



# TAY TIPS

TRANSITIONING TODAY'S YOUTH INTO ADULthood

County of Orange Health Care Agency Behavioral Health Services, Funded by Proposition 63 / MHSA Funds



## Dual Diagnosis & Substance Abuse

### IN THIS ISSUE

Dual diagnosis is a term that refers to individuals who have both a mental health disorder and substance use disorder. It may be used interchangeably with "co-occurring disorders" or "comorbidity."

The co-occurrence of mental illness and substance abuse is common: about 50% of individuals with severe mental illnesses are affected by substance abuse (NAMI). A dual diagnosis is also associated with a host of negative outcomes that may include higher rates of relapse, hospitalization, incarceration, violence, homelessness, and exposure to such serious infections as HIV and hepatitis.

Transitional aged youth with mental health disorders are at particular risk for a substance use disorder. Many young adults use substances as a means to self-medicate or foster social relationships; however, such efforts can have detrimental consequences.

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# 12 - Step Programs

Twelve step programs offer a set (12) of guiding principles that outline the course of action toward recovery from addiction. The 12 steps were originally published by Alcoholics Anonymous in 1939, but have since been adapted into other many other addiction programs.

## Adaptation of The 12 Steps for general use with a variety of addictions:

- Step 1** We admitted we were powerless over our addiction - that our lives had become unmanageable.
- Step 2** Came to believe that a Power greater than ourselves could restore us to sanity.
- Step 3** Made a decision to turn our will and our lives over to the care of God, as we understood God.
- Step 4** Made a searching and fearless moral inventory of ourselves.
- Step 5** Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.
- Step 6** Were entirely ready to have God remove all these defects of character.
- Step 7** Humbly asked God to remove our shortcomings.
- Step 8** Made a list of all persons we had harmed, and became willing to make amends to them all.
- Step 9** Made direct amends to such people wherever possible, except when to do so would injure them or others.
- Step 10** Continued to take personal inventory and when we were wrong promptly admitted it.
- Step 11** Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
- Step 12** Having had a spiritual awakening as the result of these steps, we tried to carry this message to other addicts, and to practice these principles in all our affairs.

## The 12 - Step Process

Twelve-step programs symbolically represent three dimensions of humanity: physical, mental, and spiritual. For persons addicted to substances, the physical dimension is best described by the bodily reaction resulting in the compulsion to continue using substances after the initial use. The mental dimension is described as the cognitive processes that cause the individual to repeat the compulsive behavior after some period of abstinence, either knowing that the result will be an inability to stop or operating under the assumption that the result will be different. The spiritual dimension is considered to be one's self-centeredness. It is suggested that members regularly attend meetings with other members who share their particular recovery problem.

Twelve-step programs encourage less-experienced members to secure a relationship with a more-experienced member to guide them through the program and provide support in maintaining abstinence.

**Alcoholics Anonymous  
Of Orange County**  
(714) 556-7231 (24 hrs)  
[www.aanoc.com](http://www.aanoc.com)  
Information and meeting  
directory available online

**Narcotics Anonymous  
Orange County**  
(714) 590-2388 (24 hrs.)  
[www.orangecountyna.org](http://www.orangecountyna.org)  
Information and meeting  
directory available online

**Cocaine Anonymous  
Orange County**  
(949) 650-1011 (24 hrs.)  
[www.ca.org](http://www.ca.org)  
Information and meeting  
directory available online

**Crystal Meth Anonymous  
Orange County**  
[www.crystallmeth.org](http://www.crystallmeth.org)  
Information and meeting  
directory available online

