Barnaamijyada Daaweynta Opioid-ka

Isticmaalka iyo Qabatinka Opioid-ka

Qabatinka Opioid-ka, oo sidoo kale loo yaqaano Caadiyaysiga/Balwadaysiga Isticmaalka Opioid-ka, waa xaalad caafimaad oo halis ah oo saamaysa malaayiin dad ah oo ku nool dalka oo dhan ah. Opioid-yada waxaa ka mid ah hiirowin, fentanaayl, iyo xanuun baabi'iyeyaasha xoogga leh oo daryeel-bixiyeyaasha caafimaadka laga yaabo inay u qoraan bukaanada si ay xanuunka uga yareeyaan xaalad caafimaad ama dhaawac. Si kastaba ha ahaatee, opioid-yadu aad ayey u balwad daran yihiin waxayna sababi karaan khataro halis ah, sida si xad dhaaf ah u isticmaalka iyo dhimashada.

Dhibaatada ay u gaysan karto caafimaadka jirka iyo maskaxda waxay noqon kartaa mid aad u xun, laakiin in laga soo kabsado ayaa suurtagal ah. Daawayn ayaa ku caawin karta. Si aad wax uga ogaato xulashooyinka daawaynta, San Diego Access & Line Crisis ka wac 1-888-724-7240.

Daawaynta Xanuunka/Balwada Isticmaalka Opioid-ka

Kahor intaadan bilaabin daawaynta, adeeg-bixiyahaaga ayaa kaala hadli doona xulashooyinkaaga, oo ay ku jiraan:

- **Daawooyinka loogu talagalay Daaweynta Balwadda**
- **La-talin ama Teerabiyada Habdhaqanka**
- **Daaweynta Ku-salaysan Isbitaalka ama Xarunta**

Iskaan gareey QR koodhka ama booqo **bit.ly/sudoutpatient** si aad u hesho wixii macluumaad dheeraad ah oo ku saabsan barnaamijyada kale ee loogu talagalay Isticmaalka Mukhaadaraadka ee Bukaan-socodka

16/1/25

Barnaamijyada Daawaynta Opioid-ka (OTP) ayaa sidoo kale loo yaqaanaa Barnaamijyada Daawaynta Naarkootiga waxayna bixiyaan daawayn loogu talagalay daawaynta balwada si bukaan-socodnimo ah ee dadka qaba Xanuunka/Caadaysiga Isticmaalka Opioid-ka. Daawaynta noocaan ah waxay bixisaa *hab bukaan oo dhamaystiran* oo loogu talagalay daawaynta iyadoo dawooyinka lagu dhafayo daawaynta habdhaqanka, taas oo la muujiyay inay kordhinayso fursadaada ah inaad si guul leh u bogsato.

OTP-yadu waxay sidoo kale bixiyaan isku-dubarid daryeel, kaas oo kugu xiriirin kara adeegyada caafimaadka dhimirka, caafimaadka, iyo adeegyada kale si ay kaaga caawiyaan daboolida baahiyahaaga iyo gaarista yoolalkaaga.

Macaamiisha u qalma adeega ee la kulmaya guri la'aan ama baahi guriyeed oo aad u daran, OTP-yadu waxay sidoo kale ka caawin karaan in guri laga siiyo *xarumaha/goobaha soo kabashada*.

Goobaha soo kabashada waa guryo ama dhismayaal si gaar ah loo leeyahay kuwaas hoy ku meel gaar ah siiya dadka qaangaarka ah ee qaba xanuunka/caadiyaysiga isticmaalka mukhaadaraadka ama cillad dhinac socota.

Ku Xirnow Khayraadka

Wac 1-888-724-7240 si aad ula xiriirto Khadka **San Diego Access and Crisis Line** si aad u hesho taageero bilaash ah oo qarsoodi ah iyo si lagaaga caawiyo dhexmeerida adeegyada, waxaa khadka la heli karaa 24/7 wuxuuna ku baxaa in ka badan 200 oo luqadood.

Wac 9-8-8 si aad ula xiriirto **khadka Isdilka iyo Xasaradaha** oo ah shabakada xarumaha wacitaanka xilliyada xasaradaha.

