



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!

You can call SAPC's Substance Abuse Service Helpline (SASH) at **1-844-804-7500**.



My Health LA Mental Health Services



Mental Health Services

Mental Health Services in the MHLA program are provided either at your medical home clinic or at the Los Angeles County Department of Mental Health (DMH), depending on what you need.

You may want to talk to your doctor if you have:

- ◇ Been feeling sad for a long time;
- ◇ Very high and low feelings;
- ◇ Very strong fears, worries and anxieties;
- ◇ Hearing voices or strange sounds;
- ◇ Suicidal thoughts;
- ◇ Very strong feelings of anger, or are finding it hard to handle daily problems and activities.

Your doctor or medical home clinic may refer you to DMH for further assistance.

What mental health services can I get?

These are the kinds of services you may be able to get at your medical home clinic or at DMH:

- Individual Therapy
- Family Therapy (children services)
- Group Therapy
- Medications
- Case Management
- Parenting Education (children services)
- Intensive Mental Health Services

DMH works with many mental health clinics who may also be able to help.



How can I get help?

There are **three** ways you can get mental health services in the MHLA program:

1. You can talk to your medical home clinic and see if you can get mental health services there.
2. You can call the Department of Mental Health Access Center at 1-800-854-7771, or visit the DMH website at dmh.lacounty.gov/.
3. Your doctor can give you a referral to a DMH clinic near you.

The Mental Health Access Center is open 24 hours a day, 7 days a week.

IMPORTANT!

If you feel like harming yourself, or someone else, or if you are having a mental health crisis, call the Mental Health Access Center at 1-800-854-7771, or call 911.