

Compass Health Network provides a continuum of substance use services (SUD). SUD services are based on the ASAM Model of Care, which supports the provision of services along a comprehensive continuum of care. Based on your assessment, you will be given a recommended level of care to best meet your needs. As those needs change through time, your recommended level may change to match your current situation. Treatment outcomes for consumers improve when services are provided in the ASAM level of care assessed to meet their needs.

SUD services will help you learn how to improve the way you think, feel and act without using alcohol or drugs. You will learn how to make healthier decisions and choices that benefit you. This includes improved communication skills, problem solving skills, family relationships, job and/or academic performance, recovery skills and overall healthy living. The program is structured to encourage these positive behavior changes focusing on your strengths, learning new skills practicing these new techniques in a supportive environment.



If you are interested in starting your “Road to Recovery”, Compass Health offers substance use services at all office locations. Higher levels of care are offered at specific locations, visit your local Compass Health office to find out what level of substance use services is right for you.



Compass Health<sup>®</sup>  
Network

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ADULT  
SUBSTANCE USE  
SERVICES



Compass Health<sup>®</sup>  
Network



## ADULT SERVICES

Adult Substance Use services are designed to meet the individual needs of each person and their families impacted by substance use. Treatment is person-centered and collaborative to focus on the strengths and support the person's goals. Our team includes therapists, integrated health specialists, peer specialists, physicians, and nurses who will provide an integrated treatment approach based on the person's needs.

## SERVICES INCLUDE:

- Comprehensive assessment
- Individual Counseling
- Physician and nursing services
- Trauma and co-occurring services
- Family services
- Group education and therapy
- Tobacco Treatment Specialist/Tobacco Cessation
- Community Support is provided by an Integrated Health Specialist (IHS) and Peer Specialist

## CONTINUUM OF CARE:

### Withdrawal Management

Medication Assisted Treatment (MAT) is the use medications, in combination with psychosocial and behavioral therapies, to provide a holistic approach to the treatment of substance use disorders. Increased services are available for anyone dealing with acute intoxication and/or withdrawal potential. Specialized medications (MAT) are provided by medical professionals based on need, substance(s) used, and full program participation.

Peer support services are delivered by individuals who have been successful in maintain recovery from mental health and/or substance use disorders. Through sharing their experiences and practical living skills, peers will help you navigate the recovery world. They will walk with you through the stages of recovery, and help you develop your personal recovery goals.

### Outpatient Program

Outpatient Program Services are designed for persons in early recovery with mild substance use issues who need education about addiction and recovery. This level provides a step down from other levels of care for people who have achieved stability in recovery but need ongoing services to achieve permanent changes in their substance use in all life areas.

### Intensive Outpatient

Intensive Outpatient Program allows you to receive treatment services while staying

in the "real world" and practice what you learn immediately in your everyday life. In this level, a minimum of 10 hours (no more than 20 ) a week of services are expected in order to provide the best outcomes. It is called intensive for a reason and takes a commitment to reap the rewards. Treatment expectations include attending weekly counseling appointments, group education, group therapy, and meeting with Integrated Health Specialist and/or Peer Specialist to assist you in developing skills or link you to community resources.

### Partial Hospitalization

Partial Hospitalization Program is provided 5 days a week (20 or more hours) at an intensive level to meet complex needs related to substance use and co-occurring conditions. Persons in this level of care will receive almost daily monitoring to assist the person in managing their recovery and symptoms.



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