

# SANTA CRUZ COUNTY Substance Use Disorder Services (SUDS) Newsletter

February 2025



## Team Member Spotlight

Meet Eva Gomez, CADCI

Eva is a Santa Cruz County native and for the past 14 years, she has played an indispensable role within our County SUDS Team, consistently contributing to our collective success as a program.

Eva obtained her undergraduate degree in psychology and SUD licensure from Argosy University. Her experience in the recovery field spans 18 years, first in the non-profit sector and later with Santa Cruz County. Eva finds great joy in supporting our clients and she has a particular expertise with supporting her clients with family reunification efforts as a champion of Family and Children's Services (FCS).



In her free time she enjoys spending time with her family, fur babies, and camping outdoors.



## Eva's Groups

Eva facilitates a Family and Children Services (FCS) recovery group via telehealth as well as an in-person recovery group which is offered in Spanish out of our Watsonville campus.

**Monday** 3:00 PM - 4:30 PM  
FCS Recovery Group  
Location: Telehealth  
Facilitator: Eva 831-713-9267

**Thursday:** 3:00 PM-4:30 PM  
Spanish Recovery Group  
Location: 1430 Freedom Blvd Watsonville Suite F  
Facilitator: Eva 831-713-9267



# COMMUNITY SPOTLIGHT



## The Circle Family Center

The Circle is a non-profit with a mission to support all new and expectant families in Santa Cruz County. They offer groups, classes & workshops to support families as they navigate pregnancy, birth, postpartum, and parenting.



All new and expectant families enrolled in Medi-Cal are eligible for free classes and support groups.

Please call (831) 687-9499 for more information.

## Buddhist Recovery Network

The Buddhist Recovery Network promotes the use of Buddhist teachings and practices to help people recover from the suffering caused by addictive behaviors and is open to people of all backgrounds, and respectful of all recovery paths.



For more information and meeting times please visit their website linked here : [Buddhist Recovery Network](#)



## Protecting and Supporting our Community

The Santa Cruz County Sanctuary webpage features key County statements and policies in support of immigrants, LGBTQ+ individuals, and reproductive care.



Find local resources to support residents who are concerned about their ability to access critical health care or social safety net services to support their overall health, well-being, and ability to thrive.



# Additional Resources

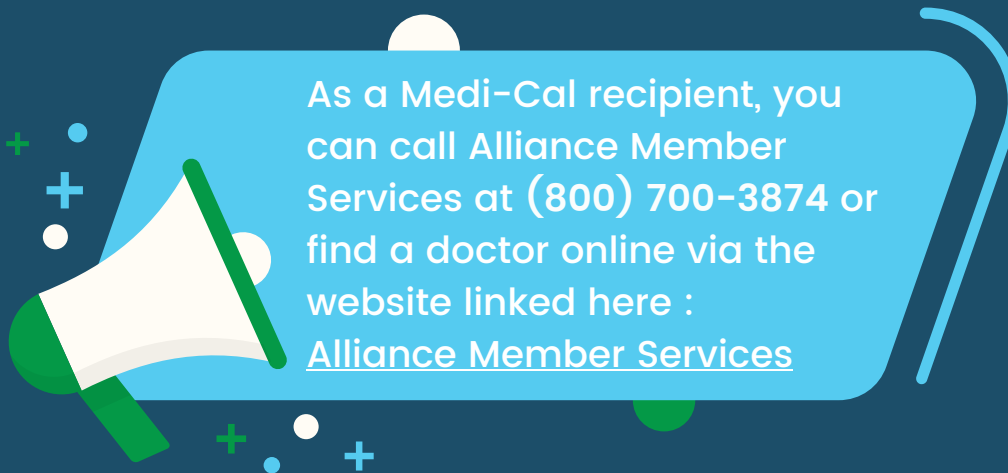
## The Importance of having your Primary Care Doctor as a Recovery Ally

Have you established a Primary Care Physician to help address your healthcare concerns?



### How can a Primary Care Doctor serve as an ally in your Recovery Journey?

- 1 They can prescribe Medication Assisted Treatment (MAT) and psychotropic medication when appropriate.
- 2 Routine screenings and tests can help detect underlying health concerns or prevent disease.
- 3 They can refer you to other health care specialists and resources as needed.
- 4 They can help you reach your health care goals (both mentally and physically).



As a Medi-Cal recipient, you can call Alliance Member Services at (800) 700-3874 or find a doctor online via the website linked here : [Alliance Member Services](#)