

SAPC Newsletter

SUBSTANCE
ABUSE
PREVENTION AND
CONTROL
PROGRAM

FIRST QUARTER 2016
VOLUME 7
ISSUE 1

...aimed at informing SAPC's network of contracted alcohol and drug treatment, prevention, and recovery service providers.



Director's Corner

Welcome to the current edition of the SAPC Newsletter! Never has there been a more dynamic and exciting period in the field of substance use prevention, treatment, and recovery.

SAPC and its provider network have embarked on the most far-reaching system transformation in our history, called the Drug Medi-Cal Organized Delivery System (DMC-ODS) demonstration project. With federal approval of a five-year waiver for provisions of the State Medi-Cal Plan, the California Department of Health Care Services (DHCS) greatly expands substance use disorder (SUD) treatment services available to Medi-Cal beneficiaries under the Drug Medi-Cal program in counties that "opt-in." On February 12, 2016, SAPC submitted its proposed implementation plan to participate in the DMC-ODS demonstration project.

Expanded DMC benefits for adolescents and adults include residential withdrawal management and treatment services, case management, medication-assisted treatment, and recovery support services, in addition to outpatient and intensive outpatient services and narcotic treatment programs already DMC-reimbursable. In addition, SAPC will begin offering the same SUD services benefit package for low-income (and largely undocumented) persons who enroll in the My Health LA program under the Department of Health Services. With the expansion of Medi-Cal eligibility to low-income single adults without children and all minors (including those undocumented), *this means that the great majority of low-income County residents will now have a medical entitlement to a full range of SUD treatment services when determined medically necessary.*

Recently, SAPC was also moved under the Health Agency Community Initiatives. This better positions SUD services to coordinate and integrate with mental health and physical health services across the County health care system.

The transformational changes needed to successfully make the leap into the DMC-ODS world and into the County health care system require foundational adjustments to SAPC and its provider network to become an accountable, coordinated, patient-centered, and Medi-Cal based specialty health program. A successful transformation will require SAPC and its provider network to again demonstrate its adaptiveness and resourcefulness to meet the administrative, clinical, financial and programmatic challenges of the DMC-ODS demonstration project's terms and conditions.

We at SAPC look forward to the opportunities offered by DMC-ODS for our patients and our communities and to working with you to realize the potential offered.

Wayne K. Sugita, MPA
SAPC Interim Director

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Photo (L-R): Supervisors Mark Ridley-Thomas and Sheila Kuehl, Gary Tsai, MD (SAPC), Supervisor Hilda L. Solis, Wesley Ford (SAPC), Cynthia Harding (DPH), Joel D. Hyatt, MD (Kaiser), Edwin Poon, PhD (LA Care), Supervisors Don Knabe and Michael D. Antonovich.

Save the Date

Always check
our [website](#) for
upcoming
events
and training!

Follow Los Angeles County
Department of Public Health
and keep up-to-date with
local health information,
news, and statistics.



Upcoming Events and Training

April is Alcohol Awareness Month. Click [here](#) for information. This year's theme is, "Talk Early, Talk Often: Parents Can Make a Difference in Teen Alcohol Use." Find more information on page 7 of the newsletter.

April 11: Deadline to [submit public comment](#) to the Department of Health and Human Services for the [proposed changes to 42 C.F.R. Part 2](#).

April 16: 2nd Annual Healthy Pet Expo, Hosted by Los Angeles County. 9am to 3pm, Whittier Narrows Recreation Park, Meadows picnic area (750 Santa Anita Avenue, South El Monte, CA 91733). Learn how to improve the health in your own family by improving the health of your pets. Click [here](#) for more information.

April 25: Health + Wellness: Opportunities for Innovation and Engagement Community Dialogue. 8:30am to 12:30pm, The California Endowment (1000 North Alameda Street, Los Angeles, CA 90012). The County Office of Women's Health and the Los Angeles Alliance for Community Health and Aging will explore successful models of health engagement across the lifespan and highlight various technologies aimed at improving community health. Email dpacheco@ph.lacounty.gov if you have questions or want to register.

April 27-28: The 16th Annual National Behavioral Health Information Management Conference and Exposition- Addressing the Informatics Needs of Mental Health and Substance Use Organizations. 9am – 3pm, Hyatt Regency Orange County, 11999 Harbor Blvd, Garden Grove, California 92840. If you have any questions, please contact CIBHS Conference Dept. (916) 379-5317 or conferences@cibhs.org.

