

# What to Expect:

## Substance Use Disorder Treatment

If alcohol and/or drug use is impacting you and your loved ones lives, we understand and are here to assist you on your journey to recovery. We provide a co-occurring treatment program that assists in addressing both substance use and mental health symptoms at the same time. This consists of an integrated team of Alcohol and Drug Counselors and Mental Health Professionals who work with patients individually and in group settings. Patients will gain a solid understanding of the nature of the disease of addiction, learn healthy attitude, behavior, and lifestyle solutions as well as build positive strategies and coping skills that lead to lasting change.

### Program Details

#### Who is eligible?

- ▶ Those ages 18+ who are struggling with the use and consequences of alcohol and other drugs
- ▶ Most health insurance plans, including Medical Assistance and pre-paid Medical Assistance plans cover substance use disorder services

#### What can I expect?

You will participate in a Substance Use Disorder (SUD) Assessment to determine the level of care that would be most beneficial. Based on those recommendations, you will be orientated to the appropriate level of care. Programming is made up of evidenced based practices including Motivational Interviewing, Brief Cognitive Behavioral Therapy (CBT), 12 Step Facilitation Therapy, Dialectical Behavioral Therapy (DBT) skills education, psycho-education, group activities and interactive journaling assignments that are delivered through lectures, group counseling/discussion and individual counseling sessions. Drug screens are used as clinically necessary to assist in maintaining abstinence from substance use.

- ▶ Level 2.1 Intensive Outpatient
  - 3 four-hour groups per week
  - 1 individual counseling appointment per week (with patient's SUD counselor)
  - This phase is approximately 10 weeks based on patient's clinical needs and progress
- ▶ Level 1.0 Outpatient
  - 1 four-hour group per week
  - 1 individual counseling appointment per a minimum of every other week (with patient's SUD counselor)
  - This phase is approximately 10 weeks based on patient's clinical needs and progress

#### What other kinds of support are offered?

- ▶ Family Education & Support Program – In order for the family to start their own journey toward recovery, family groups and family counseling sessions that involve the patient, their counselor and family members/loved ones are offered and encouraged to foster learning, insight and healing for not only the patient, but also the patient's family.
- ▶ External support – Patients will be guided toward developing/attending weekly community supports that fit their needs.
- ▶ Medicated Assisted Treatment (MAT) with Suboxone™ – is an option for patients with severe opiate use disorders
- ▶ Other Nystrom services
  - Individual Therapy
  - Psychiatry/Medication – mediations to assist with mental health conditions
  - Adult Rehabilitative Mental Health Services (ARMHS) - in-home therapy, skills, and crisis assistance
  - Nutrition Counseling