

PATHWAYS TO
TREATMENT —
ACCESSING SUD
AND MENTAL
HEALTH SERVICES

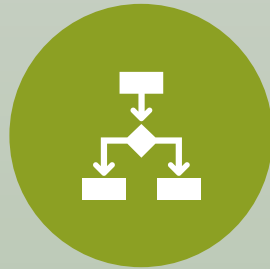


Karen Cluff, SSW

Overview



TALKING TO CLIENTS
ABOUT TREATMENT



PATHWAY TO
TREATMENT



PHILOSOPHIES IN
TREATMENT



COMMON RESOURCES
FOR ACCESSING
TREATMENT

How to talk to clients about treatment



Build trust first



No judgement



Create safe space for discussion



Treatment cannot be forced



Motivational Interviewing

Pathway to treatment



Funding for Treatment



Medicaid



VA TriCare



County Funding
(block grants)



Private
Insurance

Types of Medicaid and Treatment

Adult Expansion

**Targeted Adult
Medicaid (TAM)**

**Disability Medicaid
(Optum/ABD)**

Family Medicaid

Targeted Adult Medicaid (TAM)

- Age 19-64
- No countable income after 5% disregard (\$53 single, \$71 couple/mos)
- [Agency Referral](#)
 - Homeless
 - Justice Involved
- 12 mos Income disregard
- Dental for those in SUD treatment (need additional referral)
- Eligible for Housing Related Supportive Services (HRSS)
- [FAQ](#)

TAM Eligibility Categories

Homeless	Justice	Need treatment
<ul style="list-style-type: none">• Diagnosable Disabling condition & Chronically homeless• Homeless 6 of last 12 mos w/ SUD or SMI• Victim of DV that is homeless	<p>In need of treatment AND</p> <ul style="list-style-type: none">• Currently in drug/mental health court• Court ordered to receive treatment• Completed SUD program in jail/prison• On probation or parole w/ SMI or SUD• discharged from the State Hospital & admitted to the civil or forensic unit in connection with a criminal charge or offense	<ul style="list-style-type: none">• Discharged from the State Hospital due to a civil commitment• Currently receiving General Assistance (GA) from DWS and has been diagnosed with a SUD or SMI

Assessments

- Take 2-4 hours
- Used to determine the level of care (LOC) needed for a person
- Utilize American Society of Addiction Medicine (ASAM)
 - 6 dimensions
 - LOC ranges from .5 (early intervention) - 4 (intensive inpatient)
 - Continuum of Care- Person can start at one level & step up or down depending on progress in treatment

How to get an Assessment

Detox

Project Reality

Assessment
and Referral
Services (ARS)

Direct through
Provider

Assessments through Detox Withdrawal Management

Medical

- Hospital setting
- Primarily for alcohol and benzodiazepine withdrawal
- Usually need to present at ER
- Depends on bed availability / acuity
- Typically need insurance for inpatient medical detox
- LDS, UofU, St Marks, Huntsman behavioral health (risk to self or others)

Social Detox/VOA

- Mens - (801) 363-9400 252 W. Brooklyn Ave. Salt Lake City, UT, 84101
- Women - 801.261.9177 697 W 4170 S, Murray, UT, 84123
- Up to 30 days
- Groups, case management, MAT
- Continue to call with availability-earlier is better

Assessments through Withdrawal Management

Project Reality

- **(801) 364-8080**
- Medically Assisted Therapy (MAT)
- Sliding scale/co-pay & Medicaid
- Assessment provided
- Typically need to be at least one day free of opiates
- Locations in SLC, Murray and Provo

Assessment & Referral Services (ARS)

- Through University of Utah health clinic within Department of Psychiatry
- Call to schedule a virtual assessment 801-587-2770 M-F 8am-4pm or can present in person to schedule 450 S 900 E, Suite 300 Salt Lake City, UT 84102
- For Family Dependency Court, DCFS or HIV positive persons – 385-468-4707 M-F 8am-5pm
- May be scheduled 2-3 weeks out
- ARS does not provide treatment services
- Sliding fee scale/subsidy for those that qualify. Assessment fee is \$280. Copay may be required.
- \$25 reschedule fee for cancellations without 24 hour notice

Assessments direct through providers

Asian Association of Utah

Clinical Consultants

Family Counseling Center

*First Step House

*House of Hope

*Odyssey House

Project Reality

Salt Lake County Youth Services

*Valley Behavioral Health

Volunteers of America

* = Provides Residential Treatment

SUD treatment priorities

SUD (substance use disorder) programs must admit clients according to the following priorities:

Pregnant and female-parenting injecting drug users

Pregnant and female-parenting substance abusers

Injecting drug users

HIV positive drug users

Special revenue contract clients including DORA, Family Dependency Drug Court, State Supervision, etc.