April 29: SAPC and UCLA/ISAP Special Lecture on Marijuana. 10am to 1pm, Alhambra Auditorium (A-7) (1000 South Fremont Avenue, Alhambra, 91803). CEUs offered. Look for the invitation in your inbox soon. To view past lectures, click [here](#).

2016 LOS ANGELES AL-IMPICS

The Courage to Change

The Al-Impics is a celebration of wellness and sobriety.

**Saturday,
May 14, 2016**

Los Angeles Harbor College
1111 Figueroa Place
Wilmington, CA 90744
www.al-impics.org



Change Companies **DISCOUNTED** e-Training classes! ASAM Criteria Modules 1 & 2

1. Multidimensional Assessment and Module
 - Pre-requisite to SAPC training *ASAM and Documentation*
 - State requirement
2. From Assessment to Service Planning and Level of Care
 - State requirement

To purchase one module (\$10), use discount code **1ETLA**. To purchase two modules (\$20), use discount code **2ETLA**. Should you have questions or would like to purchase, contact Bill Calhoun at (888) 889-8866 or bcalhoun@changecompanies.net.

STAY IN THE LOOP!

START: LA COUNTY SUD TREATMENT SYSTEM TRANSFORMATION

SAPC has taken the next step in transforming its SUD system of care with submission of its START Implementation Plan to the California Department of Health Care Services (DHCS) and the federal Centers for Medicare and Medicaid Services (CMS) on February 11, 2016.

Los Angeles County (LAC) was the 7th of 58 possible counties to submit its plan for review, which means the new Drug Medi-Cal (DMC) services and rates could begin in a matter of months. It is critical that current providers become DMC-certified for contracted levels of care, residential providers also obtain the residential ASAM designation, and agencies seeking to become a SAPC contractor apply as soon as possible to benefit from this system expansion.

Additionally, you have the opportunity to participate in various workgroups that will contribute to the SUD treatment transformation. Check the [SAPC website](#) for workgroup information or click [here](#) to take the workgroup survey. For more information on how services, referrals and reimbursement will change as a result of LAC's participation, and to become a SAPC DMC provider, see the following publications and resources:

- [SAPC Policy Brief: Transformation of the Los Angeles County Substance Use Disorder System of Care](#)
- ["SUD System Transformation" tab on SAPC's Website](#)
- [SAPC System Transformation Stakeholder Meeting, December 17, 2015 \(video recording\)](#)

DHCS RELEASES NEW INFORMATION AND FAQs ON THE DMC-ODS WAIVER

Please check the links below to view the documents released February 24th. All documents are available on the DHCS website and cover various topics on the Drug Medi-Cal-Organized Delivery System (DMC-ODS) Waiver.

- [Recovery Services FAQ](#)
- [Beneficiary Eligibility Criteria FAQ](#)
- [Case Management Services FAQ](#)
- [Withdrawal Management \(Detox\) Services FAQ](#)

Attention

SAPC Treatment Providers!

All agencies and sites must be [DMC-certified by July 1, 2017!](#)

Agencies without DMC certification as of July 1, 2017 will not have their contracts renewed.



Beginning July 1, 2017, any agency that provides SUD treatment services in Los Angeles County must have:

- (1) the appropriate DMC Certification and/or License and
- (2) a Master Agreement with SAPC that includes provided levels of care.

MY HEALTH LA SUD BENEFITS BEGIN JULY 1, 2016

On July 1, 2016 SAPC will begin implementation of the My Health LA SUD benefit. My Health LA is a no-cost health care program for people who live in Los Angeles County. It is free for individuals and families who do not have and cannot get health insurance. Health care services are provided through 196 non-profit clinics called "Community Partners."

SUD services will be provided through the current SAPC provider network, using General Program Services contracts to bill for services provided under My Health LA. Provider contracts will be augmented for those who reach or exceed their contract limits. All services will be available for My Health LA beneficiaries on July 1st, with the exception of Narcotic Treatment Programs and Recovery Support Services. Both Narcotic Treatment Programs and Recovery Support Services will be available upon DMC waiver implementation.

For more information on My Health LA, please visit the [LA County Department of Health Services](#) website.

