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## Alcohol and Chemical Dependency Agencies

Individuals with SCI are at risk for dependency on alcohol and/or drugs. For many, the substance use may have contributed to their SCI. For others, the loss of control, pain and depression often experienced by individuals with SCI can lead to substance abuse.

Most individuals with SCI are in the age range where experimentation with drugs and/or alcohol is common. Many with SCI turn to substance abuse (**substances** include alcohol and other mind altering drugs, and **abuse** involves continued use despite the consequences or recurrent use in situations when use is dangerous). The following agencies work with people who are involved with substance abuse and dependence (**dependence** involves impaired control of the use of the substance, and the continued use despite the consequences).

One major problem for people with SCI who use or abuse substances is the danger involved. The use or abuse puts one at risk for further injury. Additionally, complications related to spinal cord injury such as pressure sores, spasticity, and urinary tract infections are more frequent in those who use drugs and/or alcohol.

As it is true with many of the other agencies and facilities listed in this resource guide, one type of program may work better than another for an individual person. Substance abuse is treatable, although not always easily. With all that in mind, below are listed many of the organizations and facilities that offer some help in dealing with substance abuse.

### **Alcoholics Anonymous (AA)**

24 hour help line: 408/374-8511

274 E. Hamilton Ave., Suite D

Campbell, CA 95008

E-mail: [aasanjose.org](mailto:aasanjose.org)

- 24 hour hotline
- Information on AA meetings in Santa Clara Valley

Monterey County/Salinas Location

24 hour help line: 831/424-9874

### **Adult and Child Guidance Center**

408/288-6200

FAX: 408/288-6201

380 N. First St., Suite 200

San Jose, CA 95112

444 Castro St., Suite 122

Mountain View, CA 94041

650/968-3371

- Comadres women's outpatient polydrug abuse program
- Compadres men's outpatient polydrug abuse program
- Counseling services for children, adults, families and the elderly

# 1. Alcohol and Chemical Dependency Agencies

## **Al-Anon**

408/379-9375

Meetings and locations: 408/379-1051

- Support groups for those whose lives have been affected by someone's drinking
- Call for locations and meeting times

## **Asian-Americans For Community Involvement (AACI)**

408/975-2730

2400 Moorpark Ave., Suite 300

San Jose, CA 95128

- Substance abuse intervention and treatment program

## **Blossoms Prenatal Substance Abuse Program**

408/254-3396

3030 Alum Rock Ave.

San Jose, CA 95127

- Outpatient program for pregnant or parenting women

## **C.A.P.S. (Combined Addicts Prevention Services)**

408/995-3820

Hotline: 408/998-4200

135 Gish Rd., Suite 200

San Jose, CA 95112

- 90 day outpatient program
- Must go through Gateway (managed care)
- Counseling and psychosocial groups

## **Chemical Dependency Institute of Northern California**

408/559-2000

800/422-1845

2425 Samaritan Drive

San Jose, CA 95124

- Inpatient detox program
- Outpatient services

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## **Chemical Dependency Recovery Center**

650/940-7250

El Camino Hospital Chemical Dependency Services

2500 Grant Road

Mountain View, CA 94040-4378

- Individual counseling, lectures and group therapy sessions
- Free ongoing educational series
- AA meeting following every educational series
- Crisis intervention - stay of up to 24 hrs

## **Cocaine Anonymous**

415/821-6155

San Francisco, CA

- Participants help each other to abstain from cocaine and other mind altering substances
- No counseling treatment or therapy at the sessions

## **Community Health Awareness Council**

650/965-2020

P.O. Box 335

Mountain View, CA 94042

- Individual and group counseling
- Day treatment program for adolescents

## **Daytop Village**

650/325-6466

2560 Pulgas Ave.

East Palo Alto, CA 94303

Redwood City location

650/367-9030

- Residential community for chemically dependent adolescents

## **Department of Alcohol and Drug Services**

408/299-6141

FAX: 408/279-1843

976 Lenzen Ave., 3rd Floor

San Jose, CA 95126

- Information and referral only

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## **El Camino Hospital Chemical Dependency Services**

Care Line: 650/940-7250

800/286-7123

2500 Grant Rd.

Mountain View, CA 94040

- Outpatient program

## **Family Health Foundation of Alviso**

408/262-7944

P.O. Box 1240

Alviso, CA 95002-1240

- Information and referral

## **Fenix Services Institute**

831/722-5914

FAX: 831/722-8311

406 Main St., Suite 403

Watsonville, CA 95076

- Individual and group counseling
- Domestic violence counseling

## **Gateway**

24 hour phoneline: 800/488-9919

- Managed care referrals for those seeking county supported care
- Information and help line

## **Horizon Services, Inc.**

510/784-5865

P.O. Box 308

Mt. Eden, CA 94551

- Non-residential and residential programs throughout the Bay Area for men and women recovering from addiction to alcohol or other drugs
- Education and support services to individuals dealing with alcohol or other drug related problems

