

Substance Abuse Treatment 101

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What is the difference between a hospital and substance abuse treatment center?

Hospitals- hold you for a couple of days (detox with substance abuse 3-5 days) at most

- ▶ They prescribe you medications that a substance abuse treatment center would not (for example- benzos, sleep medications).
- ▶ They take any insurance and free care beds
- ▶ Patients have more leniency- phone calls, not being watched, behavior issues
- ▶ They have much more medical treatment needs- i.v drip, x-rays, doctor and full time nurses etc.
- ▶ They take ambulance and emergency admissions; and admissions all day
- ▶ Some hospitals have a substance abuse center- Leonard Morse
- ▶ They take severe psychiatric patients

What does a substance abuse treatment center do and does not do?

- ▶ They do not take everyone- most are not coed, it depends on your insurance, they can turn away, they do not have free care beds
- ▶ It is rare to take people on the weekends. Management is not present and has to approved admissions.
- ▶ They do not take people overnight- no 24hr admissions. It is usually 9a.m-6 p.m.
- ▶ Admissions usually start around 9 in the morning
- ▶ They do not give out controlled substances or most medications- benzos, pain medications, sleep medications
- ▶ They do not have full time nurse staff ,doctors etc. on the units at all times
- ▶ They cannot treat medical issues- for example high diabetic sugar level, stitches- would not be treated
- ▶ They have groups, individual counseling, aftercare services. Usually about 6-8 groups a day.
- ▶ They do not test for Hep C, STIS
- ▶ They run groups such as relapse prevention, Hep C prevention, coping skills, family systems
- ▶ Therapy consists of Cognitive Behavioral Therapy, Dialectic Behavioral Therapy, Motivational Interviewing
- ▶ Personality disorders such as- antisocial, borderline and narcissistic are in substance abuse treatment centers
- ▶ Severe co occurring psych symptoms are appropriate with dual diagnose units

What are the units of a detox, CSS, TSS, HWH, Sober house

- ▶ Detox- 3-5 days is medical clearance. Must go to a detox with substances in the system. You can die from benzo or alcohol withdrawal (seizure). This is medical clearance. Jail detoxes you but not many meds are not given out. A lot of people want to self detox. This is not recommended. It however happens a lot.
- ▶ CSS- Crisis Stabilization Services- inpatient substance abuse service- goes about 10-14 days with group therapy and individual therapy. Insurance pays.
- ▶ TSS- Transitional Support Services (holding) go before a halfway house. The stay is until it is an opening. DMH pays for it.
- ▶ Halfway House- very structured and rule based. Offers more groups and is strict. Gets funding through state sometimes. By law now you have to take people on methadone and Suboxone in a halfway house. Is also self pay rent. Usually about \$600-800 a month. North Cottage in Norton is the third top rate halfway house in the U.S. There are lot of zoning rules in the town or city.
- ▶ Sober House- is usually less strict and less structured. Pay is about the same. NO STATE funding. Can reject Suboxone and methadone. Less zoning restrictions and rules.
- ▶ HWH and Sober house- can kick out people at any time. They do not have tenant rights like an apartment rental.
- ▶ Things that get you kicked out treatment- fighting, using substances, sneaking in substances
- ▶ One of the most likely times a person overdoses is leaving treatment- they go back to the same amount when using. Their tolerance drops quickly and they cant use the same. This is even after a couple of days.

MAT- Medicated Assisted Treatment- Vivitrol, Methadone, Suboxone

- ▶ Vivitrol shot- once a month, helps with cravings, opiate blocker. Every person knows they can “cut through” on the 23rd day. Is only an opiate blocker and you can use other drugs on it. Most people like to I.V cocaine on it.
- ▶ Suboxone- is a prescription for seven days. Use to be thirty days. It is extremely hard to come off of. Is sold easily on the market. Is sold to the younger generation.
- ▶ Methadone- go to the clinic every day. Must have a ride. Is extremely hard to get off of. Most people relapse if you miss the day. Methadone Clinic is very rule based and very strict.

Types of Treatment

State funded

- ▶ Is contracted through DMH, DPH
- ▶ Has certain protocols to take
- ▶ Must have certain licenses and also certain staff
- ▶ Will take any insurance for the most part
- ▶ Can be run down
- ▶ Has yearly checks
- ▶ Accepts most insurances
- ▶ Very strict private Hipaa Laws

Private

- ▶ Is not state regulated
- ▶ Does more holistic approaches- like yoga, acupuncture
- ▶ Does not have to by law have certain amount of staff per contract
- ▶ Self pay- \$15,000-30,000
- ▶ Some work on commission-10%
- ▶ Some can be very reputable but extremely expensive

Recent News articles- Boston Globe, CBS and Attorney General's Warning

- ▶ “junkie hunters”, “brokers” - are lured to Florida with Medicare scams, people find them in AA, NA and sign them up for fake Medicare with fake addresses and buy a ticket to FL. No treatment there, fake billing and they end up overdosing. This is called brokering. FL pays the person about \$500-1,500 per person and their insurance gets billed about \$50,000 for no treatment.
- ▶ Blue Cross Blue Shield Hunters- look for parents who have a child with Blue Cross Blue Shield work on commission- usually you get BCBS until age 26yrs old.
- ▶ CA, FL and Arizona- all on the attorney general's website- all of them are know to give contract to people to lure them in treatment. These are private pay treatment facilities and are very expensive.
- ▶ Danvers- Recovery Centers of America- shut down admissions for two deaths and lack of treatment

AG Warning as of April 2017

- ▶ AG Healey has provided the following advice for those seeking addiction treatment to protect from potential scams:
- ▶ **Be wary of unsolicited referrals:** Anyone seeking to arrange for addiction treatment out of state may be getting paid by the treatment center. In Massachusetts, it is illegal for recruiters to accept kickbacks for referring you to treatment.
- ▶ **Watch for fees:** Anyone paid a referral fee for recommending a particular treatment center does not have your best interests in mind.
- ▶ **Be cautious of free coverage:** Be wary of anyone offering to pay for your insurance coverage. They can stop paying your premiums at any time, which will result in the cancellation of your insurance.
- ▶ **Have a back-up plan:** If you accept an offer by someone to pay for travel to an out-of-state clinic, make sure you have a plan and the means to pay for a trip back home.
- ▶ **Protect your information:** Be careful about giving your personal information - including your social security number or insurance number - to a recruiter, unless you can confirm that the person is employed by a medical provider or insurance company.
- ▶ **Always double check:** If someone is offering to arrange travel or cover insurance costs for treatment, call the treatment facility or your insurance company to confirm that the person is an employee.

In terms of being a consumer why did this Stoneham dealer deal like this?



104.5 grams of heroin, 42 Xanax pills, 125 Tramadol pills, 41 Suboxone pills, 552 Methadone pills, three Clonazepam pills and \$925 in cash

Suboxone, Methadone pills, Xanax- addicts like to have so they are not dope sick, or it is sold to younger generation. They do not I.V heroin or Suboxone at the same time. Xanax is sometimes used to detox or “calm down” when dope sick

Heroin- addicts LOVE white heroin. Usually they “settle” for brown heroin if they cannot find white heroin.

Tramadol- usually sold to the “younger generation” to get them “hooked”

Syringes, needles- addicts don't like them pre stacked they like them sold separately