LACES: SOBER LIVING ENVIRONMENTS A NEED FOR SAFE, DRUG-FREE HOUSING OPTIONS

The Los Angeles County Evaluation System (LACES) is a county-funded evaluation involving all county-funded alcohol and other drug treatment programs, and a regular contributor to the SAPC Newsletter. LACES is designed to evaluate the alcohol and other drug (AOD) treatment/recovery system by reporting client outcomes and program performance. In addition, LACES provides a wealth of data on AOD treatment services, program effectiveness, as well as information regarding what constitutes treatment for SAPC contracted programs in Los Angeles County. For more information, visit www.laces-ucla.org.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), [one in five people experiencing homelessness has a chronic SUD](#). For those who are chronically homeless (four or more episodes of homelessness in three years), [about 65% have a primary SUD](#).

Efforts to address substance use and homelessness have resulted in the development of residential programs for those who require intensive treatment combined with housing. However, once residential care is no longer medically necessary, SUD treatment participants who are in need of a place to live have limited options. It is essential for those in SUD treatment to develop and maintain positive, drug-free social networks because they can have a significant impact on the success of recovery. Sober living environments (SLE), sometimes referred to as “Sober Living Homes” or simply “Sober Living”, were developed to address both the need for housing and social support. According to the California Department of Health Care Services (DHCS), SLEs are types of cooperative residential facilities that require residents to refrain from using drugs or alcohol. SLEs do not provide SUD treatment, prevention, or other services, and DHCS does not require SLEs to be licensed.

Although SLEs do not offer SUD treatment, they should provide more than an interim place to stay, especially for someone with a SUD who is leaving a restricted environment such as jail or a residential treatment program. Many SLEs incorporate 12-Step recovery models, as well as rules that must be followed concerning employment (or enrollment in school), house maintenance/chores, and prohibitions on violence. SLEs may also require residents to participate in off-site therapy and submit to random drug tests. If a resident breaks a rule, he or she will be subject to consequences, which can include fines or eviction from the property. However, because SLEs may be overseen by individuals with little training, there is a danger that residents could be subjected to dishonest or unfair practices. Furthermore, in response to community complaints around safety, smoking nuisances, and other problems, some areas such as Pasadena and Costa Mesa are instituting regulations that prohibit or restrict the opening and operation of sober living homes.

Although there are no State or Federal guidelines that govern SLEs, the [Sober Living Network](#) provides oversight and policy advocacy for about 500 SLEs in California. Membership requirements include a completed application (fees for the LA County Sober Living Coalition start at \$395 for a single home), a certificate of general liability insurance coverage, and a site visit/inspection, among other requirements. In addition, the LA County Sober Living Coalition requires that all persons involved in home operations complete the “Developing and Operating Sober Living Housing” and “Leadership Training” workshops. Workshops are offered in person and online by the International Career Development Center (ICDC College) and may provide four hours of continuing education credit (\$99 fee for online course).

Recent research on SLEs indicates that residents demonstrate improvements related to substance use, employment, arrests, and psychiatric symptoms (Korcha, et al., 2014). A repeated measures study that followed 55 individuals for 18 months noted similar results when sober living was combined with outpatient counseling (Polcin, et al., 2010). However, clients who experience severe psychiatric problems in addition to SUD tend to have greater difficulties with sobriety and living in SLEs. Polcin, Korcha and Bond (2015) found that among a group of 245 SLE residents, those with severe psychiatric and SUD symptoms associated sobriety with higher perceived costs and this perception was a significant predictor of continued SUD problems.

Continued on next page...

UPDATES & IMPORTANT INFORMATION

LACES: SLEs CONTINUED...

In addition to housing, SLEs should support residents as they develop drug-free connections and other forms of social support outside of treatment. Social support is an important aspect of recovery. Longitudinal research about social network development in SLEs has shown that social network size increases, especially for those who stay six months or more (Mueller & Jason, 2014).

Perceptions of SLE vary, even for those in the field of behavioral health (Polcin et al., 2012). Anecdotal comments imply that some SLEs do not strictly enforce the rules around sobriety or drug testing. Given the significant number of individuals who now have access to SUD treatment, including those released from jail or prison who may require SLEs, there is a need to increase access to these services. Furthermore, the need to ensure that SLEs who collaborate with LA County SUD treatment agencies provide drug and alcohol free environments where residents feel safe and supported as they progress through recovery is just as great.

