

 **YPR**
YOUNG PEOPLE IN RECOVERY
Recovery Support
Housing
Mental Health
Substance Use +
Harm Reduction
Services
*in the San Francisco
area*



**SAN
FRANCISCO
RESOURCE
GUIDE**



www.youngpeopleinrecovery.org

TABLE OF CONTENTS

01

About Young People in Recovery

03

How to access resources & empower your journey

04

Recovery Support Resources

06

Housing

08

Mental Health

10

Substance use + Harm Reduction Services

YOUNG PEOPLE IN RECOVERY

Visit www.youngpeopleinrecovery.org to learn more!



YPR is a national nonprofit that provides peer recovery support services for youth and young adults in recovery—or who are seeking recovery—from substance use disorder. Our programs consist of community-based chapters; life-skills curriculum programs; and advocacy to reduce stigma and create more resources for recovery.

YPR embraces all pathways to recovery including 12-step, faith-based, harm reduction, medication-assisted treatment, and others.

YPR EVENTS

YPR chapters host free community workshops on housing, education, employment, and recovery messaging (how to talk about recovery to break the stigma around addiction and substance use). YPR chapters also offer free, fun activities like all-recovery meetings, athletic events, community service projects, and other substance-free activities where young people in recovery can get together and find an alternative peer group that supports recovery.

YPR host weekly all-recovery meetings in person and online including special meetings for Spanish speakers and Rainbow Recovery, weekly all-recovery meetings for the LGBTQ+ community.

View our [calendar for all events](#) virtual, hybrid, and in-person nationwide.



ABOUT THE 2 SAN FRANCISCO CHAPTER



“My pride lies in cultivating a vibrant, engaging, and supportive community. Through weekends of all-recovery meetings, monthly workshops, and pro-social gatherings, we create spaces for people to connect, learn, and heal together.”

.

.



Kelvin Clark
Chapter Lead

**Get in touch with the
San Francisco Chapter:**

Sanfranciscoca@youngpeopleinrecovery.org

**Text YPRSF to (844) 779-6749 for updates or
scan the QR code to sign up!**



HOW TO ACCESS RESOURCES+ EMPOWER YOUR JOURNEY



REACHING OUT FOR HELP

While in early recovery, you may feel as though you have achieved stability and will not encounter any further stumbling blocks. Yet, random life circumstances happen no matter what, and it is important to recognize when things become too overwhelming for you to handle by yourself. Sobriety is not a cure for addiction; recovery is a continual process of healing. If you have trouble reaching out, remember that honesty is the best policy. Be forthcoming with your support network about your struggles. Let them know what you need and ask them directly for help. The people who support your recovery are there for you to lean on.

FIND THE RIGHT CARE-- FOR YOU

Everyone's recovery journey and needs are different. If it is determined you need in-patient treatment, www.treatmentatlas.org is a great locator to fit your needs. Maybe you do not need formal treatment, rather reliance on your team and peer support specialists fits your modality. If harm reduction is your pathway www.harmreduction.org is a great starting point.

ADVOCATE FOR YOURSELF

Addiction strips away your sense of self, you may find your actions are not consistent with the person you thought you were. After you go through detox and withdrawal, you may experience an uncomfortable feeling of not knowing who you are without drugs or alcohol.

Recovery is a fresh chance to get to know and create yourself. You'll get to learn your weaknesses, triggers, strengths and the integral parts of yourself. This process will take time: self-discovery is a lifelong journey, as is recovery.

At times, you may feel that a treatment option or medication isn't benefiting you. Being able to respectfully and clearly articulate these concerns may show others that you are serious and dedicated to your treatment and recovery. Open communication between all providers and people involved in your recovery decreases the likelihood of confusion. Educate yourself around mental health and addiction, build new relationships with people and with society, and ultimately believe in yourself!

RECOVERY SERVICES

EPIPHANY CENTER

Residential drug and alcohol addiction recovery center and trauma treatment programs for women and their young children in San Francisco.



Contact: +1 (415) 567-8370
<https://www.theepiphanycenter.org>

ALCOHOLICS ANONYMOUS

AA ® is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.



Contact: <https://aasfmarin.org>
+1 (415) 587-0442

CURRY SENIOR CENTER

For 50 years, Curry Senior Center has been dedicated to helping low income and homeless seniors in San Francisco through a holistic care approach.



Contact: <https://curryseniorcenter.org>
+1 (415) 920-1351



SISTER'S CIRCLE

Sister's Circle is a safe confidential atmosphere, where women share their experiences and developing a support network.

Contact:
<http://sisterscircle.net>
415 261 2944

ASIAN AMERICAN RECOVERY SERVICES

AARS provides care that includes primary medical, mental health, substance use disorder treatment and re-entry services.



Contact: <https://www.healthright360.org>
+1 (415) 524-7282

HOUSING

SAN FRANCISCO HUMAN SERVICES AGENCY

San Francisco Human Services Agency supports individuals, families, and communities with food, health care, financial, employment, child care, and protective services.

