

Meth & Families

Quarterly Newsletter



Overview of the Meth & Families Committee

The Meth Strike Force recognizes the need for trauma-informed intervention that includes the whole family. Many people develop substance use disorders after living through trauma and adverse childhood experiences (ACEs). Some risk factors include having a parent with a substance use disorder, losing a parent, having an incarcerated parent, experiencing physical or sexual abuse and many others. When a child can be part of a parent's recovery, the child can develop a sense of resilience and strength in their family.

In San Diego County, we see the intergenerational nature of meth addiction and strive to support families recovering together.

Resources

Local

- <https://www.no2meth.org/> or 1-877-NO-2-METH
- Access and Crisis Line; 888-724-7240
- 2-1-1 SD or (858) 300-1211
- San Diego County Behavioral Health Services; (619) 563-2700

National

- SMART Recovery; <https://www.smartrecovery.org/>
- Alcoholics Anonymous; https://www.aa.org/pages/en_US
- Narcotics Anonymous; <https://www.na.org/>
- Al-Anon; <https://al-anon.org/>
- Suicide Prevention Lifeline; 1-800-273-8255
- SAMHSA's National Helpline; 1-800-662-4357



Program Spotlight

Next Steps - National Alliance on Mental Illness (NAMI)

NEXT STEPS is a recovery oriented peer and family support program that focuses on whole health. Working in partnership with San Diego County Psychiatric Hospital and County Behavioral Health, staff assist participants in achieving their personally identified goals related to mental health, physical health and substance use. NEXT STEPS aims to reduce the stigma related to mental illness and substance use that often creates significant barriers to recovery. Guided by the team, participants develop a service plan which identifies the goals they would like to reach.

Services include:

Information on community resources

Linkage to community services including substance use services

Support in obtaining health insurance and other benefits

Health navigation services

Coaching and mentoring

Peer and family support and education

For more information, please call: (619) 542-4166

Download the NAMI Organized Support Companion in an Emergency Situation (oscER) app

Your guide to navigating psychiatric crisis situations in San Diego County:

- ✓ Clear content on what to do Before, During and After a psychiatric crisis
- ✓ Helpful resources such as psychiatric clinic phone numbers
- ✓ Find assistance with housing and legal aid
- ✓ Get education for yourself and your family
- ✓ Find walk-in centers, emergency departments and psychiatric hospitals in San Diego

