



# ACCESSING LOS ANGELES COUNTY'S SUBSTANCE USE DISORDER TREATMENT SYSTEM

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**Antonne Moore, Ed.M.**

Chief, Marketing and Beneficiary Engagement





## OBJECTIVES

Upon completion of this discussion, I hope that you are able to:

- Recognize that addiction is a medical condition, not a moral failing.
- Distinguish between the different levels of treatment available in the SUD benefits package.
- Identify how you can access no cost substance use disorder treatment

# WHAT IS SUBSTANCE USE DISORDER OR ADDICTION?



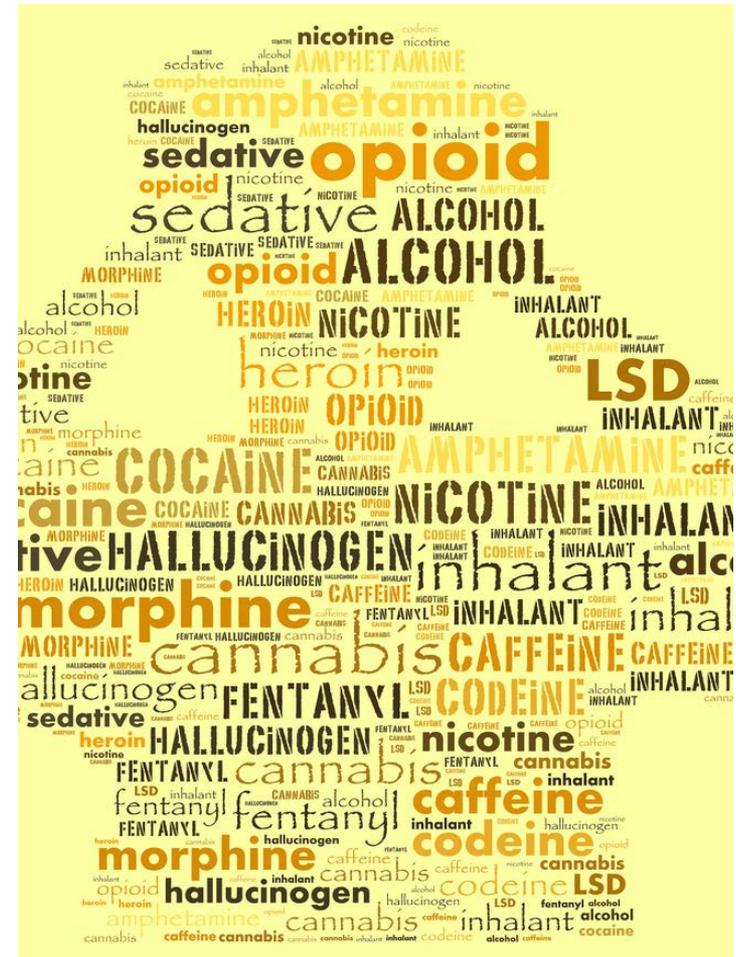
COUNTY OF LOS ANGELES  
**Public Health**

SUBSTANCE ABUSE SERVICE HELPLINE  
24/7 **1.844.804.7500**



# ADDICTION: A DEFINITION

- A chronic disease in which a person seeks a substance such as alcohol or drugs despite the negative impact their drug and alcohol use causes them.
- In DSM-5, the term “substance use disorder” is synonymous with addiction.





# WHAT CONTRIBUTES TO ADDICTION

- Biological
  - e.g., Genes
- Environmental
  - e.g., Chaotic home life, peer factors
- Drug characteristics
  - e.g., How is the drug administered?

# Use/Misuse/Abuse of Substances in Los Angeles County



People in SUD specialty managed care treatment (0.6%)

People with SUD (8.9%)

People who are risky users (25%)

Individuals who have no or mild substance use (66%)

## SUD Prevalence in Los Angeles County by Type of Substance

Age group (years)	Alcohol use disorder	Rx opioid use	Illicit drug use disorder	Substance Use Disorder (SUD) <u>OVERALL</u>
Youth (12-17)	4.7%	4.8%	5.2%	8.1%
Young Adult (18-25)	14.8%	9.0%	8.8%	20.2%
Adult (26+)	6.3%	4.0%	1.5%	6.9%
<b>Total (12+)</b>	<b>7.4%</b>	<b>4.8%</b>	<b>2.9%</b>	<b>8.9%</b>