Referrals from VOA Detox/Day Treatment and Salt Lake County Treatment Unit

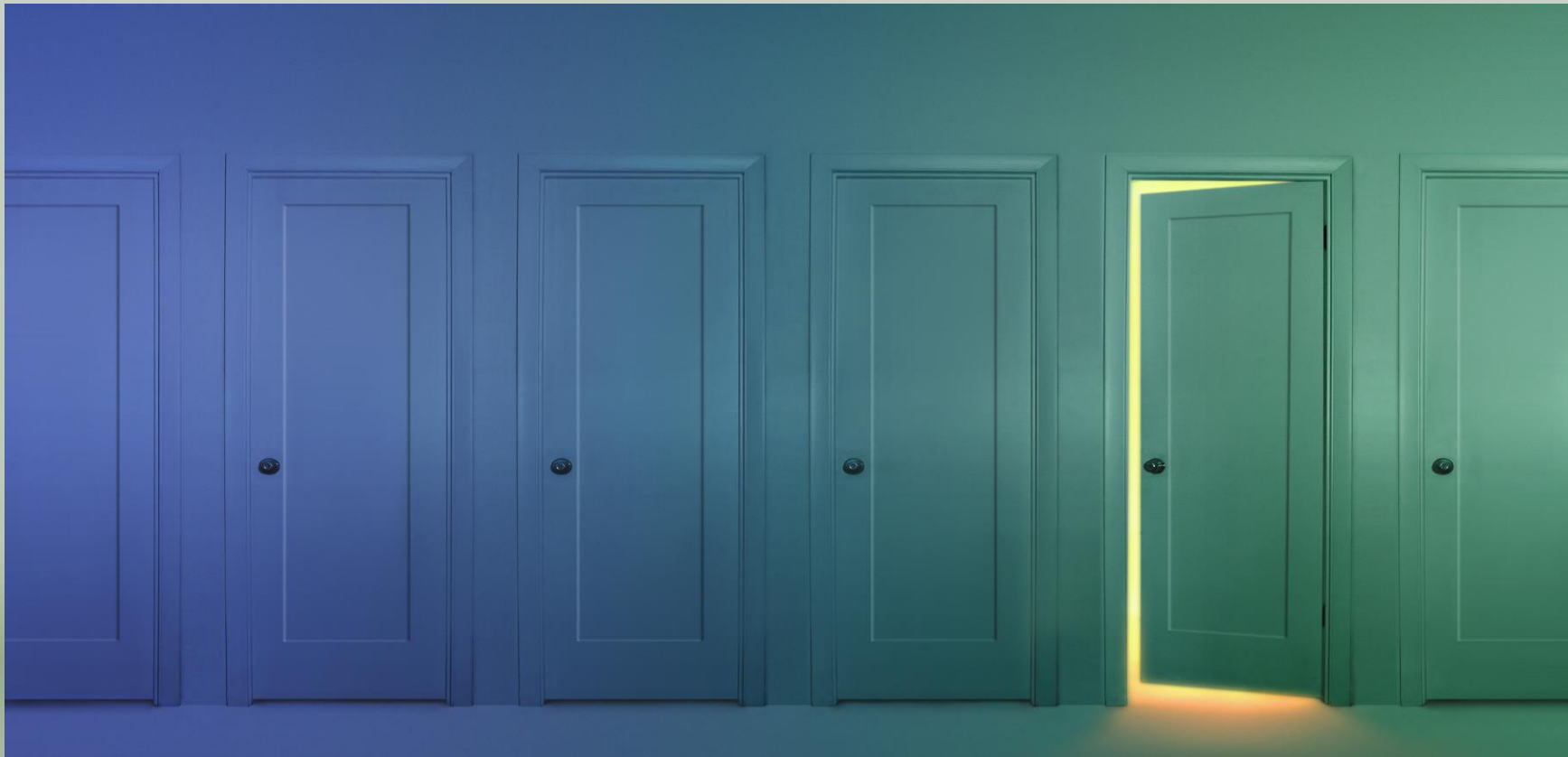
All other substance abusers

Placement

- How long is the [wait](#)
- Do they take their insurance?
- How long is the program?
- Is there Medication Management?
- Philosophies in treatment
- Additional recovery services / aftercare

Philosophies about Treatment

NO WRONG DOOR!



Traditional Philosophy of treatment

Tackle physical of addiction as first step to treatment

Addresses underlying mental health and traumas



Substance Use Disorder= Mental disorder that affects a person's brain and behavior leading to an inability to control their use

Evidenced Based Interventions

Medication Assisted Therapy (MAT)

