

IMPORTANT INFORMATION:

Assistance with a Substance Use Disorder

If you or someone you know needs help with a substance use disorder, this information will help you understand the disease of addiction and available services.

What is a Substance Use Disorder?

A substance use disorder (SUD) is a chronic medical condition that can impact a person's health, relationships and their ability to meet major responsibilities at work, school, or home due to their chronic use of alcohol or other substances.

Here's how to get help:

1 **Speak to your insurance company** about your Substance Use Disorder (SUD) treatment benefits. Insurers regulated by New York State must cover certain SUD services, when medically necessary.

- In-network detoxification, rehabilitation and residential treatment for SUD without having to request prior permission or undergo continuing review during that time.
- In-network outpatient detoxification, rehabilitation and opioid treatment program services without prior authorization.
- Up to 20 outpatient visits per policy or calendar year for a covered family member of a person suffering from SUD.
- Medication to treat a substance use disorder, without prior authorization.
- Naloxone for any person covered by the policy.

2 **Get assessed** by a medical professional or a SUD treatment provider. Deciding to get help for a substance use disorder is the first step on the path toward recovery. Speak to a licensed professional who understands substance use disorders so that they can evaluate your symptoms to determine if you have a substance use disorder and assist you in choosing the best treatment options for you.

- **Types of Services:** SUD treatment includes both inpatient and outpatient levels of care that combine medical services, clinical services, counseling and medication assisted treatment to address your specific needs.
- **Medication Assisted Treatment:** The use of behavioral therapy and medications that manage withdrawal symptoms, decrease cravings and prevent relapse to comprehensively address substance use, medical, psychiatric, and social problems. You and your provider can evaluate if and what type of MAT is most appropriate for your needs.



3 Find a Program. To find state certified outpatient or bedded programs with openings, go to: <https://findaddictiontreatment.ny.gov/>

To find an Open Access Center, Family Support Navigator, Peer Specialist or other outreach services available in your region, go to: www.oasas.ny.gov/recovery/regional-services

4 Stay Safe. Opioid Overdose Prevention Programs: Naloxone is a medication that can prevent a fatal opioid/heroin overdose. If you or a loved one suffers from opioid addiction, it is very important that you understand how to use naloxone and have a naloxone kit available.

To find an opioid overdose training program near you, visit New York State's Opioid Overdose Prevention Programs Directory at: www.health.ny.gov/diseases/aids/general/opioid_overdose_prevention/training_calendar.htm

Not Ready for Treatment?

Even if you aren't yet ready to seek professional care for a SUD, it may be helpful to talk with a peer or learn about ways to keep yourself safe.

To find a peer or other services available in your region, go to: www.oasas.ny.gov/recovery/regional-services#peer-engagement-specialists

Harm Reduction Services:

Harm reduction programs provide comprehensive wraparound services, including syringe exchange and some physical health services, for people who continue to actively use substances and require additional healthcare services. To find your nearest syringe exchange program (SEP), naloxone program, HCV testing and pharmacies for naloxone and syringes, please visit <http://www.thepointny.org/>

Confidentiality

Federal laws and regulations provide enhanced confidentiality protections for people who receive substance use disorder treatment. For this reason, programs and/or insurers generally cannot release information or respond to inquiries without patient consent except in limited circumstances.

Help a friend. Help a family member. Help yourself.
Prevention, treatment, and recovery services

For help & Information
OASAS.ny.gov

Call: 1-877-846-7369 (1-877-8-HOPENY) Text: 467369 (HOPENY)

24 hours a day, 365 days a year. All call are toll-free, anonymous and confidential.



Office of Addiction
Services and Supports