

San Mateo County Behavioral Health & Recovery Services

Alcohol and Substance Use Treatment Services

Take the First Step Toward a Healthier Life!

Remember, recovery is possible, and you don't have to face it alone. Reach out today to start your journey to a healthier, more stable life. **Treatment services are covered under Medi-Cal**, ensuring you get the care you need without the burden of high costs.

Types of Treatment:

Early Intervention Services: Focused mainly on patient education and treatment as needed For youth and young adults at risk.

Outpatient Treatment: Assessment, counseling, case management and other services. Less than 9 hours/week, no overnight stays.

Intensive Outpatient: Assessment, counseling, case management and other services. 9 to 19 hours/week, no overnight stays.

Residential Treatment: 24-hour care. Short-term.

Opioid Treatment Program: Medication for addiction treatment (MAT).

Withdrawal Management: 24-hour detox support.

Recovery Services: Post-treatment support.

Substance Use Treatment Providers in San Mateo County

- **BAART:** Opioid dependence treatment.
Address: 795 Willow Rd., Menlo Park |
Phone: (650) 324-1470
- **BHRS Integrated MAT:** Alcohol/opioid treatment.
Address: 310 Harbor Blvd., Belmont |
Phone: (650) 573-2735
- **Caminar - Project 90:** Outpatient & recovery residence for adult men.
Address: 114 S. Delaware St., San Mateo |
Phone: (650) 579-7881
- **El Centro de Libertad:** Culturally competent treatment in English/Spanish.
Address: 500 Allerton St STE 200, Redwood City |
Phone: (650) 599-9955
- **Free At Last:** Community-based treatment for adults & perinatal women.
Address: 1796 Bay Rd., East Palo Alto |
Phone: (650) 462-6999
- **Health Right 360:** Comprehensive outpatient and residential treatment.
Address: 2015 Pioneer Court, Suite B San Mateo |
Phone: (415) 337-0140
- **Hope House:** Women's residential program (Perinatal)
Address: 727 Middlefield Road., Redwood City |
Phone: 650-363-8735
- **Horizon Treatment Services:** Medically supervised detox.
Address: 2251 Palm Ave., San Mateo |
Phone: (650) 513-6500
- **Our Common Ground:** Therapeutic community model for adults.
Address: 2560 Pulgas Ave., East Palo Alto |
Phone: (650) 325-6466
- **Sitike Counseling Center:** Outpatient and intensive outpatient for perinatal.
Address: 306 Spruce Ave., South SF |
Phone: (650) 589-9305
- **StarVista - Women's Enrichment Center:** Intensive outpatient program for women.
Address: 355 Quarry Rd., San Carlos |
Phone: (650) 591-3636
- **The Latino Commission:** Bilingual/bicultural services for adults.
Address: 1001 Sneath Ln., San Bruno |
Phone: (650) 244-1444

Alcohol and Drug Mainline: Call 650-802-6400 for information.

Access Call Center (24/7): Free consultations, assessments, and referrals.

Phone: 1-800-686-0101 (TTY: 711)

Visit: smchealth.org