# LA County Publicly-Funded SUD Treatment Profile (cont'd)

## Race/Ethnicity <sup>1</sup>

Hispanic/Latino	46.5%
White	34.5%
Black/African American	13.9%
Asian/Pacific Islander	13.4%
American Indian/Alaska Native	6.0%
Other	2.6%

## Drug of Choice

Heroin	40.3%
Methamphetamine	21.6%
Marijuana	13.9%
Alcohol	13.4%
Prescription drug	6.0%
Cocaine	3.7%

- California has the 4<sup>th</sup> highest number of drug overdose deaths in the nation <sup>2</sup>.
- Los Angeles County prevalence rate of misusing/abusing prescription opioids is 4.7%, higher than the national average of 4.3%

# SUD TREATMENT SYSTEM

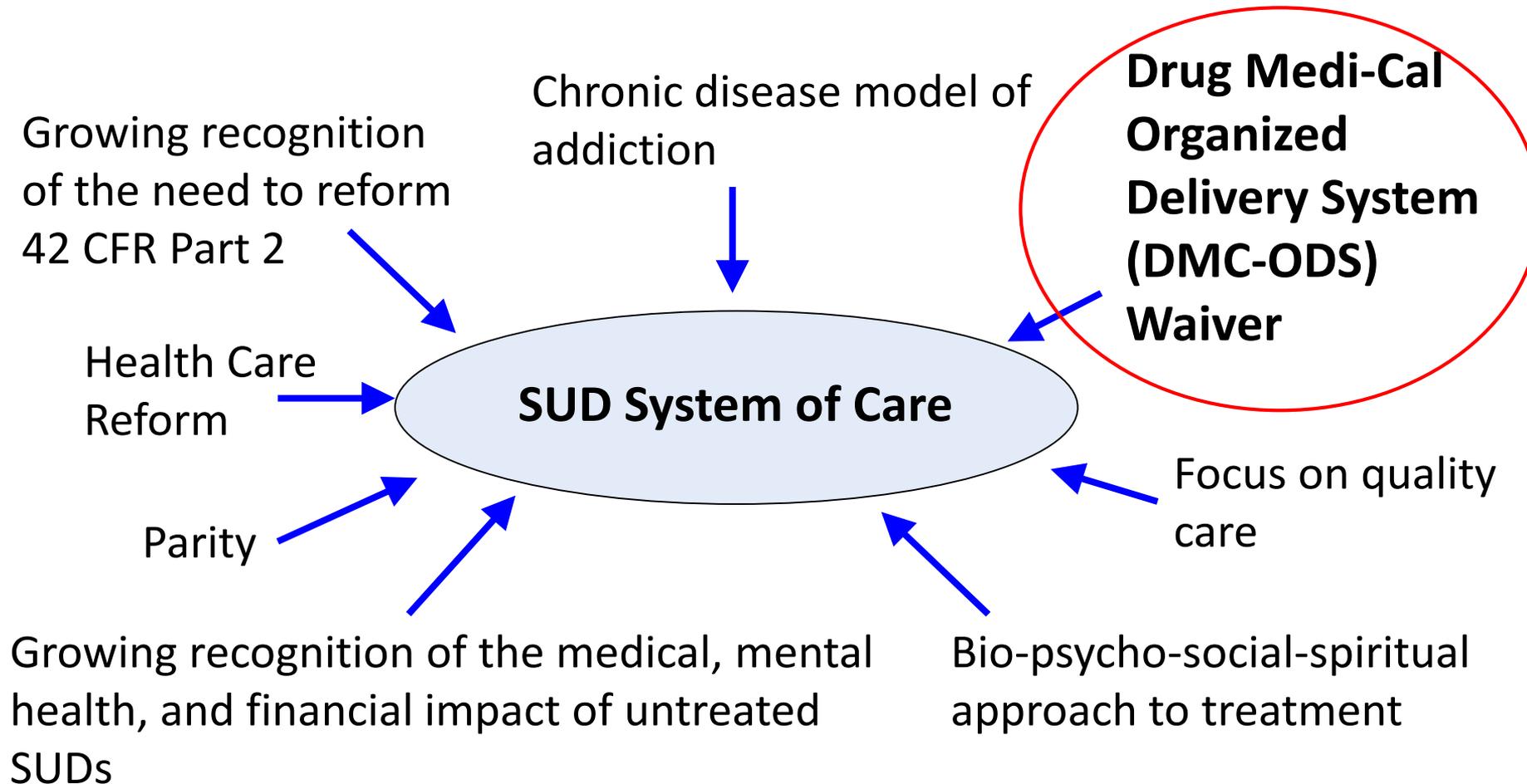


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# Opportunities to Transform the SUD System of Care







