

HOW DO I KNOW?

The best way to find out if you need alcohol or drug treatment services is to call the toll-free Substance Abuse Service Helpline or SASH at 1-844-804-7500.

- ✓ A call agent will ask you some questions about your alcohol and/or drug use as well as any language, cultural, or other service preferences. This information will help the call agent decide which service and provider are the best fit for your needs. Whenever possible, an appointment will be made with a treatment provider while you are on the call. This call will take about 15-20 minutes.
- ✓ If you are a parent/guardian of a minor, you can also call, and after answering a few questions on behalf of the minor, a referral can be made.

If you are not sure you need help, or are not ready to make the call, think about how alcohol or drugs are impacting your life or the life of a loved one:

- ✓ Do you feel your substance use is holding you back in any way?
- ✓ Is substance use negatively impacting your relationships, work, school, or home life?
- ✓ Are you using more substances than you intended, or is it difficult to cut down or control your substance use?
- ✓ Is the quality of your school or work declining as a result of your substance use?
- ✓ Do you feel physically sick or unwell when you stop using substances?

AVAILABLE SERVICES

The following services are available at no-cost to eligible participants who meet medical necessity:

Limited Outpatient for At-Risk	
Who	Youth and Young Adults (age 12-20)
What	Short-term services (about 4 sessions) that include group counseling, individual counseling, and case management

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, crisis assistance, and case management

Intensive Outpatient	
Who	Youth and Adults
What	More intensive community-based services (up to 19 hours per week) that include group counseling, patient education, individual counseling, crisis assistance, and case management

Withdrawal Management (Detox)	
Who	Youth (if authorized) and Adults
What	Outpatient or residential detox services with or without medication services for up to 14 days

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

AVAILABLE SERVICES

Residential – A Preauthorized Service	
Who	Youth and Adults
What	<p>Short-term residential services that include group counseling, patient education, individual counseling, crisis assistance, and case management.</p> <p>The length of stay is different by population:</p> <ul style="list-style-type: none"> • Youth and young adults (age 12-20) no limits if services are necessary • Adults (age 21+) maximum two 90-day stays and one 30-day extension per year • Perinatal/Postpartum up to length of pregnancy and 60-days after birth • Criminal justice population maximum two 90-day stays and one 30-day extension per calendar year, or up to 120-days if medically necessary

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

Recovery Bridge Housing	
Who	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)
What	Adults up to 90-days per calendar year. Perinatal/Postpartum up to length of pregnancy and 60-days after birth