# Residential Treatment Facilities

## **Adolescent:**

### **Phoenix House of Orange County**

1207 E. Fruit St., Santa Ana, CA 92701  
(714) 953-9373

### **Touchstones**

P.O. Box 849, Orange, CA 92856  
(714) 639-5542

## **Women:**

### **Casa Elena Recovery Home** (Hispanic Women)

832 S. Anaheim Blvd., Anaheim, CA 92805  
(714) 772-5580

### **Heritage House** (Pregnant & Parenting Women)

2212-18 Placentia Ave., Costa Mesa, CA 92627  
(949) 646-2271

### **Heritage House North** (Pregnant & Parenting Women)

321N. State College, Anaheim, CA 92806  
(714) 687-0077

### **The Villa**

910 N. French St., Santa Ana, CA 92701  
(714) 541-2732

## **Men:**

### **Start House** (HIV+)

808 La Verne Way, Santa Ana, CA 92703  
(714) 954-1237

### **Unidos Recovery Home** (Hispanic Men)

9842 W. 13th St., Ste. B, Garden Grove, CA 92844  
(714) 531-4624

## **Hearing Impaired:**

### **Awakenings**

12322 Clearglan Ave., Apt. 2, Whittier, CA 90604  
TTY (562) 947-4833

## **Men and Women:**

### **Coopers Fellowship, Inc.**

409 Cooper St., Santa Ana, CA 92703  
(714) 554-1152

### **Gerry House/Gerry House West** (IDU, Methadone, HIV+)

1225 W. 6th St., Santa Ana, CA 92707  
(714) 972-1402

### **Hope House, Inc.**

707 N. Anaheim Blvd., Anaheim, CA 92805  
(714) 776-7490

### **Mainstream Group, Inc.**

101 Avenida Serra, San Clemente, CA 92672  
(949) 366-9210, (800) 299-4909

### **Newport Harbor Recovery Services Inc.**

382 Hamilton St., Costa Mesa, CA 92627  
(949) 645-5775

### **Phoenix House of Orange County**

1207 E. Fruit St., Santa Ana, CA 92701  
(714) 953-9373

### **The Roque Center**

9842 W. 13th St., Garden Grove, CA 92844  
(714) 839-0607

### **Woodglen Recovery Junction**

771 W. Orangethorpe Ave., Fullerton, CA 92832  
(714) 879-0929

## **For More information:**

**Health Care Agency**

**Behavioral Health Services**

**Alcohol and Drug Abuse Services**

<http://ochealthinfo.com/behavioral/adas/index.htm>

# Detoxification Facilities

### **The Roque Center Detox**

(Men / Women)

9842 W. 13th St.  
Garden Grove, CA 92844  
(714) 839-9798

### **Unidos Recovery Home Detox**

(Hispanic Men)

9842 W. 13th St., Ste. B  
Garden Grove, CA 92644  
(714) 531-4624

### **Woodglen Recovery Junction Detox**

(Men / Women)

771 W. Orangethorpe Ave.  
Fullerton, CA 92832  
(714) 879-2741

# Sober Living

**The Breeze Home** (women)  
[www.thebreezehome.com](http://www.thebreezehome.com)  
(714) 309-2584

**The Cottages** (women)  
[www.hbcottage.com](http://www.hbcottage.com)  
(714) 418-6053

**Five Points Sober Living** (men)  
[www.fivepointssoberliving.com](http://www.fivepointssoberliving.com)  
(714) 313-8302

**Laguna Beach Sober Living**  
(men and women)  
[www.lagunabeachsoberliving.com](http://www.lagunabeachsoberliving.com)  
(800) 410-6552

**Lisa's House** (women)  
[www.lisashouse.org](http://www.lisashouse.org)  
(877) 392-7749

**Milestone** (men and women)  
[www.milestonesoberliving.com](http://www.milestonesoberliving.com)  
(949) 690-4193

**New Life Spirit**  
(men and women / Christian)  
[www.newlifespirt.com](http://www.newlifespirt.com)  
(949) 721-1511

**Orange County Progressives**  
(men and women, children ok)  
[www.orangecountysober.com](http://www.orangecountysober.com)  
(714) 496-6464 or (949) 281-7448

**Orange County Recovery** (men)  
[www.orangecountyrecovery.net](http://www.orangecountyrecovery.net)  
(714) 771-4522



**The Premier Home**  
(men and women)  
[www.soberlivingorangecounty.com](http://www.soberlivingorangecounty.com)  
(714) 468-9686

**Ready 2 Recover**  
(men and women)  
[www.ready2recover.com](http://www.ready2recover.com)  
(800) 214-3787

**Rudy's Home** (men)  
[www.rudyshome.com](http://www.rudyshome.com)  
(949) 533-2450

**Serenity House** (men)  
[www.serenityhousesjc.com](http://www.serenityhousesjc.com)  
(949) 388-9750

**Sober Living Way**  
(women / Christian)  
[www.soberlivingway.org](http://www.soberlivingway.org)  
(714) 906-9097 or (714) 670-9127

