



# Resources for Employees and Families Struggling with Addiction

*Understanding can help make a difference*

Many people who live with mental illness and addiction often say that stigma is worse than the illness itself. The fear of being looked down upon can keep you or a family member from taking proper care of themselves and seeking the help they need to recover. With proper support and treatment, recovery is not only expected, but likely. Families trying to help a loved one struggling with addiction get a lot of mixed messages, and you can be the single greatest influence in your loved one's life. Below is a list of free or low-cost services that assist people who are suffering from mental illness and addiction.



## **If You are Insured Under the District's Health Program, the Entire Household is Eligible for the EAP Program**

You have access to the SISC Employee Assistance Program (EAP). You can login to get access to online tools: [www.anthemepap.com](http://www.anthemepap.com). Enter SISC (as the code). Or, by calling: **1 (800) 999-7222**. Eligibility for Face-to-Face counseling: You and your household members are eligible for up to 6 visits counseling for each personal situation, as needed. Household member do not have to be insured on your health plan to receive assistance.

## **Ukiah Recovery Center**

The Ukiah Recovery Center is a facility that provides a 24 hour therapeutically planned lived and rehabilitative intervention environment for the treatment of individuals with disorders in the abuse of drugs, alcohol, and other substances. There is a unique program for young adults, ages 18 – 26, referred to as "Sober College". You can reach the Ukiah Recovery Center at:

<http://npino.com/drug-rehab/1073946547-ukiah-recovery-center/>. **The Center is also available by phone 24 hours a day at: 866-570-251.**

## **Mendocino Substance Use and Disorders Treatment (SUDT)**

Services are provided for adults and youth in individual and groups settings. There are also a number of programs for adults, children and families. The SUDT program is designed to help create and maintain a healthy, balanced lifestyle, free of alcohol and other drug abuse. Cost for services are based on a sliding scale, depending on your family's income. You can reach SUDTs at: <https://www.mendocinocounty.org/government/health-and-human-services-agency/substance-use/adult-recover-services>. Or, by calling: **(707) 472-2637**.

State agencies do not have websites available to assess the quality of various residential recovery centers. Below are websites that have consumer reviews of various facilities:

<https://www.consumeraffairs.com/health/drug-and-alcohol-rehab-centers/>

<https://www.thefix.com/rehab-reviews?sort=title&price=&detox=&postal=95482#results>

<https://www.rehabs.com/top-rated-treatment-centers/>