## Patient Eligibility

Youth, young adults and adults can access no-cost (no fees) substance use treatment services at any provider in the network if they meet the following criteria and meet medical necessity:

Los  
Angeles  
County  
Resident



### Medi-Cal Eligible or Enrolled

*(active benefits are not required at time of screening, referral, or intake)*

OR

### My Health LA Eligible or Enrolled

*(active participation is not required at time of screening, referral, or intake)*

OR

### Other County-Funded Program Participant

*(such as AB 109, Drug Court)*



## Medical Necessity

Individuals can access treatment services under the SUD specialty managed care plan, when determined to be medically necessary by a Medical Director or Licensed Practitioner of the Healing Arts (LPHA). Medical Necessity is determined by:

**At least 1 DSM-5 diagnosis of substance-related and addictive disorder**

+

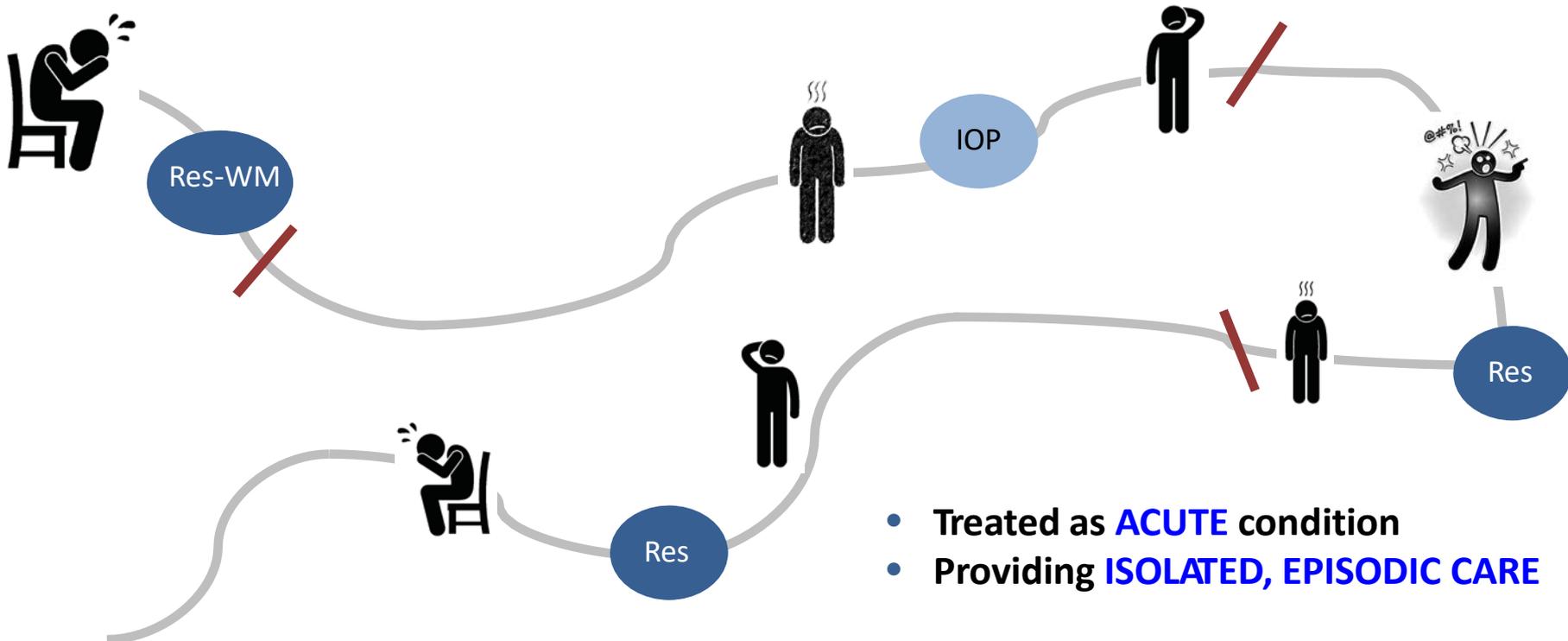
**American Society for Addiction Medicine (ASAM) criteria level of care**

