

# LET'S TALK...

overcome addiction

## Substance Use Disorder Treatment Guide

On the reverse of this card you will find treatment options to address Substance Use Disorders (SUD). The prevalence of Americans dealing with SUDs, and the rapid escalation in deaths due to drug overdoses in the last couple of decades has brought people with SUDs seeking treatment to the forefront.

Meadville Medical Center is asking Let's Talk... about Substance Use Disorders and get our family, friends, and neighbors suffering into treatment. Let's support them in their journey of recovery, and heal our community. Treatment is effective and available, and recovery is possible.

### Substance Use Disorders (SUD)

Substance use disorders — often known as addiction or alcoholism among the general population — occur when recurrent alcohol and/or drug use causes clinically and functionally significant impairment, from health problems to disruption of work, school, or home life. SUD diagnosis is based on evidence of impaired control, social impairment, risky use, and pharmacological criteria. Treatment plans for SUD can vary, however it is important to note that recovery is possible.

### Alcohol Use Disorder (AUD)

The term "alcoholism" speaks to biases and stigmas of yesteryear. Today, clinicians understand it is a mental health disorder, treating it as they would diabetes or high blood pressure. Excessive alcohol use can increase a person's risk of developing serious health problems and issues associated with intoxication behaviors and alcohol withdrawal symptoms.

### Opioid Use Disorder (OUD)

OUD is characterized by a problematic pattern of opioid use leading to significant distress or impairment in the person's life. It is marked by physical and psychological dependence on opioids. Opioids include heroin as well as prescription pain relievers such as oxycodone, hydrocodone, codeine, morphine, fentanyl, and many others.

- **Specialized protocol to address pregnant women with OUD.** Meadville Medical Center (MMC) is committed to support pregnant women with OUD. Our protocol includes interaction between Meadville OB-GYN and a Care Coordination Nurse with the Community Care Network.
- **Participation in a mutual-aid fellowship or support group.** LetsTalkHelps.com has resources, meeting lists, and calendars for all the local support groups.
- **Consultation with Recovery Service Navigator.** John Hartnett, Recovery Service Navigator, provides peer based support services free to you and yours. He can help you navigate the treatment process and understand your options. He can be reached through LetsTalkHelps.com or at 814-333-3916.
- **Therapy or psychiatric consult or referral.** Talking through things with an objective counselor can help explore the treatment options. Psychiatrist's help patients overcome disordered mental health through therapy and medicine.
- **Outpatient substance use disorder treatment.** There are outpatient models of treatment involving participation in group and individual therapy sessions to maintain abstinence-based treatment or MAT.
- **Inpatient non-hospital detoxification and SUD treatment.** Inpatient detoxification and treatment in a non-hospital setting is appropriate for many patients. These facilities gradually bring the patient off of their substance of choice and provide a comfortable environment to begin recovery, while equipping patients to begin the recovery process. Call the 24/7 Drug & Alcohol Hotline at 844-6-HELP-NOW (844-643-5766) for assistance in finding one of these programs.
- **Inpatient hospital detoxification and SUD treatment.** Stepping Stones at MMC is 4A/4B licensed treatment facility. This is the highest level of care available, reserved to those that need it for medical reasons. Stepping Stones also offers medically managed treatment, helping patients to improve their overall health and giving them tools to recover from their SUD.
- **Inpatient dual diagnosis substance use disorder treatment.** There are inpatient dual-diagnosis facilities that simultaneously treat mental health and SUD, working with patients to manage these conditions.
- **Referral for Naltrexone.** Naltrexone can be administered monthly via a shot or taken daily in tablet form. This drug blocks opioid receptors and makes it difficult to obtain the euphoria that is central to OUD. It is also effective in maintaining sobriety from alcohol.
- **Referral for medication-assisted treatment.** Medication-assisted treatment (MAT), including opioid treatment programs (OTPs), combines behavioral therapy and medications to treat substance use disorders. MMC has partnered with CCDAEC to create the Suboxone Treatment and Recovery (STAR) Program to improve access and treatment quality. Ask your Provider about the program.
- **Procurement of Naloxone.** Naloxone is an opioid reversal medication. It is available without a prescription in Pennsylvania from any pharmacy.

- 24/7 Drug & Alcohol Hotline | 844-6-HELPNOW (844-643-5766)
- 24/7 Mental Health Crisis Hotline | 814-724-2732
- Meadville Medical Center | 814-333-5000 | mmchs.org
- Let's Talk... - 814-333-3916 | LetsTalkHelps.com
- Stepping Stones | 814-333-5810
- CCDAEC | 814-724-4100
- FSCAS | 814-827-3472

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