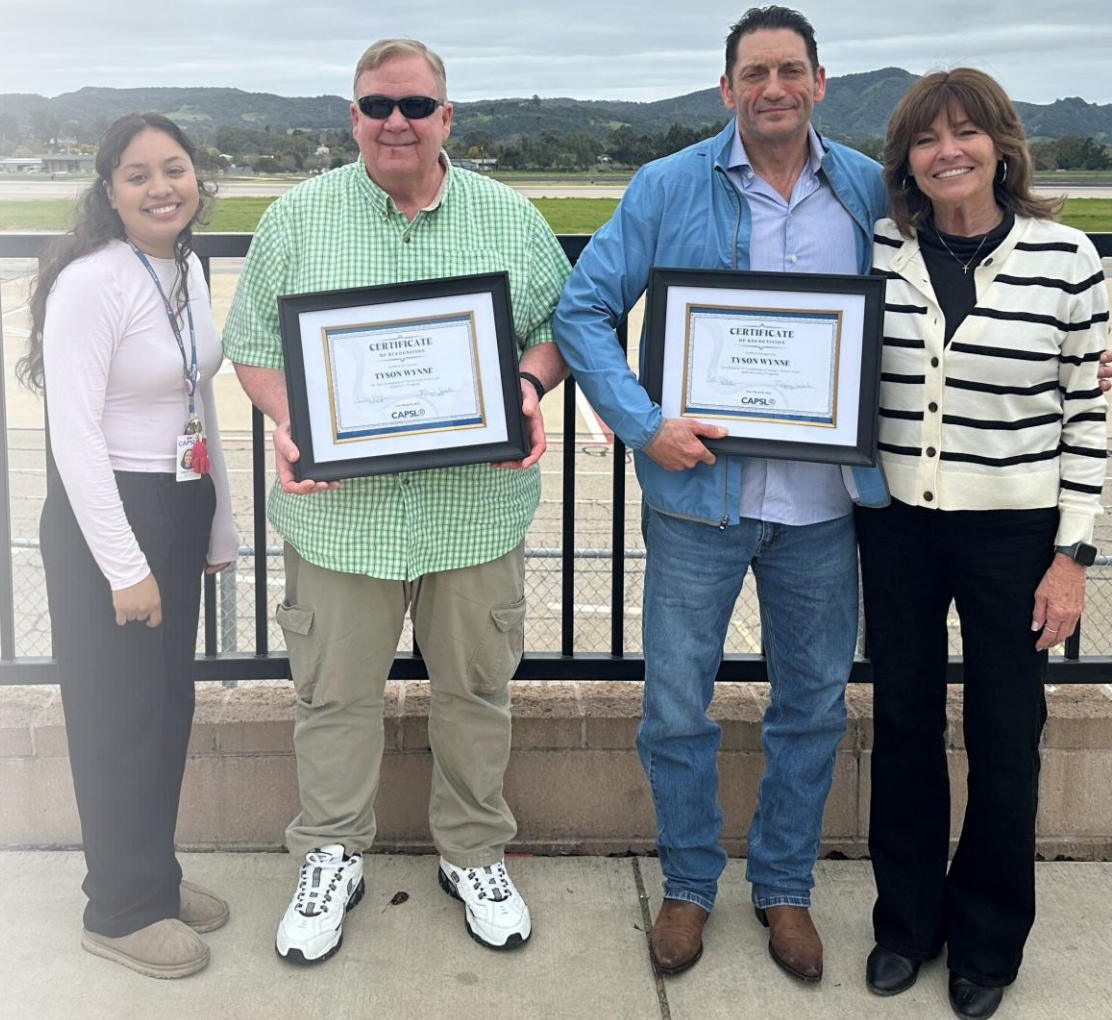
After struggling with substance use, homelessness, and incarceration, Tyson found a turning point through volunteering at the 40 Prado Homeless Services Center, which led him to Sun Street Centers.

During his 90-day residential program, he embraced healthy activities and the power of community, gaining the tools to sustain his recovery. Today, Tyson regularly returns to the SLO program to share his story and inspire others, serving as a powerful example of second chances and hope.