&

**In accordance with the individualized treatment plan**

- KEY**
- = Lifespan
  - = Relapse
  - **Res** = Residential
  - **IOP** = Intensive Outpatient
  - **Res-WM** = Residential Withdrawal Management

# A SUD Recovery Journey





## Outpatient

**Who**

Youth and Adults

**What**

Less intensive community-based services (up to 9 hours per week) that include group counseling, patient education, individual counseling, family therapy, crisis assistance, and case management



<b>Intensive Outpatient</b>	
<b>Who</b>	Youth and Adults
<b>What</b>	More intensive community-based services (up to 19 hours per week or up to 30 hours per week for perinatal patients) that include group counseling, patient education, individual counseling, family therapy, crisis assistance, and case management





## Residential – A Preauthorized Service

<b>Who</b>	Youth and Adults
<b>What</b>	Short-term residential services are determined by medical necessity and include group counseling, patient education, individual counseling, family therapy, crisis assistance, and case management
<b>Duration</b>	Initial 60-day authorization for adults and 30 days for youth, with extensions based on medical necessity. Los Angeles County may fund more than two stays per year based on medical necessity or early discharge.



<b>Withdrawal Management (Detox)</b>	
<b>Who</b>	Youth (if authorized) and Adults
<b>What</b>	Outpatient or residential withdrawal management services (also known as detox) with or without medication services for up to 14 days

<b>Medication-Assisted Treatment/Opioid Program</b>	
<b>Who</b>	Youth (if authorized) and Adults with alcohol or opioid use disorder
<b>What</b>	Prescribe medications (methadone, buprenorphine, disulfiram, naloxone), as well as provide case management, and group, family therapy, and individual counseling

# Why is MAT important?

- Chronic disease treatment benefits from a combination-style approach
- MAT helps to counter the brain changes that affect the reward pathway
- Helps receptivity to treatment/recovery by reducing physical symptoms of withdrawal and cravings



## Recovery Bridge Housing

<b>Who</b>	Adults concurrently enrolled in outpatient, intensive outpatient, medication-assisted treatment/opioid program, who meet high-risk criteria (e.g., LGBTQ, HIV/AIDS, chronically homeless, IV drug user, high service utilizers, transition age youth)
<b>What</b>	Adults up to 180 days per calendar year. Perinatal/Postpartum up to length of pregnancy and 60-days after birth



