Recovery Is Possible

Treating Substance Use Disorder

Substance use disorder impacts many people. It is a brain disease but can be treated. If you are living with a substance use disorder and want help, MHS can provide you with help. There are many treatment options. You can be treated for substance use disorder in different ways.

Treatment Services Available:

► **Medication Assisted Treatment (MAT) or Opioid Treatment Programs (OTP)**
- Both offer medications that are used to help you with cravings.
- Therapy is also used to help you recover.

► **Intensive Outpatient Treatment (IOT)**
- You remain at home but you go to a behavioral health provider such as a Community Mental Health Center up to 3 days per week for a few hours each day to have group and individual therapy.

► **Partial Hospitalization Programs (PHP)**
- You continue to live at home but go to the hospital for treatment up to 7 days per week.

► **Substance Use Disorder Residential Treatment Centers (RTC)**
- You stay overnight and can receive treatment for several weeks. Treatment includes group & individual therapy plus other services.

► **Inpatient Medically Supervised Detox**
- You stay overnight in a hospital to help you safely detox under the care of a doctor.

What does my insurance cover?
MHS offers a range of coverage options for the treatment of substance use disorders when medically necessary. Call us to learn more.

I want a care manager to help me.
We have care managers who can help connect you to the right treatment at the right time. Call us and get connected!

Who to call for help:
► MHS: 1-877-647-4848
► Your local Community Mental Health Center
► Your doctor
► Indiana Addiction Hotline: 1-800-662-HELP (4357)
► Crisis Text Line: Text MHS to 741741

Helpful Websites
► www.in.gov/recovery/know-the-facts/
► www.mhsindiana.com
► www.samsha.gov
► www.nami.org

Did you know MHS rewards members for completing some types of treatment?
Visit our website for more information on how to earn rewards. *mhsindiana.com/rewards*

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