*“Recovery is the biggest step forward I’ve made in my life.”*

*“I want to thank Sun Street Centers basically for helping me find a second chapter in my life, a rebirth... It is a blessing because every person deserves to find some happiness.”*

*“I’ve given myself a second chance at life. I am now employed at the place where I volunteered, Community Action Partnership of San Luis Obispo.”*



# Our Program Partners



# SLO Resident Demographics at 34 Prado FY 24-25

served in San Luis Obispo Men's Residential Program



**94** men served in  
SLO Residential



**65%** of clients  
successfully  
completed the program

## **TOP 3 PREFERRED SUBSTANCES:**

**42%** OF TOTAL CLIENTS  
REPORTED **ALCOHOL** AS  
THEIR DRUG OF CHOICE.

**31%** OF TOTAL CLIENTS  
REPORTED **STIMULANTS**  
AS THEIR DRUG OF  
CHOICE.

**24%** OF TOTAL CLIENTS  
REPORTED **OPIOIDS** AS  
THEIR DRUG OF CHOICE.

**68%**

of clients served  
are between ages  
25-44 years old

**126**

volunteer hours were  
completed by the men  
in the program

# SLO Residents are also served in Hollister, Salinas and King City served in our programs across tri-county area



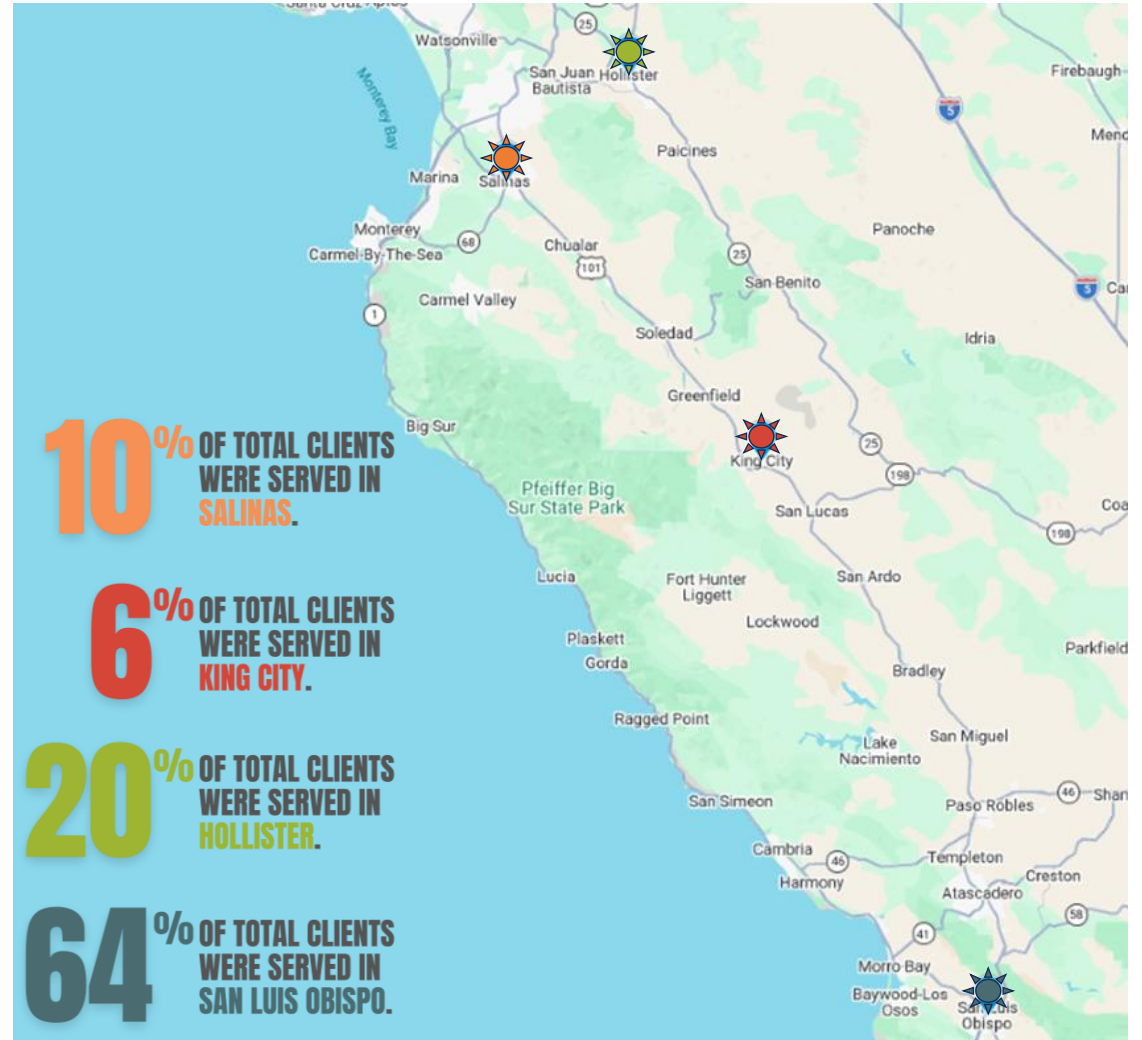
**147** clients were served in our different programs across the tri-county area



**78%** of clients served were men



**22%** of clients served were women





# Any Questions

Presented by  
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Program Director

[www.SunStreetCenters.org](http://www.SunStreetCenters.org)

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