

# 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/](http://www.in.gov/recovery/know-the-facts/)
- ▶ [www.mhsindiana.com](http://www.mhsindiana.com)
- ▶ [www.samsha.gov](http://www.samsha.gov)
- ▶ [www.nami.org](http://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](http://mhsindiana.com/rewards)