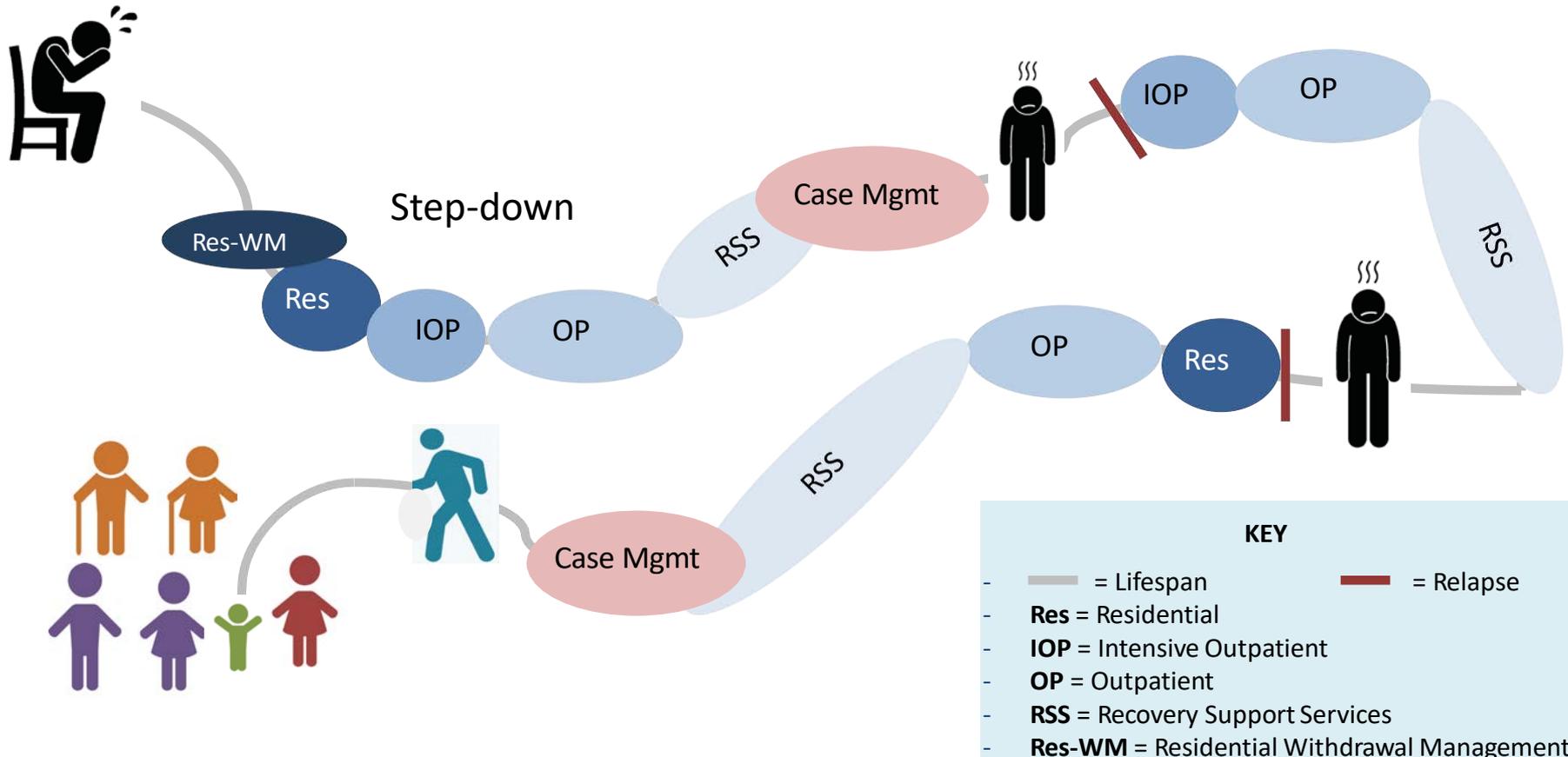
## Recovery Support Services

<b>Who</b>	Youth and Adults – Post Treatment
<b>What</b>	Support services available after treatment completion, including group counseling, individual counseling, relapse prevention, recovery coaching, and case management



# A Different SUD Recovery Journey

- Treat SUD as **CHRONIC** medical condition
- Providing **FULL CONTINUUM OF SUD CARE**