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HOUSING RESOURCES

DEPARTMENT OF MENTAL HEALTH: BEHAVIORAL HOUSING INFORMATION

The Department of Mental Health offers resources, training, and technical assistance for qualified providers that are facing siting issues regarding their housing for people with behavioral health needs. It is important to identify all relevant local, state, land use, and zoning regulations that impact your type of housing as well as potential community concerns and oppositions. Providers should also make efforts to understand their legal rights to site their housing development.

Please click on the presentations below for more information.

- [Overview of Housing Rights for People with Behavioral Health Needs](#)
- [County Strategies for Addressing Siting Concerns](#)
- [Advocacy Strategies for Overcoming Impediments to Housing](#)

DOWNTOWN WOMEN'S CENTER: HOMELESS WOMEN

Downtown Women's Center currently has funds available to help single homeless adult women moving into permanent housing (from homelessness). These funds may support furniture, security deposit, and first month's rent. Applicants must meet the following qualifications: single, adult woman who is currently homeless, yearly income less than \$29,050, and can sustain housing after financial assistance ends. Resources will be available through May 2016.

For more information, call 213-680-0600.

NEW ON SAPC WEBSITE: MEDICAL DIRECTOR'S BRIEF #5, SUBSTANCE USE IN THE PRIMARY CARE SETTING

Click [here](#) to see the latest SAPC Medical Director's Brief, which highlights relevant data and information on SUD in the primary care setting, including Screening, Brief Intervention and Referral to Treatment (SBIRT).

If you have any questions related to this brief, please contact Tina Kim, Ph.D. at Tkim@ph.lacounty.gov. Please visit our [website](#) for past issues of the Medical Director's Brief.

WORKGROUP & PROVIDER NEWS



WORKGROUP SPOTLIGHT: THE RAM WORKGROUP GAINS MOMENTUM ACROSS LA COUNTY

The Rethinking Access to Marijuana (RAM) workgroup is busy and growing! RAM is a collaboration of public health professionals that was established with the vision of educating communities about the potential health impacts of marijuana use, promoting environmental strategies that work to limit youth access to marijuana, and advocating for regulatory approaches that support flourishing youth and communities free from marijuana-related harms.

RAM neither supports nor opposes any specific legislation. Rather, RAM is a resource for information and up-to-date research that can help the public can make informed decisions about how marijuana regulation might be addressed in their community. Whenever possible, RAM provides links to data and sources in its educational materials so that people can make their own decisions. RAM also empowers people to advocate for the policies they feel are best for their community.

Currently, RAM is developing an educational package for parents that will be presented at Parent Teacher Association meetings across the County, and a policy menu that community members and local governments can use to compare different regulatory options for their city.

Stay tuned for these activities to roll out in the coming months and join in if you can! To keep up to date with events or to find out how you can help make LA County a safer place for youth, sign up for the RAM mailing list at www.LACountyRAM.org or email the workgroup directly at LACountyRAM@gmail.com.

INSTITUTE FOR PUBLIC STRATEGIES: #ITSTOOEASY CAMPAIGN

Earlier this year, the Institute for Public Strategies launched their [#ItsTooEasy Campaign](#) in Los Angeles County. Students from Santa Monica High School, along with the Santa Monica Police Department, Santa Monica-Malibu School District officials, and Westside Impact Project staff gathered to talk about the dangers of underage drinking and promote the campaign to the public. Campaign goals are two-fold: to increase compliance with underage drinking laws and to urge adults to do all they can to keep alcohol away from youth.

The #ItsTooEasy Campaign involves all of Southern California and has a large presence on [YouTube](#), Instagram, and [Facebook](#). You can find out more about #ItsTooEasy at www.itstooeasy.org.

SBC3: TRUTHS AND TRENDS ABOUT YOUTH AND MARIJUANA

South Bay Communities Creating Change (SBC3) hosted a regional educational event uniting community members in drawing attention to youth marijuana access in the South Bay. This event included a discussion about the impact and consequences of marijuana use on teens and the community, cleared up misconceptions about marijuana, and provided tips on communicating with youth. Compelling data points on marijuana access, use, and addiction were also presented by the LA County Sheriff Narcotics Bureau and Mr. Fred Payo, the Lead Trainer/Community Organizer of SBC3.