Contact: <https://www.sfhsa.org>



ACCESS POINT DOLORES STREET COMMUNITY SERVICES

Access Point provide housing problem solving, assessment, prioritization, and referral to housing and other community services for San Francisco adults experiencing homelessness.

Contact: <https://hsh.sfgov.org>
+1 (415) 282-6209

SAN FRANCISCO HOMELESS OUTREACH TEAM

(SFHOT) works to engage and stabilize the most vulnerable individuals by voluntarily placing them into shelter and housing or connecting with other available resources.

Contact: <https://sfserviceguide.org>
(628) 652-7700



URBAN ANGELS SF

Urban Angels SF gives dignity and hope to unhoused men, women and children living in San Francisco and those living at the poverty level by rallying community support to provide them with frontline aid.



Urban Angels SF

Contact: <https://www.urbanangelssf.org>
(415) 952-0711

LARKIN STREET YOUTH SERVICES

Larkin Street Youth Services: Empowering homeless youth in San Francisco to build better futures through housing, education, and support.

Contact: <https://larkinstreetyouth.org>
+1 (415) 673-0911



MENTAL HEALTH

UCSF ALLIANCE HEALTH PROJECT

The mission of the UCSF Alliance Health Project is to support the mental health and wellness of the lesbian, gay, bisexual, transgender, and queer (LGBTQ) and HIV-affected communities in constructing healthy and meaningful lives.



Contact: <https://alliancehealthproject.ucsf.edu>
+1 (415) 476-3902



WESTSIDE COMMUNITY SERVICE

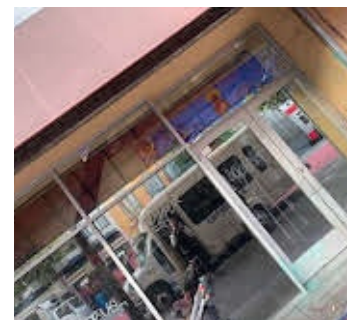
Westside Community Services has been providing community-based mental health prevention and treatment, substance abuse, and other social services to the City and County of San Francisco for almost 50 years.

Contact:
+1 (415) 431-9000

MISSION MENTAL HEALTH/MISSION ACT

Mission Mental Health Services is a community mental health and wellness center in the Mission District. Primarily serves the Mission District, but all eligible San Francisco residents may be able to receive some limited services.

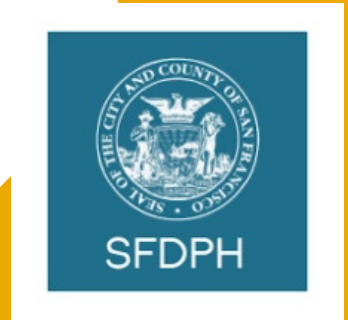
Contact: +1 (415) 401-2700



COMMUNITY BEHAVIORAL HEALTH SERVICES

The San Francisco Behavioral Health Plan offers a full range of specialty Behavioral health services provided by a culturally diverse network of community Behavioral health programs, clinics and private psychiatrists, psychologists, and therapists.

Contact: <https://sf.gov>
+1 (415) 255-3737



SOUTH OF MARKET MENTAL HEALTH

Booklets are printed materials with four or more pages, containing details about a business, event, product, promotion, etc. They are also known as catalogs or pamphlets, and are usually created to communicate a message to a wide variety of audiences.

Contact: <https://sf-goso.org>
+1 (415) 836-1700

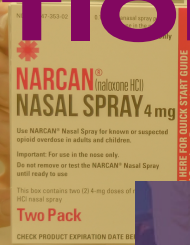
SUBSTANCE USE + HARM REDUCTION SERVICES

EPIPHANY CENTER

Residential drug and alcohol addiction recovery center and trauma treatment programs for women and their young children in San Francisco.

Contact: +1 (415) 567-8370

<https://www.theepiphanycenter.org>



OHLHOFF RECOVERY PROGRAMS OUTPATIENT SERVICES



Ohlhoff Outpatient Programs offer multiple levels of care for adults, adolescents and their families.

Our highly-structured Intensive Outpatient, Outpatient, Continuing Care and Teen Intervene programs provide options that allow clients to engage in treatment without interruption to work or school.

Contact: +1 (415) 575-1100

<https://www.ohlhoff.org>

FORT HELP MISSION INC

Fort Help Mission Inc maintains their focus on Substance Abuse Treatment Services within a Outpatient program.

Contact: (415) 821-1427



FATHER ALFRED CENTER

The free, year-long, residential recovery program at Father Alfred Center (FAC) empowers men who have no income or resources with the tools to overcome addiction and the support to establish healthy and productive lives.



Contact: +1 (415) 592-2831
<https://www.stanthonysf.org>

BAART PROGRAM TURK ST

BAART Programs Market offers opioid use disorder treatment, Hepatitis C screening and treatment, mental health and primary care services all in one convenient location.



Contact: +1 (415) 928-7800
<https://baartprograms.com>

