

Whether it's a problem with alcohol or drugs we can help.

Using alcohol or drugs can make it hard to get along with family, cause problems with school and totally change your friends.

Someone who is hooked on drugs or alcohol can stop with the help of trained people. Most of the treatments involve changing habits through counseling and behavioral and family interventions.

If you know someone who is using alcohol or drugs or if you are—call us! The longer it's ignored the more dangerous it can become. It's never too late. Talk to your parents, a doctor, a counselor, a teacher, a pastor or another adult you trust.

In this brochure, you will find information on DBH SUDRS services. For help or if you have any questions, please contact us at (800) 968-2636 or (909) 386-9740 for assistance.



DBH Substance Use Disorder and Recovery Services Administration

621 E. Carnegie Dr., Suite 210 San Bernardino, CA 92415
(800) 968-2636
(909) 386-9740



www.sbcounty.gov/dbh

For 24/7 access to behavioral health and substance use services call the DBH Member Services Helpline at (888) 743-1478 or (909) 386-8256
In an EMERGENCY, call 9-1-1.

The Screening Assessment and Referral Center (SARC)

850 E. Foothill Blvd.
Rialto, CA 92376
(909) 421-4601

For additional resources, call San Bernardino 211
Dial 2-1-1 from any phone or visit www.211sb.org



Behavioral Health

San Bernardino County Department of Behavioral Health (DBH) Substance Use Disorder and Recovery Services (SUDRS)

Youth Programs



Why do people drink alcohol or take drugs in the first place?

People use alcohol or drugs for lots of different reasons, such as peer pressure, boredom, rebellion, curiosity, and so on. People can know alcohol and drugs are bad for them, but they may still choose to take the risk, while others may not be aware of all the risks. Then, once they're hooked, it can be very hard to stop.

Are you more likely to get hooked on alcohol or drugs if you start at a young age?

Yes, lots of studies show that the younger you are when you start drinking alcohol or taking drugs, the more likely you can become hooked and develop an addiction.



How can we prevent young people from becoming hooked on drugs or alcohol?

One way is through the use of Prevention programs that work with schools, families and communities to help reduce alcohol, drug and tobacco use and help with other behavioral health conditions for young people who live in San Bernardino County.

Prevention services work to try and change the reasons and risks youth face when using alcohol and drugs. That means educating the public about access to alcohol and drugs for youth. We work with youth and the community to deliver a variety of prevention services.

One of those programs is **Friday Night Live (FNL)** and **Club Live (CL)**. FNL, is for high school age youth, and CL, is for middle school age youth. These programs offer youth an opportunity to connect with other youth in their school and adults in the community through fun, skill building activities and caring relationships in places that are free of alcohol, drugs, tobacco and violence.

To find a FNL/CL location near you, visit : www.fridaynightlive.org.

How we can help?

We can help anyone age 12 through 17 who is having trouble with alcohol, drugs or both. We will ask your family to come with you, only if you ask us to.

If you have questions about the cost, call us so we can talk about it with you!



If you would like more information on any of these services or programs, please call:

**Department of Behavioral Health
Substance Use Disorder and Recovery
Services**

at (800) 968-2636 or (909) 386-9740.