Community members came together to raise their voices in favor of the need to increase information and education about marijuana use, especially about marijuana edibles, drinkables, vapes, and smoking. Several parents asked questions regarding how to prevent teen use while engaging the substance abuse prevention and treatment providers who organized the marijuana educational event.

WHITE BISON: THE MEDICINE WHEEL & 12 STEPS FOR MEN AND WOMEN

The Medicine Wheel & 12 Steps for Men and Women training is designed to enhance and improve the knowledge and skills of providers working with American Indians who have alcohol and drug problems.

The 3-day training in February was led by J. Carlos Rivera from the Pomo Tribe of Northern California and Executive Director of White Bison. The training was co-sponsored by SAPC, the Gabrieleno-Tongva Tribe of San Gabriel, and SAMHSA.



Photo: (Top) Julia Bogany, Gabrieleno-Tongva Tribe Elder
(Bottom) J. Carlos Rivera

Photo (L-R): Connie O'Marre, Sean Bear, Isabel Walker, Danielle Glenn-Rivera

BEFORE WE GO...

MARCH IS PRESCRIPTION DRUG ABUSE AWARENESS MONTH AND SAFE MED LA

This March and for the first time, the Board of Supervisors issued a proclamation declaring March as Prescription Drug Abuse Awareness Month in Los Angeles County. Our Medical Director, Dr. Gary Tsai, along with coalition representatives from Safe Med LA, accepted the proclamation (shown on page 1).

Safe Med LA is a new coalition that brings together local leaders from public health and health departments, health plans, pharmacies, law enforcement, addiction treatment providers, and others committed to lowering prescription drug overuse and overdose deaths in Los Angeles County. Their goals include urging health professionals to adopt safer prescribing practices, expanding the use of naloxone and medication-assisted treatment, increasing the use of California's prescription drug monitoring program (CURES), and raising public awareness about the risks of prescription drug abuse. For more information or to see how you can get involved, visit www.safemedla.org.

PHARMACEUTICAL TAKE-BACK ORDINANCE

The County continues to work on the Pharmaceutical Take-Back ordinance. This ordinance will require manufacturers and producers of prescription and nonprescription drugs and sharps to develop "take-back" programs to collect and dispose of unused or unwanted pharmaceutical and sharps waste from County residents. A revised draft ordinance was submitted to the Board of Supervisors in January 2016. We will continue to stay abreast of this important policy work. Additional prescription drug abuse resources are available on our [website](#), specifically about misuse/abuse statistics in Los Angeles County.

The Substance Abuse Prevention and Control (SAPC) program, a division of the Los Angeles County Department of Public Health, has the primary responsibility of administering the County's alcohol and drug programs. SAPC provides a wide array of alcohol and other drug prevention, treatment, and recovery programs and services through contracts with community-based organizations.

Visit us at <http://publichealth.lacounty.gov/sapc>.

To submit suggestions or comments, email Christina Morgan at cmorgan@ph.lacounty.gov.

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APRIL IS NATIONAL ALCOHOL AWARENESS MONTH

"TALK EARLY, TALK OFTEN: PARENTS CAN MAKE A DIFFERENCE IN TEEN ALCOHOL USE."

This year's National Alcohol Awareness Month theme, "Talk Early, Talk Often: Parents Can Make a Difference in Teen Alcohol Use," is designed to draw attention to the role parents can play in preventing teen alcohol use. Reducing underage drinking is critical to securing a healthy future for America's youth. It is essential to provide education on the dangers of alcohol and/or drug abuse and its effects on children—and parents need to know the important part they can play.

Alcohol Awareness Internet Resources from NCADD:

- [National Council on Alcoholism and Drug Dependence, Inc. \(NCADD\)](#).
- [Alcoholics Anonymous \(AA\)](#).
- [Al-Anon Family Groups](#).
- [National Institute on Alcohol Abuse and Alcoholism \(NIAAA\)](#).
- [College Drinking: Changing the Culture \(NIAAA\)](#).
- [Stop Underage Drinking: Portal of Federal Resources](#).
- [Underage Drinking: Talk Early – Talk Often – Get Others Involved: SAMHSA-NIAAA and Ad Council](#).
- [Centers for Disease Control and Prevention: Alcohol and Public Health](#).
- [Center on Alcohol Marketing and Youth: Alcohol Policy Information System \(APIS\)](#).