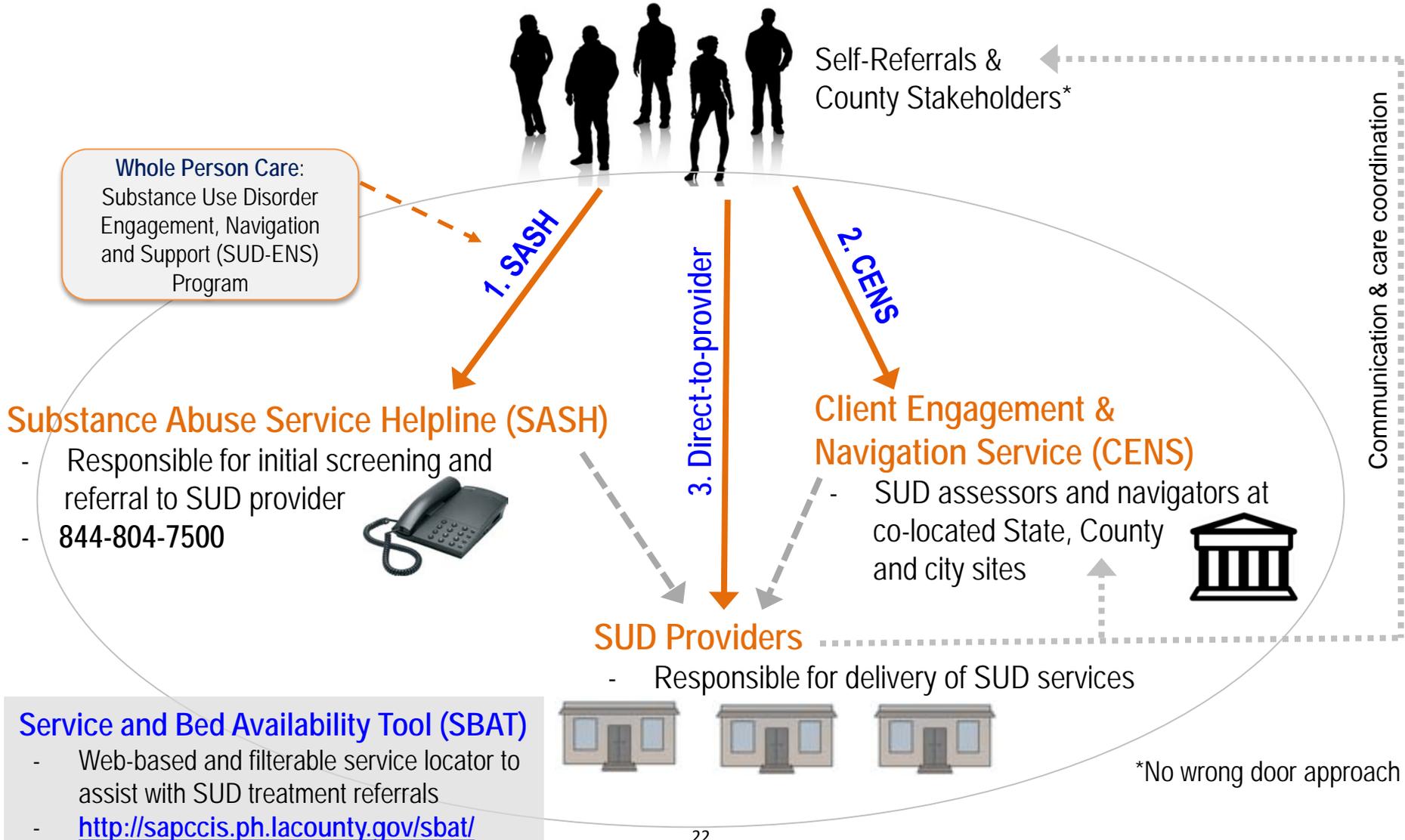
# ACCESSING SUD TREATMENT



SUBSTANCE ABUSE SERVICE HELPLINE  
24/7 1.844.804.7500



# Main Entryways into the Specialty SUD System





## **SUBSTANCE ABUSE SERVICE HELPLINE**



**1.844.804.7500**

- Toll free number available 24 hours per day 365 days per year
- A team of clinicians and SUD counselors is available
- Screening and referral services for youth and adults
- Assessment appointments scheduled during business hours
- Available to the public, providers, and stakeholders
- Oral Interpretation (including TTY)





### Substance Use

# SERVICE & BED AVAILABILITY TOOL (SBAT)

*Recovery is Possible*

## FIND AVAILABLE SUBSTANCE USE SERVICES NEAR YOU

- **Option 1:** If you want to speak to someone directly to access services, call the Substance Abuse Service Helpline (SASH) at 844-804-7500
- **Option 2:** If you want to identify substance use services online [CLICK FOR INSTRUCTIONS](#)
- **Option 3:** Search by agency name

### Starting Location:

### Filter by:

TREATMENT/SERVICE TYPE: ▾

LANGUAGES SPOKEN: ▾

CLIENT SERVED: ▾

- Adult ?
- Youth ?
- Women ?
- Medication-Assisted Treatment (MAT) ?
- Parent/Guardian (Female) with Children ?
- Parent/Guardian (Male) with Children ?
- Perinatal ?
- Physically Disabled ?
- Developmentally Disabled/Delayed ?
- Visually Impaired ?
- Hearing Impaired ?
- Co-Occurring Mental Health Condition ?
- LGBTQ ?
- Veteran ?
- Homeless ?
- Court Diversion, Probation/Parole, Re-entry ?
- Sexually-Exploited ?



