



# My Health LA Drug & Alcohol Treatment Services



## Substance Use Disorder (SUD) Treatment

Alcohol and Drug Treatment in the My Health LA (MHLA) program is provided either by your doctor at your medical home clinic or by the Department of Public Health (DPH), Substance Abuse Prevention and Control (SAPC).

**You may want to think about getting help if you have felt any of the following in the last 3 months:**

- ◇ You have felt that you should cut down or stop drinking or using drugs;
- ◇ You felt or have been told by someone that you should stop drinking or doing drugs, or that you should do them less often;
- ◇ You have felt guilty or bad about how much you drink or use drugs;
- ◇ You have been waking up wanting to drink alcohol or use drugs.

**Using drugs and alcohol may affect your health.**

- ◇ Please talk with your doctor if you worry about your drug or alcohol use.
- ◇ If you also need mental health services, SAPC works with many SUD clinics who may also be able to help.

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

SUD treatment services are available in an outpatient or residential setting, at **no cost** for all MHLA program participants. Services include:



- ◆ **Withdrawal Management (detox)**
- ◆ **Individual and Group Counseling**
- ◆ **Patient Education and Family Therapy**
- ◆ **Recovery Support Services**
- ◆ **Opioid Treatment Programs (OTP)**
- ◆ **Medications for Addiction Treatment**
- ◆ **Recovery Bridge Housing**
- ◆ **Case Management**

## How can I get help?

1. You can talk to your medical home clinic and see if you can get SUD services there.
2. You can call SAPC's Substance Abuse Service Helpline (SASH) at **1-844-804-7500**, or to find a provider near you, visit their website at <http://sapccis.ph.lacounty.gov/sbat>.
3. Your doctor can give you a referral to a SAPC SUD treatment clinic near you.

### **IMPORTANT!**

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