Effective for long-term success

Vivitrol / naltrexone

Suboxone

Evidenced Based Approach

Buprenorphine Sublocade

Designed to be a whole patient approach

MAT is use of medications in combination with behavior therapies

Approved by the FDA

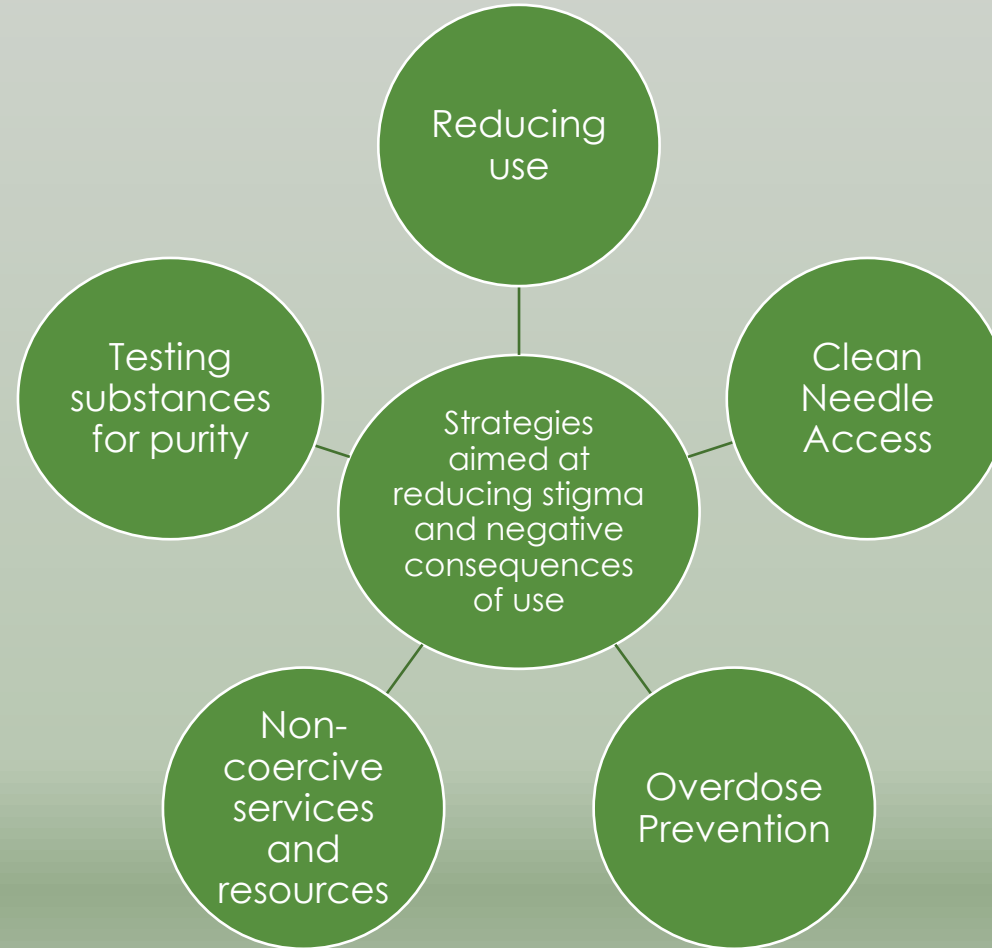
Antabuse, Acamprosate

Methadone

Harm Reduction

Minimize harmful effects rather than ignore or condemn them

Drug use is a complex continuum of bx from severe use to total abstinence



Belief in and respect for the rights of people who use drugs

Recognizes poverty, racism, trauma and other social inequalities affect people's vulnerability to and capacity for effectively dealing with drug-related harm

Steps to Recovery



SUPPORT GROUPS!



Finding Providers

- <https://findtreatment.samhsa.gov/locator>
- <https://optumhealthslco.com/content/ops-optslcty/salt-lake-county/en.html>
- <https://sumh.utah.gov/>
- Medicaid - Call your Health Program Representative 1-866-608-9422

Resources

Salt Lake County Behavioral Health <https://slco.org/behavioral-health/community/treatment-services/>

Substance Abuse and Mental Health Services Administration SAMHSA <https://www.samhsa.gov/>

Substance Abuse Assessment & Referral Services <https://medicine.utah.edu/psychiatry/assessment-referral-services/>

801-587-2770

VOA Detox

MEN: <https://www.voaut.org/mens-detoxification-center> 801-363-9400 252 W. Brooklyn Ave. Salt Lake City, UT

WOMEN: <https://www.voaut.org/cwc> 801-261-9177 : 697 W 4170 S, Murray, UT

Utah Support Advocates for Recovery Awareness (USARA) <https://www.myusara.com/> 180 E 2100 S #100, Salt Lake City, UT
385-210-0320

Utah Harm Reduction Coalition <http://www.utahharmreduction.org/> 91 East Fort Union Boulevard Midvale, UT

Office: (801)-569-1995

Treatment:(385)-275-6162

Syringe Exchange:(385)-323-2217

Suboxone – Martindale Clinic, Project Reality, UofU bridge program, discovery house (tranquility place) BAART (used to be metamorphosis)

Utah Syringe Exchange Network (USEN) syringeexchange@utah.gov 801-538-6191

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*“It Does Not Matter How Slowly You Go
as Long As You Do Not Stop.” –
Confucius*

Thank You!

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