Agency	Available Beds	Intake Appointment	Specific Service Type	Languages Spoken
<b>1</b> 0.42miles <b>2</b> <b>LOS ANGELES CENTERS FOR ALCOHOL AND DRUG ABUSE</b> 470 East 3rd Street, Suites A & B Los Angeles, CA 90013 Business Hours: Sun: Closed; Mon - Thu: 7:30 am - 7:30 pm; Fri: 7:30 am - 4:30 pm; Sat: 7:00 am - 3:30 pm Phone number: (213) 626-6411		OP IOP ?	Adult, Co-Occurring Mental Health Capabilities, Court Diversion, Probation/Parole, Re-entry, Criminal Justice, Homeless, LGBTQ, Older Adults, Parent/Guardian (Female) with Children, Sexually-Exploited, Veterans, Young Adults	English, Spanish

# START ODS REFERRAL/INTAKE WORK FLOW

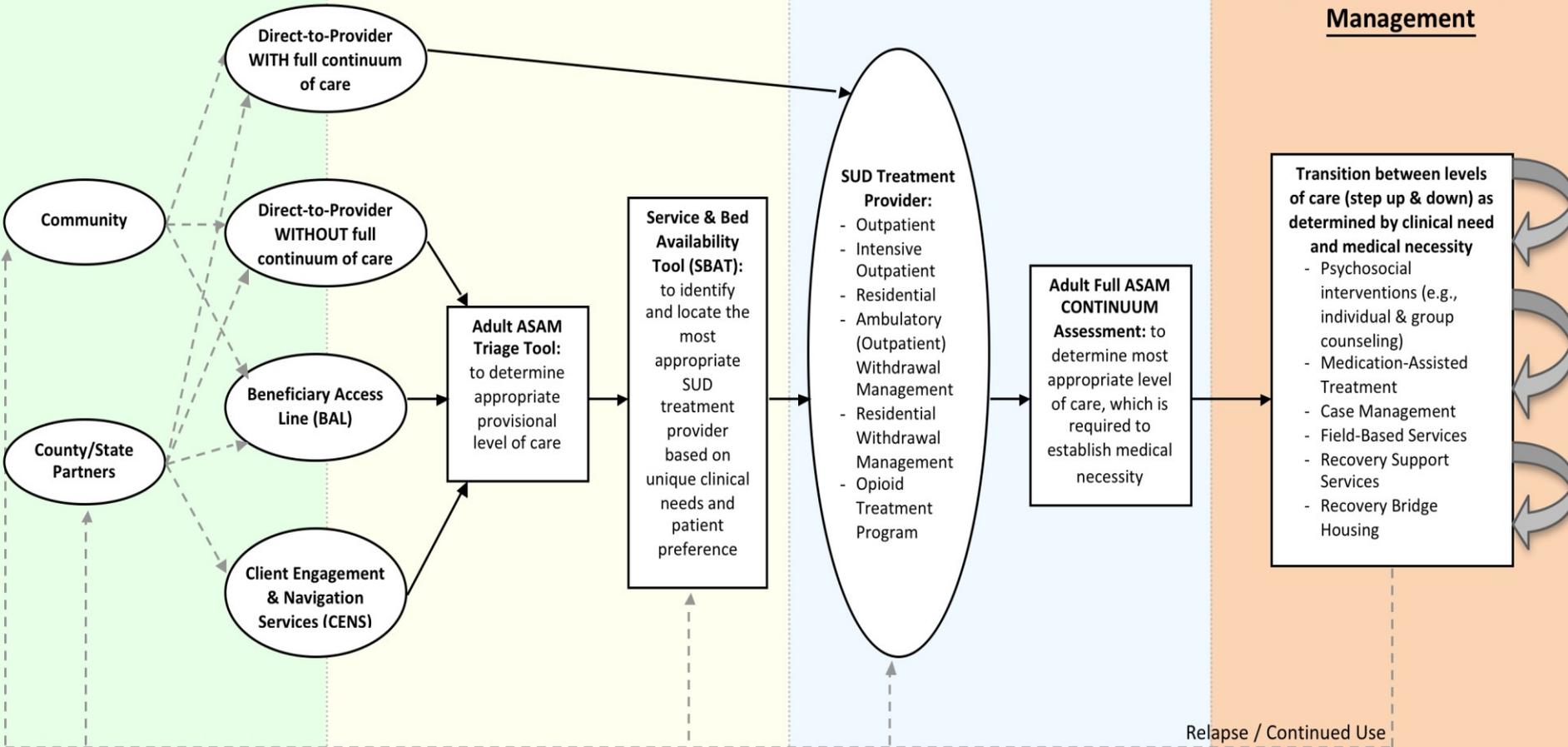


## Self-Referral / Referral

## Brief Triage Assessment (Adult)

## Full ASAM Assessment (Adult)

## Service Delivery & Care Coordination / Case Management



# TALKING ABOUT TREATMENT

- Demonstrate Non-Judgement and Sensitivity
- Recognize Individual Strengths and Ability to Self-Determine
- Identify Readiness to Change
  - On the following scale from 1 to 10, where 1 is definitely not ready to change and 10 is definitely ready to change, what number describes how ready you to change right now?
- Ask Open-Ended Questions
  - Why do you think your doctor asked you to seek treatment?
  - What happens when you behave that way?
- Encourage Change Talk
  - How can I help you get past these difficulties you are experiencing?
  - How would you like things to turn out for you in 6 months?



# Are Alcohol or Drugs Getting in the Way?

Recovery is Possible

SUBSTANCE ABUSE SERVICE HELPLINE



**1.844.804.7500**

## Public Brochure

### QUICK REFERENCE GUIDE

- Eligibility for Services
- Screening
- How to Find Services
- Available Services

English Version:

<http://publichealth.lacounty.gov/sapc/PatientPublic/Brochure.pdf>

Spanish Version:

<http://publichealth.lacounty.gov/sapc/PatientPublic/BrochureSpanish.pdf>





# Patient Handbook



Los Angeles County  
Department of Public Health  
**Substance Abuse Prevention and Control**



## COMPREHENSIVE DESCRIPTION OF SERVICES

- Sent to patient within 3 days
- Member Assistance
- Selecting a Provider
- Grievance/Appeal Process

English and Threshold Languages Available:

<http://publichealth.lacounty.gov/sapc/PatientPublic.htm>

