

About DBH

The San Bernardino County Department of Behavioral Health (DBH) is dedicated to providing effective behavioral health services that promote wellness, recovery and resilience for individuals, families and communities.

DBH provides culturally appropriate mental health and substance use disorder treatment for all age groups, including children and youth who may be seriously emotionally disturbed, adults and older adults who are experiencing a serious and persistent mental illness, and individuals who are experiencing substance use disorders.

DBH provides behavioral health treatment to individuals in San Bernardino County who have no insurance or are on Medi-cal.

Learn more by visiting www.sbcounty.gov/DBH.



Medication Assisted Treatment for Substance Use Disorders



For 24/7 access to substance use disorder services call

(800) 968-2636

(909) 386-9740

For 24/7 access to behavioral health services call

(888) 743-1478

*For all phone numbers,
TTY users please dial 7-1-1.*

In an EMERGENCY, call 9-1-1.

SBCounty.gov/DBH



Behavioral Health

What is addiction (substance use disorder) and how can medication help?

Addiction (also called a substance use disorder) is a chronic disease. Some people can't simply stop using drugs or alcohol for a few days and be cured. Some people need long-term or repeated care to stop using completely.

The good news is someone who is suffering from addiction can experience recovery with the help of medications that are designed to treat an alcohol or opioid substance use disorder.

Medication Assisted Treatment (MAT) involves the use of medications that are approved by the Federal Food and Drug Administration and prescribed by a doctor.

Medication is provided along with behavioral therapies by trained professionals.



MAT programs provide a safe and controlled level of medication to overcome the use of alcohol or opioids.

MAT may assist in relieving withdrawal symptoms and reducing cravings for drugs and/or alcohol.

MAT medications include:

- Methadone
- Buprenorphine
- Naltrexone
- Disulfiram
- Naloxone

A **common misconception** about MAT is that it substitutes one drug for another. **This is not true!**

Research has shown when provided at the proper dose, the medications used in MAT have no adverse effects on mental capability, physical functioning, or employability.

Need more information? Call us now.

DBH's Substance Use Disorder and Recovery Services helps those who are having trouble with alcohol, drugs or both.

We will assess your individual needs and provide you with substance use disorder treatment and the proper MAT services that meet your needs.

If you would like more information on MAT or any other substance use disorder services or programs, please call (800) 968-2636 or (909) 386-9740.

Priority admission to substance use disorder treatment is given in the following order:

1. Pregnant injecting drug users
2. Pregnant substance user
3. Injecting drug users
4. All others

