

New Hampshire's Substance Use Disorder Treatment System

Purpose

This issue brief is designed to provide an overview of New Hampshire's current treatment system and includes descriptions of the services available, reviews the process and resources for accessing and paying for services and references appropriate terms and language to reduce stigma associated with substance use disorders (SUDs).

What Is Known?

Recovering from a SUD is an ongoing process with many pathways depending on the diagnosis and the needs of an individual. One or more tools or strategies such as individual counseling, low- or high-intensity residential treatment, recovery support services, community-based support groups and/or medications can be used to support and maintain recovery from this chronic, sometimes relapsing disease, which is similar to hypertension, diabetes and other chronic health conditions.

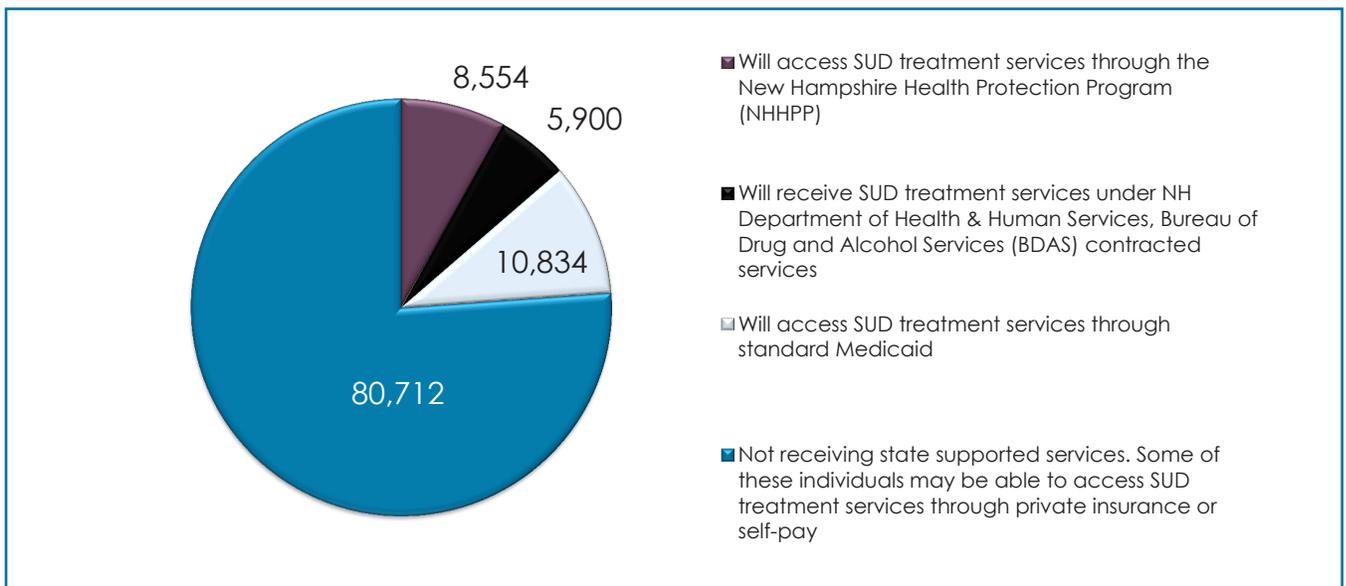
Of NH residents 12 and older, 106,000 individuals (9.34%) meet criteria for dependence or abuse of illicit drugs or alcohol.¹

What Treatment Services Are Available in NH?

SUD treatment involves a wide array of services with varying degrees of intensity depending on the diagnosis and the needs of the individual. Often, there is the misconception that SUD treatment refers to residential treatment; however, often less intense levels of care are more appropriate and equally effective. SUDs are chronic health conditions with many pathways towards recovery. Some individuals may require the same level of care on more than one occasion, and/or several different services during an episode of treatment or over the course of an individual's lifetime, to minimize the likelihood of ongoing use and unintended consequences.

