



**Recovery Support
Housing
Mental Health**

**Substance Use +
Harm Reduction
Services
in the San Bernardino
area**



SAN BERNARDINO RESOURCE GUIDE



SCAN ME



www.youngpeopleinrecovery.org

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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 SAN BERNARDINO CHAPTER



.Welcome to the San Bernardino Chapter Young People in Recovery!
As a chapter, we host events and all-recovery meetings aimed to aid or support those in the path to recovery, seeking recovery, or recovery allies. All are welcome, no matter your age. So Viva YPR!

.We host weekly meetings and regular fun events such as basketball and golf. Workshops are also hosted for Narcan. You can find these listed on the national event calendar.



**Jose Santiago,
Chapter Lead**

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

sanbernardinoca@youngpeopleinrecovery.org

**Text YPRSNB 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

RIM FAMILY RESOURCES

A community based recovery service center that provides free activities.

“This group is designed for those new to recovery or anyone who feels they need the added support in their recovery program. The Group meets once per week and gives group members the opportunity to share areas or events in their lives that may be causing triggers that threaten relapse. Group members are encouraged to give each other support and encouragement in their recovery. A Registered Addiction Specialist facilitates the group”.

Contact: Joyce Johnson (909)336-1800



SAN BERNARDINO RECOVERY

“During the rehab process, the addicted individual can stay in a residential treatment facility, wherein they can receive continuous medical support. This is a focused and structured program that follows a proper treatment plan”.

- **Contact: John**
(909) 462-9577



INLAND VALLEY RECOVERY SERVICES

“IVRS has grown into a continuum of care network offering an array of substance abuse services including detoxification, residential and outpatient treatment, aftercare, education, individual and group counseling, along with prevention services. IVRS has facilities in the County San Bernardino (Southern California). IVRS is run by qualified, caring multi-disciplinary team of administrators, counselors, therapists and support staff, including bilingual English/Spanish, who meet the California Department of Health Care Services licensing & certification requirements”.

- **Contact: George**
(909) 889-6519



ZINNIA HEALING

“People from all ages, backgrounds, and ethnicities can see their lives or the lives of their loved ones harmed by substance abuse. Zinnia Healing at Serenity Lodge provides treatment programs to help overcome addiction.”



Contact: Gabe Flook
(909)340-2433



PATHWAYS RECOVERY CENTER

“Pathways Recovery Center is a Drug and Alcohol Addiction Treatment Center and Drug Rehab Facility. Pathways Recovery Treatment Center is an upscale treatment center providing addiction treatment for men and women suffering from drug and alcohol addictions & co-occurring disorders. We provide a Medically Supported Detox and Residential Inpatient Treatment for substance abuse”.

Contact: Madonna LeCaine
(626)6021270



LOMA LINDA UNIVERSITY HEALTH

“Recovery is possible, and our team at the Behavioral Medicine Center (BMC) is here to offer hope and help for achieving sobriety. Our Substance Use Recovery and Wellness program treats adults suffering from alcoholism and drug addiction. While the decision to enter into treatment can be difficult, maintaining sobriety is an important step toward a much better quality of life”.

Contact: Adley Dason
(909)558-4594



CENTER FOR DISCOVERY

“In our care, patients learn how to nourish their bodies in a way that is satisfying, supportive and intuitive. We give our patients a hands-on experience from grocery shopping and meal prep to cooking and eating in a home-like setting so that they can apply what they’ve learned outside of our centers”.

Contact: Citlalli Gonzales
(808)480-3821

HOUSING

GIBSON HOUSE FOR WOMEN

"Gibson House for Women is a 34 bed residential treatment facility for adult women eighteen years or older. Our program is tailored specifically for women who are struggling with addiction, providing a comprehensive approach to recovery that combines evidence-based therapies with care and individualized attention. Length of stay can vary depending on our client's needs and progress but typically lasts 30 days".

Contact: Cynthia Lemelin
(909) 884-0840



VARP
INC.

COMMUNITY ACTION PARTNERSHIP

"Community Action Partnership of San Bernardino County works with our communities by supporting, advocating for, and empowering residents to achieve self-reliance and economic stability".

Contact: Cesar Armendariz
(909)723-1500



GIBSON HOUSE FOR MEN

"Gibson House for Men is a 64 bed residential treatment facility for adult men eighteen years or older. Our program is tailored specifically for men who are struggling with addiction, providing a comprehensive approach to recovery that combines evidence-based therapies with personalized care and attention".

Contact: Ted Tavalazzi
909-884-0840



VARP
INC.

TIME FOR CHANGE FOUNDATION

"Time for Change Foundation believes that housing is the linchpin to achieving success. Our main goal is that all families will transition into permanent housing with the capability of maintaining that housing in a clean and nurturing environment where children can thrive. We offer a full continuum of housing from emergency shelter, permanent – supportive housing, and affordable housing for families and individuals".

Contact: Jennifer Rangel
909-886-2994



INLAND EMPIRE COMMUNITY OUTREACH CENTER

"The Inland Empire Community Outreach Centers objective is to provide leadership and collaborative assistance to those who face the greatest needs caused by the COVID-19 pandemic; we provide a home delivery and grab-n-go system which consist of food, water and basic hygiene needs during this time of self-distancing".

