



Ready to start treatment?

Call **(805) 781-4754** or email **BH.youthsudreferral@co.slo.ca.us** to set up a screening appointment.

Treatment Locations:

San Luis Obispo
277 South Street, Suite T
805-781-4754

Grover Beach
1523 Longbranch Avenue
805-473-7080
(screening and testing only)

Atascadero
3556 El Camino Real
805-461-6081

Paso Robles
805 4th Street
805-226-3201



COUNTY OF SAN LUIS OBISPO
BEHAVIORAL HEALTH DEPARTMENT

www.slobehavioralhealth.org
1-(800)-838-1381

Updated 12/8/2022

Youth Substance Use Treatment Program

About the Program

The Youth Substance Use Treatment program provides outpatient treatment and counseling services to youth facing substance use disorders.

Our program can also help address additional concerns including:

- Depression
- Anxiety
- Peer/social issues
- Anger management
- Other mental health concerns

Whatever your needs are, we offer an array of treatment services:

- Screening
- Individual Counseling
- Family Counseling
- Early Intervention
- Recovery Motivation
- Relapse Prevention
- Drug Testing



Screening and Assessment

Both the screening and the assessment consist of an evaluation of a youth's emotional and social functioning, mental health concerns, substance use history, relevant medical issues, legal issues, motivation for treatment, recovery environment, relapse potential, and life stressors. Based on the screening and assessment sessions, a recommendation is made for the most appropriate level of care in treatment.

Treatment

Individual Sessions provide a time to address client's specific needs. This could include discussing underlying obstacles to sobriety, identifying short-term and long-term goals, and working towards a stronger sense of well-being. Clients will also work 1:1 with a therapist to develop a personalized relapse prevention plan.

Group Sessions provide a time to discuss issues related to cravings, triggers, and recovery planning strategies, along with opportunities to practice controlling behaviors, learn new coping skills to help with cravings and other impulses, and ultimately increase length of sobriety.

Random drug testing is included in all levels of treatment.



Eligibility and Cost

Services are available to individuals between the ages of 12-21 in SLO County. Individuals may start services on their own without a referral from others **or** by obtaining a referral from:

- School
- Probation
- Community Agency
- Directly by a parent(s) or guardian(s)

All treatment services are fully covered by Medi-Cal insurance. Service fees are waived for those referred directly from County of San Luis Obispo Probation.

We are not able to accept private insurance at this time.