



SAN MATEO COUNTY HEALTH  
**BEHAVIORAL HEALTH  
& RECOVERY SERVICES**



# Recovery Month 2024

County of San Mateo Board of Supervisors Presentation

September 2024

## Speakers

Clara Boyden, BHRS Deputy Director, Alcohol & Other Drug Services

ShaRon Heath, Executive Director, Voice of Recovery (VOR) San Mateo County

Heather Henry, VOR Outreach Coordinator and Woman in Long Term Recovery

# Facts

- National Survey on Drug Use and Health
- 2023: an estimated 17% of people aged 12 or older in the US had a substance use disorder in the last year—that is 48.5 million people
  - Almost 21 million considered themselves to be in recovery or have recovered from their drug or alcohol use problem
- BHRS provided substance use disorder and mental health treatment to 14,213 individuals last fiscal year



# How do I get help?

Call the BHRS Access Call Center

# 1-800-686-0101

or TTY (for hearing impaired): dial 711

- Phones are answered 24/7
- Confidential and respectful services
- Trained professionals will help

*Language Services:* Staff speak English, Spanish and Chinese. For other languages, they will assist you through a free telephone interpreter service.

**How do I get help for my alcohol and drug use in San Mateo County?**

1. If you live in San Mateo County, call the ACCESS Call Center at 1-800-686-0101. Pick the language you speak and pick option 4 for "mental health and substance use". It is important that YOU call or give permission to allow family or friends to speak for you.
2. Give your name, birthday and phone number or email address.
3. If you have insurance give this information. You do not need to have insurance to get help.
4. You will be connected to speak to a trained person who will ask you more questions to help you find the right type of care. Anything you tell this person on the phone will not be shared unless you allow it.

**Services are available if you have:**

- Medi-Cal
- Care Advantage/Cal Medi-Connect
- Healthy Kids
- Health Worx
- Access and Care for Everyone (ACE)

If you have other or no insurance the ACCESS Call Center can still help you find care. The Call Center can also help you get insurance if you want it.

**How much does it cost to get help for my alcohol and drug use?**

**SAN MATEO COUNTY HEALTH**  
All together better.

You have the right to receive services in the language you speak. If you are not happy with the care or services you receive, please call: 1-800-388-5189.

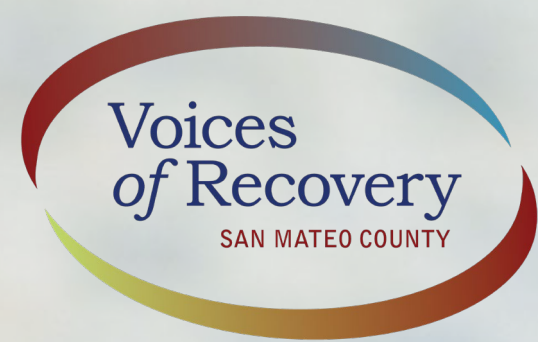
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# Voices of Recovery Connection Center

## OUR VISION

650 Main Street  
Redwood City, CA 94063



- A place for individuals at all stages of recovery
- Conveniently located to improve access for the underserved population
- Central location near public transit eliminates transportation barriers
- **Free services** and support from peers with lived experience
- Service adults 18+ with substance use and/or mental health challenges

### WHAT WE OFFER:

- Peer-based services in English and Spanish.
- Evidence-based Wellness and Action Recovery Plan (WRAP) workshops and training
- Peer mentoring and coaching
- Skill development
- Job readiness
- Referrals and connection to resources, including housing, education, job training, and outside behavioral health services as needed
- Rewarding volunteer opportunities
- Job opportunities

**RECOVERY IS FOR EVERYONE**  
Every **Person**. Every **Family**. Every **Community**.