**Sober Pacific Living**  
(men and women)  
[www.soberpacificliving.com](http://www.soberpacificliving.com)  
(800) 793-5596

**Step-up Recovery** (men)  
[www.stepuprecovery.com](http://www.stepuprecovery.com)  
(714) 771-4522

**Triangle Sober Living** (men)  
[www.trianglesoberliving.com](http://www.trianglesoberliving.com)  
(949) 510-8903

**Wellspring Sober Living**  
(women)  
[www.wellspring-soberliving.com](http://www.wellspring-soberliving.com)  
(949) 454-2834

**Yates House** (women)  
[www.theyateshouse.com](http://www.theyateshouse.com)  
(714) 396-8108

# Eating Disorders

## Treatment Facilities

### FREE Eating Disorders Support Group

Open to all ages and genders

South Coast Medical Center

31872 Coast Highway, Laguna Beach, CA 92651

RSVP to (949) 439-2607 or 499-7504 ext. 2

Up to one-half of all individuals who have an eating disorder also abuse substances (Center for Addiction and Substance Abuse). Clients who have an eating disorder that is co-morbid to a substance use disorder require specialized treatments that simultaneously address substance use, disordered eating, and other co-occurring mental health disorders.

### Orange County:

#### Rebecca's House

23861 El Toro Road, Suite 700  
Lake Forest, CA 92630  
[www.rebeccashouse.org](http://www.rebeccashouse.org)  
(800) 711-2062

#### South Coast Medical Center

31872 Coast Highway  
Laguna Beach, CA 92651  
[www.southcoastmedcenter.com](http://www.southcoastmedcenter.com)  
(949) 499-7504

#### The Victorian of Newport Beach

2811 Villa Way  
Newport Beach, CA, California 92663  
[www.eatingdisordertreatment.com](http://www.eatingdisordertreatment.com)  
(866) 575-8179

### San Diego County:

#### Casa Palmera

14750 El Camino Real  
Del Mar, California 92014  
[www.casapalmera.com](http://www.casapalmera.com)  
(866) 768-6719

#### Montecatini

2524 La Costa Avenue  
Carlsbad, California 92009  
[www.montecatinieatingdisorder.com](http://www.montecatinieatingdisorder.com)  
(866) 575-8179

#### Puente de Vida

San Diego, CA 92138  
[www.puentedevida.com](http://www.puentedevida.com)  
(858) 581-1239 or (877) 995-4337

#### Sharp's Eating Disorder Program

7850 Vista Hill Ave.  
San Diego, CA 92123  
[www.sharp.com](http://www.sharp.com)  
(858) 694-8408

### Los Angeles County:

#### Bella Vita

766 Colorado Blvd.  
Los Angeles, CA 90041  
[www.thebellavita.com](http://www.thebellavita.com)  
(323) 255-0400

#### Center for Discovery

Locations in: Downey, La Habra,  
Lakewood, Long Beach, Menlo Park,  
and Whittier  
[www.centerfordiscovery.com](http://www.centerfordiscovery.com)  
(800) 760-3934

#### Del Amo Hospital

23700 Camino del Sol  
Torrance, CA 90505  
[www.delamohospital.com](http://www.delamohospital.com)  
(800) 533-5266

#### Monte Nido

Locations in: Brentwood, Malibu,  
and Agoura Hills  
[www.montenido.com](http://www.montenido.com)  
(310) 457-9958

#### Oceanaire

30175 Avenida Tranquila  
Rancho Palos Verdes, CA 90275  
[www.oceanaireinc.com](http://www.oceanaireinc.com)  
(310) 377-3200 or (866) 406-0166