Horizon South

408/283-8555

650 S. Bascom Ave.

San Jose, CA 95128

- 3-7 day detox
- Residential services

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## **Kids are Special - Eastfield Ming Quong**

408/364-4133

FAX: 408/364-4013

251 Llewellyn Ave.

Campbell, CA 95008-1999

Website: <www.emq.org>

- Children's and parents' groups for families with children impacted by substance abuse of parent or caregiver

## **Mariposa Lodge**

### **Alcohol Recovery Homes, Inc.**

408/463-0131

FAX: 408/463-0337

Detox: 408/463-0122

P.O. Box 21268

San Jose CA 95151-1268

- Residential alcohol/drug program for women

## **Narcotics Anonymous**

24 hour phonenumber: 408/998-4200

## **National Council on Alcohol and Drug Dependency (NCADD)**

408/292-7292

FAX: 408/292-9454

24hr Help: 408/292-9945

255 North Market, Suite 175

San Jose, CA 95110

- Crisis intervention help-line: 408/267-4357
- Drug prevention program, youth education program, minors in possession program
- Education program for individuals with family members in county treatment

## **Pathway House Residential Treatment Center**

408/998-5191

102 South 11th St.

San Jose, CA 95112

- Comprehensive treatment program
- Individual and group counseling
- 12-step self-help groups
- Job development

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## **Pathway Outpatient Program**

408/244-1834

1659 Scott Blvd., Suite 30

Santa Clara, CA 95050

- Group, family and individual counseling for adults and adolescents

## **Santa Clara County Central Alcohol Services (Treatment Alternative Program - TAP)**

408/299-7280

976 Lenzen Ave., First Floor

San Jose, CA 95126-2607

- Individual and group counseling for alcohol abuse

## **Santa Clara County Women's Treatment Services**

408/299-8558

2220 Moorpark Ave., #10

San Jose, CA 95128

- Heroin addiction, detox services, and maintenance center

## **S.M.A.R.T. Recovery**

### **(Self Management and Recovery Training)**

408/739-7230

40675 Ladero St.

Fremont, CA 94539

- Discussion meetings - alternative to Alcoholics Anonymous
- Helps individuals cope with drug and alcohol dependency

## **Social Advocates for Youth**

408/253-3540

1072 South DeAnza Blvd., Suite A-208

San Jose, CA 95129-3531

- Individual, group and family counseling for all ages
- Parenting workshops
- Assessments of drug and alcohol use

## **STEPS**

408/971-0888

1445 Oakland Rd.

San Jose, CA 95112

- Group counseling
- Individual counseling
- Family counseling
- Programs focus on alcohol dependency

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## **Stride Program**

- Combined drug and alcohol program
- Group and individual counseling
- Outpatient program

East Valley Treatment and Recovery Center  
408/270-2587  
1675 Burdette Dr., Suite B  
San Jose, CA 95121

West Valley Treatment and Recovery Center  
408/378-7620  
375 Knowles Ave.  
Los Gatos, CA 95032

North County Treatment and Recovery Center  
650/328-1441  
231 Grant Ave.  
Palo Alto, CA 94306

## **BOOKS**

*Alcohol and Other Drug Abuse Prevention for People with TBI and SCI*  
Rehabilitation Institute of Chicago Education and Training Center  
312/908-6000

- Education and training book

*Alcohol, Tobacco and Other Drug Prevention Activities for Youth and Adults with Disabilities*  
*Substance Abuse Resources and Disability Issues (SARDI)*  
School of Medicine at Wright State University  
P.O. Box 927  
Dayton, OH 45401  
937/259-1384  
FAX: 937/259-1395  
Website: <[www.med.wright.edu/som/sardi/default.html](http://www.med.wright.edu/som/sardi/default.html)>

# 1. Alcohol and Chemical Dependency Agencies

*Inform Yourself- Alcohol, Drugs and Spinal Cord Injury:*

*A Resource Guide for Persons with Spinal Cord Injury and Their Families*

John de Miranda, Ed.M.

Available free of charge from:

Paralyzed Veterans of America - Publications Center

P.O. Box 753

Waldorf, MD 20604-0753

888/860-7244

301/932-7834

FAX: 301/843-0159

Website: <[www.pva.org](http://www.pva.org)>

*You Can't Change the Past But You Can Choose a Future:*

*The Facts About Spinal Cord Injury, Tobacco, and Other Drugs*

Resource Center on Substance Abuse Prevention and Disability

National Clearinghouse for Alcohol and Drug Information

P.O. Box 2345

Rockville, MD 20847-2345

800/729-6686

FAX: 301/468-6433

- Information about coping and life skills

## VIDEOTAPES

*Alcohol & Medications & You (1988)*

Rehabilitation Research Training Center at Baylor College of Medicine

1333 Moursund, B-107

Houston, TX 77030-3405

713/797-5944

FAX: 713/797-5982

*From Nowhere to Somewhere: Street Drugs and Your Rehabilitation (1988)*

Rehabilitation Research Training Center at Baylor College of Medicine

1333 Moursund, B-107

Houston, TX 77030-3405

713/797-5944

FAX: 713/797-5982