Barnaamijyada Daaweynta Opioid-ka

Daawayn Ka Helida OTP-ga Degmada San Diego

Waxa laga yaabaa inaad daawaynta xanuunka Isticmaalka Opioid-ka ka hesho Degmada San Diego Opioid Program (OTP) haddii:

- Aad qabto xanuunka isticmaalka Opioid-ka, iyo
- Aad u qalanto Medi-Cal, aadan caymis lahayn, ama dakhligaaga uu aad u hooseeyo.

OTP-yada Degmada San Diego

Adeegyada waxaad heli kartaa adigoo aadaya meel kasta iyada oo aan loo eegin meesha aad kaga nooshahay degmada. Dhammaan barnaamijyada liiska ku jira waxay u adeegaan dhalinyarada, dadka waaweyn, iyo macaamiisha uurka leh, marka laga reebo haddii wax taas ka duwan la sheego. Macaamiisha uurka leh iyo isticmaalayaasha maandooriyaha xididka ayaa leh mudnaanta gelitaanka adeegga. Wac barnaamijka si aad u hesho wixii macluumaad dheeraad ah.

Barnaamijyada lagu xusay 🏠 waxay macaamiishooda meelayn ka siiyaan xarumaha soo kabashada.

Gobolka North Inland

Xarunta Daaweynta Dhamaystiran ee Escondido (Escondido Comprehensive Treatment Center) 🏠
161 N. Date St.
Escondido, CA 92025 Taleefanka: (760) 745-7786

Xarunta Daaweynta Dhamaystiran ee Capalina (Capalina Comprehensive Treatment Center) 🏠
1560 Capalina Rd.
San Marcos, CA 92069 Taleefanka: (760) 744-2104

Gobolka Dhexe

Xarunta Adeegga Bulshada ee El Dorado (El Dorado Community Service Center) 🏠
1733 Euclid Ave.
San Diego, CA 92105 Taleefanka: (619) 263-0433

SOAP MAT, LLC 🏠
6425 University Ave.
San Diego, CA 92115 Taleefanka: (760) 305-7528

Gobolka Xeebaha Waqooyiga

Xarunta Daaweynta Dhamaystiran ee Oceanside (Oceanside Comprehensive Treatment Center) 🏠
1906 Apple St., Suite 3
Oceanside, CA 92054 Taleefanka: (760) 547-1280

SOAP MAT, LLC 🏠
1939 W. Vista Way
Vista, CA 92083 Taleefanka: (760) 305-7528

Gobolka Waqooyiga Dhexe

Xarunta Daaweynta Dhamaystiran ee San Diego (San Diego Comprehensive Treatment Center) 🏠
8898 Clairemont Mesa Blvd., Suite H
San Diego, CA 92123 Taleefanka: (858) 715-1211

Xarunta Daaweynta Dhamaystiran ee Fashion Valley (Fashion Valley Comprehensive Treatment Center) 🏠
7545 Metropolitan Dr.
San Diego, CA 92108 Taleefanka: (619) 718-9890

Gobolka Koonfurta

Xarunta Daaweynta Dhamaystiran ee Chula Vista (Chula Vista Comprehensive Treatment Center) 🏠
1155 Third Ave.
Chula Vista, CA 91911 Taleefanka: (619) 498-8260

Gobolka Barri

Xarunta Daaweynta Dhamaystiran ee El Cajon (El Cajon Comprehensive Treatment Center) 🏠
234 North Magnolia Ave.
El Cajon, CA 92020 Taleefanka: (619) 579-8373

Revive Pathway
Bixiyaha Daryeelka Caafimaadka Hindida iyo Bixiyaha Tribal 638
1240 Broadway
El Cajon, CA 92021 Taleefanka: (619) 841-1310
Wuxuu u adeegaa kaliya dadka waaweyn 18+

Ku Xirnow Khayraadka

Wac 1-888-724-7240 si aad ula xiriirto Khadka **San Diego Access and Crisis Line** si aad u hesho taageero bilaash ah oo qarsoodi ah iyo si lagaaga caawiyo dhexmeerida adeegyada, waxaa khadka la heli karaa 24/7 wuxuuna ku baxaa in ka badan 200 oo luqadood.

Wac 9-8-8 si aad ula xiriirto **khadka Isdilka iyo Xasaradaha** oo ah shabakada xarumaha wacitaanka xilliyada xasaradaha.