Prior to accessing treatment an individual must obtain an evaluation (assessment). An evaluation involves meeting with a qualified professional which may be a Licensed Alcohol and Drug Counselor (LADC), Master Licensed Alcohol and Drug Counselor (MLADC), or other licensed behavioral health specialist who has training in the treatment of SUDs. This clinician carefully assesses an individual's physical, mental, and emotional status; behaviors, including the quantity and frequency of substances being misused; and other information using evidence-based tools. The American Society of

Treating the 106,000 people in NH with a substance use disorder^{2,3,4}



¹ SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2012 and 2013

² Figures based on service utilization estimates from the Department of Health and Human Services

³ <http://governor.nh.gov/commissions-task-forces/medicaid-care/documents/mm-02-06-2014-lewin.pdf>

⁴ <http://www.dhhs.nh.gov/ocom/documents/dashboard-101016.pdf>

Addiction Medicine (ASAM) criteria, a six dimension framework, is also used to recognize all aspects of an individual's circumstances to make a recommendation for the type of service that would be most appropriate.

New Hampshire has invested significant resources to increase treatment capacity. The following highlights the comprehensive array of services offered by NH providers:

- *Early Intervention* (ASAM Level 0.5) – Education and screening for individuals who are at risk for SUDs to assist in recognizing the potential consequences of continued use.
- *Withdrawal Management Services (detoxification)* (Levels 1-WM, 2-WM, 3.2-WM, 3.7-WM, 4-WM) - Clinical and/or medical services to stabilize patients who are undergoing withdrawal.
- *Outpatient Counseling (OP)* (Level 1) – Assists an individual or group of individuals to achieve treatment objectives through the exploration of SUDs and consequences, including an examination of attitudes and feelings, and consideration of alternative solutions and decision making with regard to alcohol and other drug related problems. This service is available for up to eight hours per week.
- *Intensive Outpatient Programs (IOP)* (Level 2.1) – Intensive and structured individual and group alcohol and/or other drug treatment services and activities that are provided according to an individualized treatment plan that includes a range of outpatient treatment services and other ancillary alcohol and/or other drug services. Services for adults are provided at least nine hours per week and services for adolescents are provided at least six hours per week.
- *Partial Hospitalization Services* (Level 2.5) – Intensive and structured individual and group SUD treatment services and activities for individuals with substance use and moderate to severe co-occurring mental health disorders, including both behavioral health and medication management services as appropriate. Patients must receive at least 20 hours per week of clinically directed services.
- *Residential Services* – On-site full-time programs offering 24-hour support at varying degrees of intensity.
 - o *Transitional Living Services* – Designed to support individuals as they transition back into the community. Services must include at least three hours of clinical services per week. Adult residents typically work in the community and may pay a portion of their room and board.
 - o *Clinically-Managed Low Intensity Residential (Level 3.1)* – Designed to prepare clients to become self-sufficient in the community. Services must include at least five hours of clinical services per week. Adult residents typically work in the community and may pay a portion of their room and board.
 - o *Clinically Managed Population Specific High Intensity Residential Services (Level 3.3)* – Programs specifically for individuals who need a more specialized and controlled treatment environment due to functional limitations.
 - o *Clinically-Managed Medium/High Intensity Residential (Level 3.5)* – High-Intensity Residential Treatment for Adults and Medium Intensity Residential for Adolescents are designed to assist individuals who require a more intensive level of service in a structured setting including individual and/or group counseling, educational sessions, psychiatric, medical and medication management as needed.
- *Recovery Support Services* – Services provided to individuals and/or their families to help access, stabilize and support recovery. Supportive services may include employment services, anger management classes, recovery mentoring/relapse prevention management, peer recovery coaching, care coordination, access to childcare, transportation, sober housing, and other supports.
- *Medication Assisted Treatment (MAT)* – Includes medication prescription and management for the treatment of SUDs in conjunction with counseling or other treatment services. Common medications include buprenorphine (e.g. Suboxone, Subutex), methadone, naltrexone (e.g. Vivitrol), Campral and disulfiram. Some medications can also be used in withdrawal management. These services can be provided on an outpatient basis by a primary care physician. