

Chester County Department of Drug and Alcohol Services

A Guide and Supplement to Service Map

Accessing Services:

Access to services may be different depending on whether the individual is insured or uninsured.

Insured * (Commercial or Medicaid/Medical Assistance [MA])
Refer to the back of the insurance card.

Uninsured
For individuals without insurance, funding assistance is available from the Chester County Department of Drug and Alcohol Services.

The first step is an **assessment**.

Assessments are available at the following outpatient providers:

<u>Provider Name</u>	<u>City</u>	<u>Phone Number</u>
Gaudenzia, Inc.	West Chester	(610) 429-1414
Holcomb Behavioral Health	Kennett Square	(610) 388-9225
Creative Health Services	Pottstown	(610) 933-1223
Gaudenzia, Inc.	Coatesville	(610) 383-9600
Mirmont Outpatient	Exton	(484) 565-1130

Based on the assessment, a referral will be made to the appropriate treatment program.

* Act 106 – Insurance Law for Drug and Alcohol (See Helpful Links page)

Department of Drug and Alcohol Funding Eligibility

- Must be a resident of Pennsylvania.
- Treatment requested must be consistent with assessed need and placement criteria.

Getting Started: An introduction to Substance Use Disorder Services

If you or a loved one has ever wondered whether drinking or drug use is problematic, then the information presented here will be a good starting point to learn more about substance use issues and recovery. We understand you may be feeling worried, fearful and concerned about facing this illness. But please know that millions of individuals and family members have faced this same journey and have found recovery as this disease is more common than you realize – you are not alone!

Chester County Department of Drug and Alcohol Services along with its network of contracted, licensed substance abuse treatment providers offers many options and levels of care for both adults and adolescents. Many of these programs offer specialized therapies, such as medication assisted treatment, evidenced based practices and holistic care.

Chester County has extensive support services within its boundaries that include but are not limited to a strong recovery network with numerous 12 Step Meetings, SMART recovery, and faith-based support groups. All of these can offer assistance, guidance and encouragement. Hopefully the information provided will help you find what you are looking for, empower you to ask the right questions and engage in your own recovery process

Important to know:

- ◆ Like many other health conditions, substance use disorder responds well to prompt treatment. Seeking professional help is not a sign of weakness, lack of will power. It is the healthy way to approach a situation.
- ◆ The benefits of “talk therapy” have been researched and are always part of the treatment process. The benefits of having someone you trust work through tough issues and seeking solutions is a path many choose when seeking a better life.
- ◆ Another important aspect of recovery is using the natural supports you already have in place - family, friends, co-workers, neighbors etc. Don't forget those who you may have common interest with, like church groups, clubs, gym members etc. Studies show it is important to have many diverse and different types of relationships in your life. You may also be asked to check out other recovery groups like 12 Step Meetings, SMART recovery, or Celebrate Recovery to add to your support network. It is important to shop around to find the group you feel most comfortable with that will support you in this journey.

Twelve Step programs have been invaluable to millions of individuals who have sought out and achieved ongoing sobriety. This fellowship is readily available to all who need their help.

A **twelve-step program** is a set of guiding principles outlining a course of action for recovery from addiction, compulsion or other behavioral problems. Originally proposed by Alcoholics Anonymous (AA) as a method of recovery from alcoholism, the Twelve Steps were first published in the book *Alcoholics Anonymous: The Story of How More Than One Hundred Men Have Recovered from Alcoholism* in 1939. The method was then adapted and became the foundation of other twelve-step programs. As summarized by the American Psychological Association, the process involves the following:

- admitting that one cannot control one's addiction or compulsion;
- recognizing a higher power that can give strength;
- examining past errors with the help of an experienced member;
- making amends for these errors;
- learning to live a new life with a new code of behavior;
- helping others who suffer from the same addictions or compulsions.

Do you or someone you know have a substance use disorder?

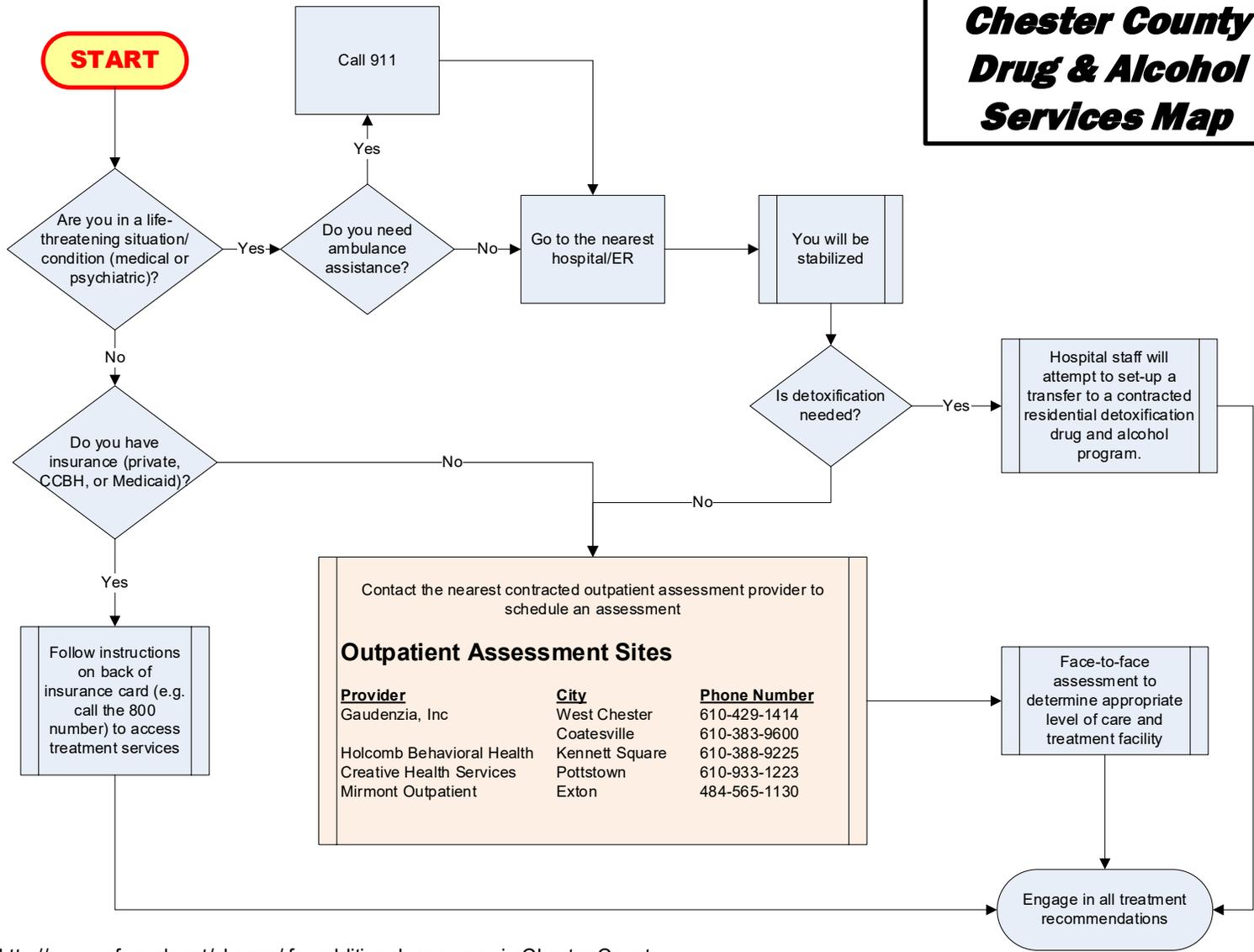
Here are a few signs that might help determine if you/ or a friend/loved one has a problem with drugs and/or alcohol.

- ✓ Getting high on drugs or drunk on a regular basis
- ✓ Lying about things, or the amount of drugs or alcohol used
- ✓ Avoiding family/friends/work in order to get high or drunk
- ✓ Giving up activities such as sports, homework, or hanging out with friends who don't use drugs or drink
- ✓ Having to use more of the substance to get the same effects
- ✓ Constantly talking about using drugs or drinking
- ✓ Believing that in order to have fun they need to drink or use drugs
- ✓ Pressuring others to use drugs or drink
- ✓ Getting into trouble with the law
- ✓ Taking risks, including sexual risks, and driving under the influence of alcohol or drugs
- ✓ Feeling run-down, hopeless, depressed, or even suicidal
- ✓ Suspension from school/work for an alcohol or drug related incident
- ✓ Involvement in the legal system for an alcohol or drug related incident
- ✓ Missing work or poor performance because of drinking or drug use

If you answered yes to any of the items above, don't panic. You are not alone. Treatment is available and recovery can and does happen each and every day.

- It is estimated that 14 million American's suffer from substance use disorder.
- One in four children is exposed to alcohol abuse or dependence at home.
- Nearly half of all Americans report knowing someone with a substance abuse problem.

Chester County Drug & Alcohol Services Map



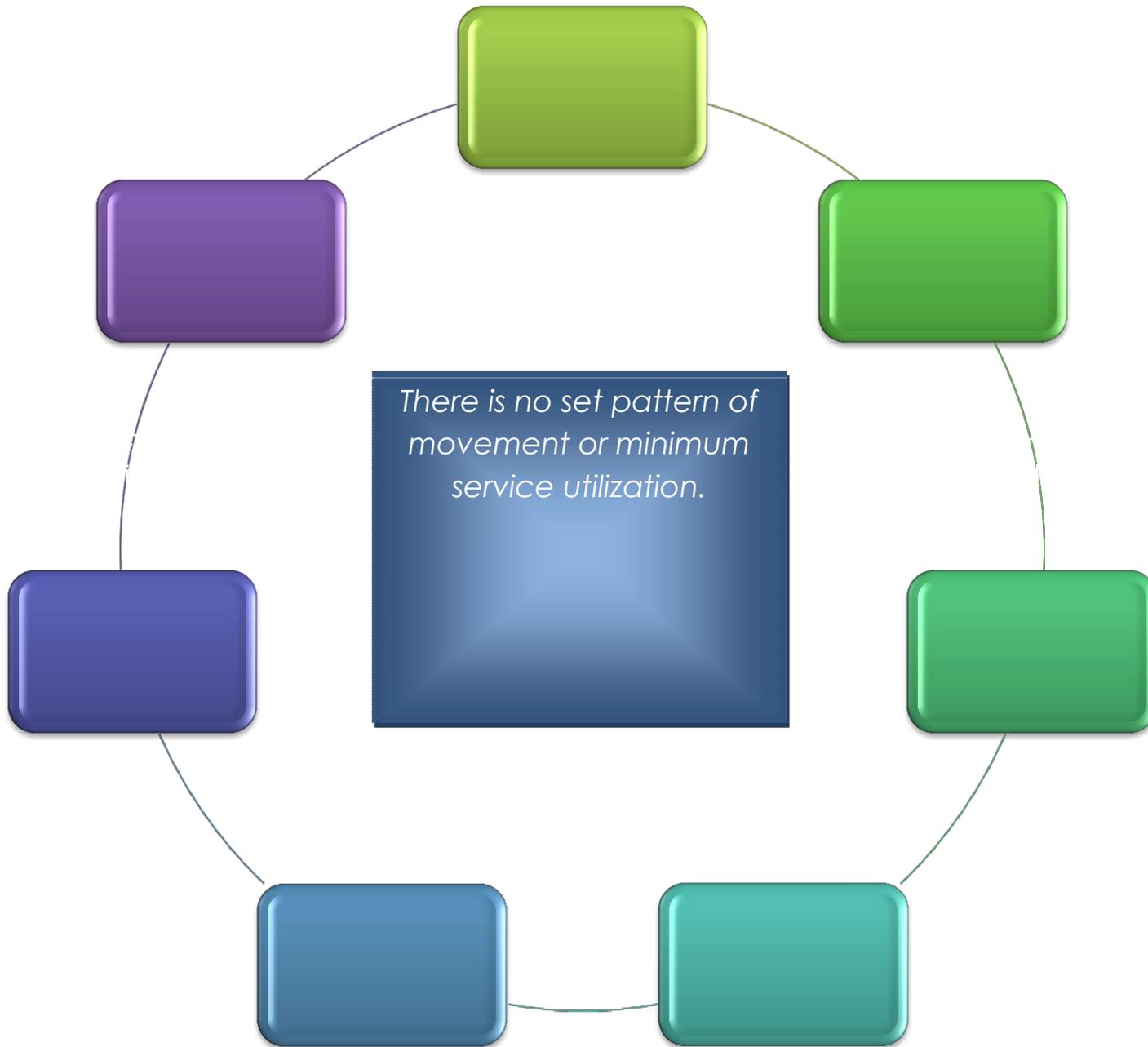
Check <http://www.referweb.net/chesco/> for additional resources in Chester County.

Maps of other Chester County systems can be found at <http://chesco.org/DocumentCenter/View/19237>

PLEASE NOTE: This information could change. Updated versions are available at <http://chesco.org/DocumentCenter/View/19239>

October 2021

Substance Use Continuum of Care



Participation in 12 Step meetings, SMART recovery, Celebrate Recovery and/or other self-help programs is an integral part of the recovery process at all points in the continuum.

Drug and Alcohol Levels of Care

Outpatient

Organized, non-residential treatment that includes group, individual and family counseling. This is appropriate for individuals who recognize a need for assistance and are willing and able to attend scheduled activities, able to maintain abstinence between sessions, and have a sufficiently supportive recovery environment. Less than 9 hours of services per week for adult and less than 6 hours per week of services for adolescents for recovery or motivational enhancement therapies and strategies.

Intensive Outpatient

Organized, non-residential treatment that includes individual, group, and family counseling. This provides more structured psychotherapy and client stability through increased periods of staff intervention. Individuals in this level of care may acknowledge a problem but minimize its impact and have a limited understanding of the process of recovery. Services are in a planned regimen of regularly scheduled sessions at least 9, but less than 20, hours per week.

Partial Hospitalization

Non-residential service that includes individual, group, and family counseling as well as ancillary life skills services. Individuals in this level of care have high levels of addiction symptoms and there is a high likelihood of use without close monitoring and structured support. Treatment services are provided for a minimum of 20 hours per week.

Halfway House

A live-in, work out environment that provides substance abuse treatment as well as the assistance in economic/social adjustment and the integration of life and recovery skills into daily life. Emphasizes protective and supportive elements of family living, and encourages and provides opportunities for independent growth and responsible community living. Clients entering this environment must have already had another type of drug and alcohol treatment.

Withdrawal Management

Detoxification is the process whereby a drug- or alcohol-intoxicated or dependent client is assisted through the period required to eliminate the presence of the intoxicating substance. This process also includes efforts to motivate and support the client to seek treatment after detox. Withdrawal management can occur in a medically managed or medically monitored setting depending on the existing medical needs of the individual.

Residential Services

A service that includes 24-hour professionally directed evaluation, care, and treatment for addicted clients in acute distress. Clients' addiction symptomatology is demonstrated by moderate impairment of social, occupational, or school functioning. Rehabilitation is a key treatment goal. The length of stay in this level of care varies greatly and is based on multiple factors including, but not limited to, the individual's progress through treatment, their recovery environment and support, other co-occurring diagnoses.

Helpful Links

There is a wealth of information on the internet about drug and alcohol problems. Not all the information on the web is based on facts, but here are a few sites that we consider to be very helpful:

Alcoholics Anonymous (AA)

<http://www.aa.org/>

Narcotics Anonymous Meeting Schedule (NA)

<http://portaltools.na.org/portaltools/MeetingLoc/>

Health and Human Services Agencies

<http://www.referweb.net/chesco/>

Al-Anon

<http://www.al-anon.org/>

Al-a-Teen

<http://www.al-anon.alateen.org/>

Nar-Anon Family Groups

<http://nar-anon.org/naranon/>

Substance Abuse and Mental Health Services Administration

www.samhsa.gov

Chester County Department of Drug and Alcohol Services

www.chesco.org/index.aspx?nid=216

PA Department of Drug and Alcohol Programs (DDAP)

<https://www.ddap.pa.gov/pages/default.aspx>

Act 106 of 1989

<https://www.insurance.pa.gov/Coverage/Pages/Mental-Health-Parity-FAQs.aspx>

November 2021