Other Languages:

*Available by request*



# SAPC ON THE WEB

<http://publichealth.lacounty.gov/sapc/index.htm>

Translate    A-Z Index    A B C D E F G H I J K L M N O P Q R S T U V W X Y Z ALL    Font Size | A A A

**Public Health**        **Substance Abuse Prevention and Control**

Program Home    About   

## Are Alcohol or Drugs Getting in the Way?

### Recovery is Possible

[Click here to find a treatment center or call 1 \(844\) 804-7500](#)

**Substance Abuse Prevention and Control**

- Data Reports and Briefs
- Commission on Alcohol and Other Drugs
- Safe Med LA
- Safe Medication Disposal
- Marijuana Use and Public Perceptions in Los Angeles County: Findings from the 2017 Community Needs Assessment *(New - November 2018)*
- Prop. 64 and Responsible Adult Use of Marijuana

**FIND TREATMENT SERVICES**

*Search by Service, Location and More*

**PATIENTS and PUBLIC**

*Eligibility, Patient Handbook, Patient Rights, Resources and More*

**NETWORK PROVIDERS**

*Service Standards, Data Reports, Forms, Training Resources and More*

If you or someone you know has a substance use disorder, also known as addiction, we can help.

Call anytime, toll-free.

**SUBSTANCE ABUSE SERVICE HELPLINE**

**1.844.804.7500**

For more information, see our brochure (PDF): [English](#) [Spanish](#)

**Medications for Addiction Treatment (MAT) Resource Library**

**learn more**

**prevention**

**sage**  
Substance Use Disorder Information Systems  
**Information and Resources**

**PROVIDER INFORMATION AND SAPC PROGRAM RESOURCES**

**UPCOMING PROVIDER TRAININGS, CONFERENCES, AND IMPORTANT EVENTS**



# If you, a loved one, or someone you know needs help here is how they can connect

- Substance Abuse Services Hotline (SASH):

**1-844-804-7500**

- SAPC Email

[SUDTransformation@ph.lacounty.gov](mailto:SUDTransformation@ph.lacounty.gov)

- SAPC Website's Public and Patient Portal:

<http://publichealth.lacounty.gov/sapc/PatientPublic.htm>

- Service and Bed Availability Tool:

<http://sapccis.ph.lacounty.gov/sbat/>





# Thank You

Antonne Moore, M.Ed.

Chief, Marketing and Beneficiary Engagement

Substance Abuse Prevention and Control

Los Angeles County Department of Public Health

626-299-4133

[anmoore@ph.lacounty.gov](mailto:anmoore@ph.lacounty.gov)