Contact: Melissa Love
(877) 957-7454



TRUEVOLUTION

"For many homeless LGBTQ+ youth and folks living with HIV, housing is often a driving determinant for devastating health outcomes, particularly in communities of color. Our Emergency Housing Program (EHP) is a voucher-based housing program offered through the Housing Opportunities for Persons with AIDS (HOPWA) program. The EHP is designed to provide 21 days of emergency housing and transitional case management services for people living with HIV".

Contact: Gabriel Maldonado
(951) 888-1346



MFI RECOVERY

"Detoxification is often the initial step in addiction recovery. Medically supervised detox is designed to minimize withdrawal symptoms and ensure your safety while your body readjusts to the absence of substance use. It's much safer and more effective to detox under medical supervision than it is on your own".

Contact: Gabby
866-218-4697



MENTAL HEALTH

PALM SPRINGS BEHAVIORAL HEALTH

"Palm Springs Behavioral Health is a leading provider of mental health treatment in Southern California. Our team of compassionate professionals provides life-changing treatment helping our clients achieve stability and manage their symptoms so they can live fulfilling lives. Our facility is comprised of residences designed to be safe, supportive, and homelike, where individuals are comfortable enough to allow effective therapies to take root. Here, you will find a peaceful retreat and caring professionals offering best-in-class therapeutic interventions".

Contact: Ashley
(866)460-4462



SAN BERNARDINO ACTION

"San Bernardino County Action program provides high fidelity Assertive Community Treatment (ACT) services for co-occurring, severely mentally ill adults in the East & West ends of San Bernardino County. The program provides therapeutic interventions, medication management and monitoring, comprehensive outpatient and community services, case management, employment support, peer support and supportive housing. Services are provided 24/7 to reduce the high utilization of emergency services, psychiatric hospitalizations, and involvement with the justice system.

Contact: Brian G
(909) 693-3302



HOPE VALLEY RECOVERY

"This treatment tackles the emotional and psychological effects of addiction. It helps deal with cravings and temptations through methods such as counseling and addiction education. Because of its broad scope, you can expect this part of treatment to vary from person to person. It may involve therapy sessions, group therapy, and other proven techniques".

Contact: Brandy
(909) 361-6744



Hope Valley Recovery

DRUG REHAB CENTER

"When looking for drug rehab in San Bernardino county, California, finding a quality center that provides expert care is crucial. To help you make a more informed decision, Drug Rehab Services has created a comprehensive directory of rehab centers in San Bernardino county. This includes long-term rehab, detox, inpatient treatment, and other services. We also provide details about each center listed to help you determine if it fits your needs".

Contact: Jody Boulay
jody@addicted.org



NEW HOUSE/WOMEN WITH CHILDREN

"New House/Women With Children Under (12 Years and Pregnant Women) in San Bernardino, California is an alcohol rehab center focusing on substance abuse treatment services. Providing substance abuse treatment with residential long-term treatment. Dual diagnosis or persons with co-occurring disorders, persons with HIV or AIDS, gays and lesbians, seniors or older adults, pregnant or postpartum women, women, beds for children of the client, men, and criminal justice clients are supported for drug treatment.

Contact: Sheryll
 (909) 381-5396



**DRUG AND ALCOHOL
 REHAB HEADQUARTERS**

SAHABA INITIATIVE

"At Sahaba Initiative, we specialize in providing accessible and affordable mental health services to our community. Our therapists offer expertise in working with challenges unique to the experiences of Muslim community members, providing culturally competent and humble care. We offer individual, couples and family therapy services and support groups".

Contact: Eloisa Reyes
 (909) 381-3002



**Sahaba
 Initiative**
nurturing healthy families

SAN BERNARDINO PUBLIC HEALTH SERVICES

"Drug overdose is the leading cause of accidental death in the United States, and most drug overdoses involve opioids. Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone (OxyContin), hydrocodone (Vicodin), codeine, morphine, and many others".

Contact: Gabriel
 800.782.4264



SUBSTANCE USE + HARM REDUCTION SERVICES

ELIGE CAMBIAR CALIFORNIA

The addiction to consume stimulants is like a bacteria, you can't choose, but you can make the choice to find help. "Elige Cambiar California" allows you to navigate the San Bernardino area that grants you access to multiple services.

Contact: Jason
1-800-541-5555



INLAND EMPIRE HARM REDUCTION

"Inland Empire Harm Reduction (IEHR) is a community-based public health organization working to improve the health and wellbeing of people affected by drug use in the Inland Empire region of Riverside and San Bernardino counties, also known as the unceded communal lands of the Cahuilla, Luiseño, Tongva and Serrano peoples."

Contact: Juan Landeros
(954)364-5311

HARM REDUCTION CIRCLE

"Harm Reduction Circle is a trusted resource for harm reduction services, nightlife event support, homeless outreach programs, & overdose response trainings. We are committed to promoting safety, education, & well-being in diverse communities".

Contact: Andrew Chin
+1 (949) 659-8180



SAN BERNARDINO PUBLIC HEALTH SERVICES

“In addition to the training, the CSUSB Anthropology Museum and the county Department of Behavioral Health have a presentation on treatment options and other resources available for people battling substance use disorder”.

Contact: Jesse
(800)968-2636



