



## **Behavioral Health**

# **Substance Use Disorder System of Care**

Behavioral Health Commission Meeting

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- There are many levels of Substance Use Disorder (SUD) programs in San Bernardino County (SBC),
- These include Prevention, Treatment and Recovery Supports.
  - Prevention refers to services that target people BEFORE a diagnosable SUD occurs, and targets universal and selective, primary and secondary prevention practices.
  - Treatment refers to directly intervening in a SUD using clinical means and evidenced based practices by trained clinical staff.
  - Recovery Support refers to supporting long term recovery and includes secondary prevention services as well.

- Prevention impacts many aspects of your current lives:
- If you get carded for alcohol or tobacco, or if you don't - that's prevention.
- If you can or cannot buy Spice or Bath Salts at a local smoke shop, dispensary or gas station - that's prevention.
- If you drop off your un-used prescription medication to a drop off box for disposal - that's prevention.

- If your child participates in Friday Night Live, Club Live or other SUD targeted programs at school - that's prevention.
- If you see Designated Driver programs offered at a restaurant or a club - that's prevention.
- If your child takes the California Healthy Kids Survey in school - that's prevention.
- If you have ever been at a sobriety checkpoint - that's prevention.

- Also known as Environmental Prevention (EP). Funding is provided to the state from Substance Abuse and Mental Health Services Administration (SAMHSA) – Substance Abuse Prevention and Treatment Block Grant (SAPTBG) - to specifically fund prevention activities.
- 5 providers offer technical assistance countywide to coalitions, schools, law enforcement and other stakeholders to address alcohol and other drug availability through evidence based research and practices. This includes: SUD media development, community capacity building, education, T/A trainings.
  - Institute for Public Strategies (IPS)
  - Mental Health Systems
  - Reach Out
  - RIM Family Services
  - Department of Public Health (DPH) (Friday Night Live/Club Live)

- Utilizes data to impact all levels of service in the continuum.
- Statewide prevention campaign in its 5<sup>th</sup> year targeting underage drinking in Redlands - work directly with law enforcement.
- Future prevention efforts include Sobering Centers.

- Treatment are services offered to intervene in a SUD.
- Treatment is VOLUNTARY- even with probation/parole - treatment is not mandated (usually). Treatment is not 12 steps.
- Most restrictive level of care is Medical Detoxification - occurs in a hospital or on a Chemical Dependency Unit (CDU) - This is a Managed Care Plan (MCP) benefit. Detox at this level is usually ONLY for ETOH/Benzos.
- Residential Treatment is a non institutional, 24 hour non medical, short term - provides rehab - both perinatal and non perinatal – Department of Health Care Services (DHCS) licensed facilities - in Drug Medi-Cal (DMC) waiver- no bed limit- as fall under Institution for Mental Disease (IMD) Exclusion- Includes assessment, individual, group, patient education, safeguarding meds, collateral, crisis intervention, treatment planning, transport, discharge (d/c) service.
- Transitional Housing- step down from residential - includes on site urinalysis (UA), rules, manager.
- Sober Living Environment (SLE) - non DBH now..... DMC Waiver.

- Outpatient also known as Outpatient Drug Free (ODF) counseling provided less than 9 hours a week for adults, less than 6 for youth. Includes intake, individual, group ( 2-12), patient education, medication services, collateral, crisis intervention, treatment planning, d/c services.
- Intensive Outpatient Program (IOP) also known as Intensive Outpatient Treatment (IOT) - structured programming minimum 9 hours and maximum of 19 for adults, 6 and 19 for youth. Includes intake, individual, group ,medication services, collateral, crisis intervention, treatment planning and d/c planning
- This is the newest Medi-cal expansion benefit.

- Perinatal treatment for pregnant and /or parenting women  
- Provided as IOT and residential.
- IOT Provides structured programming minimum 9 hours and maximum of 19 - Includes intake, individual, group, medication services, collateral, crisis intervention, treatment planning and d/c planning, transportation to all Ob and Pediatrician appointments, education/parenting.
- Moms keep babies and children under age of 10 with them in treatment - added CTI at each of the outpatient sites to assess and provide therapy to the children if needed.

- Withdrawal Management – patient resides in residential and is monitored during detox. Includes intake, observation, social vs. medication assisted, d/c services, 5-7 days unless requires inpatient.
- Narcotic Treatment Program (NTP) - Methadone replacement Therapy -18+.
- Medication Assisted Treatment (MAT) - Disulfiram, Naltrexone.

- Provides a safe and healthy living environment to initiate and sustain recovery. This includes recovery monitoring, outreach, relapse prevention, education, family support, support groups and ancillary services.

- Partnership for Healthy Moms and Babies - MOU with First 5/DPH/Children and Family Services (CFS).
- Drug Court- collaboration with Superior Court and providers - 7 adult drug courts, 1 specialty drug court and 3 youth drug courts.
- Providers- Mental Health Systems, Inc. (MHS)- Big Bear, MHS- Colton, MHS- Joshua Tree, Matrix- Rancho Cucamonga (RC), MHS- Redlands, MHS- San Bernardino, MHS- Victorville (VV), High Desert Children and Family Services (HDCAFS)-VV- Juvenile.
- Day Reporting Center (DRC)- 1 SUD treatment site at CHOICE RC- in process for CHOICE VV and requested for CHOICE-SB.

- CalWORKS - California Work Opportunity & Responsibility to Kids.
- 48 months cash grants for welfare to work services for low income families w/ kids.
- Mental Health (MH), SUD, Life Skills and Family Stabilization (FS).
- FS- enhancement to Welfare to Work (WTW) - case management- homeless, risk of.., Domestic Violence (DV), untreated Behavioral Health (BH).

- Driving Under the Influence (DUI) programs licensed by the state as educational and counseling programs-monitored by state every 2 years and DBH 2 times a year.
- Only program recognized by Department of Motor Vehicles (DMV) for DUI convictions.
- Requires court or DMV referral.
- Self supporting.

- Centralized assessments and call center -
- 2 CTI, 1 ADC.
- Currently located in Rialto next to RBATS - future home in San Bernardino and VV.
- Future home to Medication Assisted Treatment (MAT) - Saboxone and Vivitrol.
- Co-occurring Programs- RBAST, Barstow, Cedar House.

- Approximately 60% of the MH clients in SIMON have a co-occurring SUD issue, 20% of the SUD clients have a tier 3 co-occurring MH issue.
- Nationally, of those who get treatment for MH or SUD, only 7% get treatment for BOTH (SAMHSA, 2015).
- Integrated treatment is the key.

- Integrated treatment produces better outcomes.
- Without integrated treatment, one or both disorders may not be addressed properly.
- Services integration means providing *at a minimum*: integrated screening for mental and substance use disorders, integrated assessment, integrated treatment planning, integrated or coordinated treatment, continuing care.

- 6,422 clients served.
- Drug of Choice (DOC) - Amphetamines- 48% , Alcohol- 19%, Opiates- 13%, all others- 20%.
- DUI- 4<sup>th</sup> highest.

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