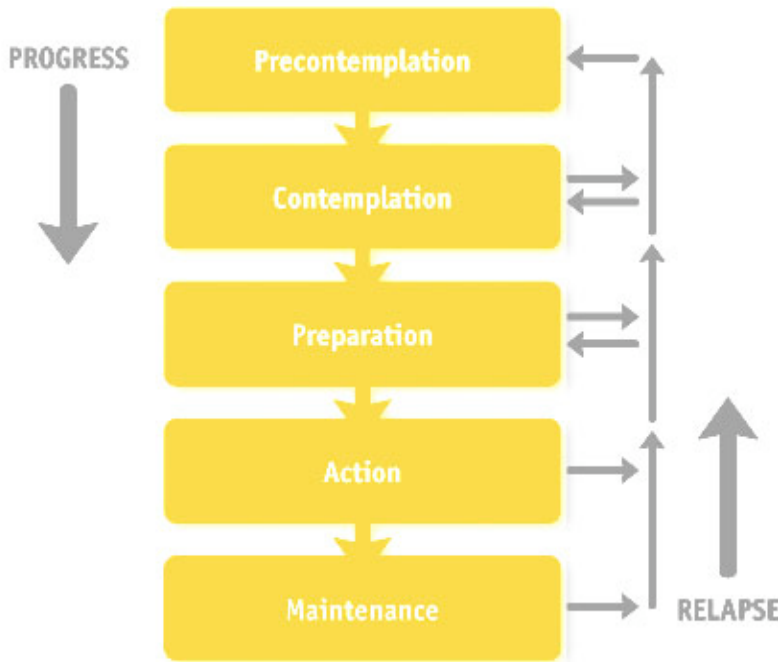
#### Shoreline Eating Disorders Treatment & Recovery

191 Argonne Ave. Suite 3  
Long Beach, CA 90803  
[www.shoreline-eatingdisorders.com](http://www.shoreline-eatingdisorders.com)  
(562) 434-6007



# Stages of Change

Adapted from Prochaska and DiClemente



The *Stages of Change* model was conceived within the Transtheoretical Model, a theory for behavior change. The model describes how ready one is to work toward change. For clinicians, this tool can be helpful in assessing a client's readiness towards working on changing behaviors. Appropriate interventions can be selected based on the treatment goal at each stage.

The change process is cyclical by nature, and individuals typically move back and forth between the stages several times before stable change is achieved. For most substance-using individuals, progress through the stages of change is circular or spiral, not linear, and relapse is common. In addition, an individual may move between the stages at different rates for different behaviors; for example, one may be in *pre-contemplation* stage for cigarette smoking, but in *action* stage for marijuana smoking.

| Stage                    | Characteristics   | Goal for Treatment  |
|--------------------------|---|---|
| <b>Pre-contemplation</b> | <ul style="list-style-type: none"> <li>* Not yet considering change</li> <li>* May not believe the behavior is a problem</li> </ul>                             | <ul style="list-style-type: none"> <li>* Increase motivation to change</li> <li>* Raise awareness of the seriousness of the problem behavior</li> </ul> |
| <b>Contemplation</b>     | <ul style="list-style-type: none"> <li>* Intention to change soon</li> <li>* Weighing the pros and cons of change</li> </ul>                                    | <ul style="list-style-type: none"> <li>* Emphasize benefits of change</li> <li>* Continue to increase motivation to change</li> </ul>                   |
| <b>Preparation</b>       | <ul style="list-style-type: none"> <li>* Experimenting with small changes</li> <li>* Formulating a plan to change</li> </ul>                                    | <ul style="list-style-type: none"> <li>* Discuss options and formulate plan</li> <li>* Provide appropriate support and encouragement</li> </ul>         |
| <b>Action</b>            | <ul style="list-style-type: none"> <li>* Behavior changes are occurring</li> <li>* Modifications to lifestyle to incorporate changes</li> </ul>                 | <ul style="list-style-type: none"> <li>* Provide reinforcement for changes</li> <li>* Review plan</li> <li>* Plan for obstacles</li> </ul>              |
| <b>Maintenance</b>       | <ul style="list-style-type: none"> <li>* Working to prevent relapse</li> <li>* Maintaining new behavior</li> <li>* Estimated to last 6 mon. – 5 yrs.</li> </ul> | <ul style="list-style-type: none"> <li>* Continue reinforcing change</li> <li>* Plan for obstacles</li> <li>* Provide appropriate support</li> </ul>    |
| <b>Relapse</b>           | <ul style="list-style-type: none"> <li>* Regressing back to a previous stage</li> <li>* VERY common part of change</li> </ul>                                   | <ul style="list-style-type: none"> <li>* Refer to specific stage that the individual relapsed to</li> </ul>   |