

The problems caused by alcohol and drug abuse don't have to take control of your life. Kaiser San Rafael / Petaluma Chemical Dependency Services can help you begin to deal with the pain and confusion caused by addiction and begin the process of recovery for yourself and your family.

Patient Confidentiality:

- All treatment received by members in Chemical Dependency Services is voluntary and strictly confidential.

Who is Eligible?

- All Kaiser Health Plan members aged 18 and older are eligible for the Adult programs. We also offer services for adolescents and their families. Please ask the front desk for more information about these services if you are interested.

What to do:

- If you would like to meet with a chemical dependency therapist, please visit our San Rafael clinic between the hours of 9am to 3pm Monday through Friday. For additional information, please call (415) 444-3531.

Please see the adjacent list for Kaiser Chemical Dependency Services nearest to you.

Kaiser Northern California Chemical Dependency Services

Antioch	(925) 779-5810
Fresno	(209) 448-4765
Martinez	(925) 688-8910
Milpitas	(408) 945-5082
Oakland	(510) 251-0121
Redwood City	(650) 299-4778
Richmond	(510) 307-1591
Sacramento	(916) 482-1132
So. Sacramento	(916) 688-2064
San Francisco	(415) 833-9400
So. San Francisco	(650) 742-2151
San Rafael/Petaluma	(415) 444-3531
Santa Clara	(408) 236-6815
Santa Rosa	(707) 571-4599
Santa Teresa	(408) 972-3366
Stockton	(209) 476-2033
Union City	(510) 675-3080
Vacaville	(707) 453-5255
Vallejo	(707) 651-1050
Walnut Creek	(925) 295-4145

Location

San Rafael - The Department of Psychiatry/ Chemical Dependency Services is located at 820 Las Gallinas Ave. between Nova Albion Way and Northgate Drive. The parking lot is adjacent to the building and has a wheelchair accessible ramp.

Petaluma – The Department of Psychiatry/ Chemical Dependency Services is located in MOBII at 3900 Lakeville Hwy.



KAISER PERMANENTE®

Adult Chemical Dependency Services

San Rafael and Petaluma

(415) 444-3522

How does the problem start?

No one starts using alcohol or drugs with the intention of becoming dependent on them. However, before the alcohol or drug user may be aware of it, addiction begins to cause serious disruption in their life and the lives of their loved ones - leading to damaged relationships, emotional instability, poor job performance, health problems, financial stressors, and legal problems.

What is chemical dependency?

Chemical dependency is characterized by reliance on mood or mind altering chemicals such as alcohol, drugs, and certain prescription medications. It is a chronic, progressive, and potentially fatal condition that can lead to emotional and physical suffering – even to death. If drinking and/or drug use has negatively impacted your life, or if you think you might have a problem with alcohol or drugs, now is the time to take action.

The recovery process:

With appropriate treatment, you and your loved ones can begin to change your lives for the better. Recovery is a life-long, ongoing process that *begins* with stopping the use of alcohol and/or drugs. Successful recovery involves developing new skills and behaviors, changing attitudes, and learning to live comfortably with the emotions of daily life.

How we can help:

Chemical Dependency Services at San Rafael/Petaluma is staffed by highly trained professionals and offers a full range of care for chemically dependent individuals and their families.

Initial evaluation

We offer individual, couple, and family evaluations in our San Rafael clinic. In these evaluations, we collect information, assess the problem, and recommend a treatment plan.

Medical management

Physicians and nurses are available for evaluation and treatment for outpatient detoxification services, addiction medication, and pharmacological treatment of psychiatric conditions in San Rafael.

Early Recovery Groups

Early Recovery Groups (ERG's) are for people beginning a recovery program who are willing and ready to commit to abstinence from alcohol and drugs. Members participate for a minimum of three months and attend several times per week in either San Rafael or Petaluma.

Chemical Dependency Education Series

This 12-week course is designed for participants in our recovery groups and their family members, or any member with questions about their own or someone else's substance use. The series includes lectures, films, and facilitated discussions. Members may drop in to the class in San Rafael on

Tuesdays from 5-6:30pm or in Petaluma on Fridays from 5-6pm.

Senior Support Group

This is a weekly recovery group in San Rafael offered specifically for seniors who are working on issues of recovery.

Long-Term Recovery Groups

People who have attended the Early Recovery Groups for at least three months may be recommended to continue in a long-term recovery group. The groups meet weekly and require additional participation in self-help groups such as AA or LifeRing.

Family Treatment Group

This is a support group for loved ones and family members of a person struggling with chemical dependency, but who do not abuse alcohol or use drugs themselves. This group addresses family members' need to begin their own recovery process and takes place both in San Rafael and Petaluma.

Intensive Chemical Dependency Treatment

Some individuals may require a more intensive level of treatment than we have to offer in San Rafael/Petaluma. After an initial assessment, such members may be referred for an evaluation at one of Kaiser's Chemical Dependency Recovery Programs (CDRP's).