



# My Health LA Drug and Alcohol Treatment Services

## Do I need help with a drug or alcohol problem?

- ◇ In the last 3 months, have you felt you should cut down or stop drinking or using drugs?
- ◇ Has anyone annoyed you or gotten on your nerves by telling you to cut down or stop drinking or using drugs?
- ◇ Have you felt guilty or bad about how much you drink or use drugs?
- ◇ Have you been waking up wanting to drink alcohol or use drugs?

If you answered **YES** to at least two of these questions, you may want to consider getting help. MHLA is here to help you!

The MHLA program is working with the Los Angeles County Department of Public Health's (DPH) Substance Abuse Prevention and Control Division (SAPC) to provide drug and alcohol treatment services for MHLA participants who may need it.

## What drug and alcohol treatment services can I get?

Drug and alcohol treatment services are available free of charge to MHLA participants. This includes:

- ◆ **Early Intervention:** This is screening, immediate help, and referrals for ongoing substance abuse treatment at your Medical Home Clinic.
- ◆ **Outpatient Services:** You get treatment for up to 9 hours per week.
- ◆ **Intensive Outpatient:** You get treatment for up to 19 hours per week.
- ◆ **Residential (sometimes called "Inpatient") Services:** This is where you temporarily live at the alcohol and drug treatment center while you get help.



- ◆ **Residential Medical Detoxification Services and Withdrawal Management:** This is a program where you temporarily live at the alcohol and drug treatment center and medical staff will help you get rid of alcohol or drug toxins in your body.
- ◆ **Ambulatory Withdrawal Management:** This is outpatient care (you do not live at the alcohol and drug treatment center) to help you get alcohol or drug toxins out of your body.
- ◆ **Opioid Treatment Programs (OTP):** This is a program with care from doctors and mental health counselors to help you with opioid addiction.
- ◆ **Additional Medication Assisted Treatment:** This is when you receive medicine to help you with your addiction in combination with counseling and therapy.
- ◆ **Recovery Bridge Housing:** This is a sober living program for individuals in outpatient programs.
- ◆ **Case Management:** These are referrals to help with your substance use treatment, including help from health, mental health and social services.

## How can I get help?

1. You can call DPH's Substance Abuse Service Helpline (SASH) at 1-844-804-7500.
2. You can also get a referral from your MHLA Community Partner medical home clinic.

You can find more information at SAPC's website: <http://ph.lacounty.gov/sapc>. You can also call MHLA Member Services at 1 (844) 744-6452.