

**If you or someone you know needs care for a substance use disorder, the information below 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. Loved ones are often the first to recognize changes in an individual who is struggling with a substance use disorder. It can occur gradually over time or suddenly.

**1. Speak to your insurance company about your SUD treatment benefits.**

Insurers regulated by New York State are required to cover certain SUD services, when medically necessary. To find a family support navigator to help with navigating your insurance benefits, or to find other regional services, visit: <https://www.oasas.ny.gov/CombatAddiction/RegionalSvc.cfm>

- 14 days of in-network medically necessary inpatient services for the treatment of SUD, including detoxification, rehabilitation and residential treatment, without prior authorization or certification.
- Coverage for outpatient diagnosis and treatment of substance use disorder, without prior authorization, including detoxification, rehabilitation and opioid treatment program services.
- Up to twenty outpatient visits per policy or calendar year to an individual who identifies themselves as a family member of a person suffering from substance use disorder and who seeks treatment as a family member that is covered under that policy.
- A 5-day supply of medication to treat a substance use disorder, without prior authorization, for an emergency condition.
- Access to naloxone when prescribed to 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. There are many approaches to treating individuals with substance use disorder. Below are some common terms you may hear as you navigate the SUD treatment system.

- **Assessment:** Evaluates your level of addiction and determines the best treatment options for you, using an OASAS approved assessment tool.
- **Detoxification:** Generally, a 3-5 day service in a hospital or residential program with a physician and nurses monitoring you as you withdraw from drugs or alcohol. Medications may be used to alleviate uncomfortable side effects of withdrawal.
- **Rehabilitation:** About 10-25 day treatment that has many types of group and individual sessions, and materials to educate the patient about the disease of addiction. Also a 1-2 day family program for loved ones about the family disease of addiction and how to support each other in the recovery process.
- **Residential Treatment:** 60 - 180 days that combines three elements: stabilization, rehabilitation, and reintegration. The length of time in this level of care depends upon an individual's needs.
- **Outpatient:** Weekly sessions that combine individual, group and family counseling; can include medication-assisted treatment and random drug testing to evaluate compliance with treatment. Outpatient clinics are typically open 6-7 days a week and have evening hours.
- **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.



**Office of Alcoholism and  
Substance Abuse Services**

### 3. Find a Program.

To look for state certified outpatient or bedded programs with openings, go to:

<https://findaddictiontreatment.ny.gov/>



### 4. Stay Safe.

#### Opioid Overdose Prevention

Naloxone is a medication that can prevent an opioid/heroin overdose from becoming fatal. If you or a loved one suffers from opioid addiction, understanding how to use naloxone and having a naloxone kit available can be a life-saving intervention during a heroin or opioid overdose. To find an opioid overdose training program near you, visit New York State's Opioid Overdose Prevention Programs Directory at:

[http://www.health.ny.gov/diseases/aids/general/resources/ooop\\_directory/index.htm](http://www.health.ny.gov/diseases/aids/general/resources/ooop_directory/index.htm).

#### Not Ready for Treatment:

Even if you aren't yet ready to seek professional care for a substance use disorder, 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:

<https://www.oasas.ny.gov/CombatAddiction/RegionalSvc.cfm>

Harm Reduction 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/> SEPs provide comprehensive wraparound harm reduction services for people who use drugs.

### Confidentiality

Federal laws and regulations provide enhanced confidentiality protections for people who receive substance use disorder treatment. For this reason, programs and/or insurers cannot release information or respond to inquiries about a patient, without patient consent, or if another condition exists that waives the requirements of HIPAA and 42 CFR Part 2.

### Resources

#### New York State Office of Alcoholism and Substance Abuse Services

[www.oasas.ny.gov](http://www.oasas.ny.gov) | 518-473-3460

- [www.oasas.ny.gov/combataddiction](http://www.oasas.ny.gov/combataddiction)
- [Talk2Prevent.ny.gov](http://Talk2Prevent.ny.gov)

#### The Partnership at Drugfree.org

[www.drugfree.org](http://www.drugfree.org) | 855-378-4373

#### Parents. The Antidrug

[www.theantidrug.com](http://www.theantidrug.com) | 800-662-HELP

#### American Council on Drug Education

[www.acde.org](http://www.acde.org) | 800-378-4435

#### Families Against Drugs

[www.familiesagainstdrugs.org/](http://www.familiesagainstdrugs.org/)

#### Al-Anon and Alateen

[www.al-anon.alateen.org](http://www.al-anon.alateen.org) | 757-563-1600

#### Nar-Anon

[www.nar-anon.org/](http://www.nar-anon.org/)

#### Faces and Voices of Recovery

[www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org) | 202-737-0690

#### SAMHSA's Center for Substance Abuse Treatment

[www.samhsa.gov/about/csat.aspx](http://www.samhsa.gov/about/csat.aspx) | 240-276-1660

#### Substance Abuse and Mental Health Services

[www.samhsa.gov](http://www.samhsa.gov) | 877-SAMHSA-7

#### National Institute on Drug Abuse

[www.nida.nih.gov/nidahome.html](http://www.nida.nih.gov/nidahome.html) | 800-662-HELP

#### National Council on Alcohol & Drug Dependence

[www.ncadd.org](http://www.ncadd.org) | 800-NCACALL

**Looking for help: OASAS Treatment Availability Dashboard:  
[findaddictiontreatment.ny.gov](https://findaddictiontreatment.ny.gov).**

