

Getting Treatment for Substance Abuse

Congratulations on your decision to seek treatment for substance abuse! Here are some things you will want to know in order to make wise and informed decisions about drug and/or alcohol treatment. The Casa Grande Alliance is available to help you navigate the road to a drug and alcohol-free life.

First, there are several treatment options available to you in and around Casa Grande. These treatment providers are listed in the phone book or on our Treatment Resource Card. If for any reason you encounter problems in contacting or obtaining help from the providers listed, please call the Casa Grande Alliance at 520-836-5022.

Do you have insurance coverage for counseling?

Sometimes your medical insurance will cover substance abuse or mental health counseling. Call the 'member contact' number or hotline listed on your insurance card to find out your coverage. If you are covered, there is often a list of in-network providers from which to choose. You can ask your insurance company for permission to use an out-of-network provider if there are no local providers on your insurance list. They may or may not allow this, and it may cost extra to use an out-of-network provider.

When you call a provider listed, what can you expect to happen?

When you make the initial call to a provider, you will speak with a receptionist. Tell them you need an intake appointment. Have the following information available to you before you make the call:

- ❖ Name and age of person needing treatment/counseling and your relationship to that person. If that person is an adult, the treatment agency will usually require them to make their own appointments.
- ❖ Does the person have health insurance?
- ❖ What kind of insurance, private or AHCCCS?
- ❖ Have your insurance card with you and be ready to provide the name of the insurance provider, identification numbers and group/policy numbers.

Once the provider is aware of your insured status, they will be able to tell you if they can see you/your child as a client. If they do not accept your insurance, you will need to call another provider or make arrangements with the provider to pay for the treatment/counseling privately.

If the provider does accept your insurance, the receptionist will schedule an "intake". An intake is the process to get a person registered for services and is the paperwork part of the treatment process. An intake will take anywhere from one to 2 ½ hours, depending on your insurance. There is usually a charge for the intake appointment and they can tell you how much it will be when you set up the appointment. From the time of your initial call, the intake appointment should be scheduled in no more than 7 days. If your child is under the age of 18, he/she must be accompanied by a parent to the intake.

When you come to the intake session, bring:

- ✓ The health insurance card of the person needing treatment
- ✓ The social security card of the person needing treatment
- ✓ If the person is under 18 and his/her parents are divorced, the parent with legal guardianship must have proof of that guardianship as defined in the court papers. Bring these papers with you to the intake session. If there is no proof of guardianship, both parents must sign a consent form in order for the child to receive treatment.

Either after the intake is completed or during the intake process, a “screening” or assessment takes place. A screening is a series of questions asked by a specialist or counselor that will help to determine the severity of a person’s substance use. The screening will examine associated factors in the person’s life such as legal problems, mental health, history of substance abuse, school related issues, and living situation. Often structured or semi-structured interviews or standardized paper-and-pencil questionnaires are used. The screening will help the provider assess and recommend specific treatment or counseling options available that will be best suited to you/your child. Be aware that *if you are an AHCCCS client*, from the date of the intake session, you must have been contacted by a counselor/therapist within 15 days and you must be seen by the counselor within 30 days. Fortunately, an appointment to be seen by a therapist is most often scheduled within 10 days.

Now what?

Following the process from the initial call to the provider, the intake, the screening and assessment of services available, you will need to make some decisions. Ask yourself the following questions:

- Does this provider offer the services that I need (or my child) needs?
- Do I (and my child) feel comfortable with those people who have helped us thus far in the treatment process?
- Am I able to pay for the treatment offered by the provider?
- Does the provider offer a “sliding scale” fee schedule? A sliding fee schedule is based on the client’s income and ability to pay for services. The sliding fee schedule is seldom offered, however, be sure to discuss your ability to pay with the provider as arrangements may be made to accommodate your needs.

Treatment

If you/your child have decided to continue with the provider contacted, you/your child will be assigned a counselor. This professional will work with you/your child to develop a treatment plan. This plan will outline the problems to be addressed, determine treatment goals, and establish ways to meet those goals.

Treatment can be inpatient or outpatient. Inpatient treatment is when the client lives in a treatment center with other clients, often for 30 days to one year. Outpatient treatment is when the person remains in his home and attends individual and/or group counseling sessions. These sessions can be once or several times per week. The method of treatment depends on the severity of the addiction, the person’s living situation, support systems, employment, and other factors identified during the screening/assessment. Family participation in individual and/or group sessions is almost always a part of the treatment plan.

Final thoughts:

Counseling sessions often bring up uncomfortable issues, yet the relationship with the counselor can remain a good one. If, however, after a few visits you and the counselor are not ‘connecting’ you can ask to change counselors or change providers. The Casa Grande Alliance is here to help people needing and desiring treatment. We would like to reduce any barriers that may arise as you begin and work through this process.

Contact the Casa Grande Alliance (520/836-5022) if we can be of assistance to you.

Casa Grande Alliance, www.casagrandealliance.org, 520-836-5022

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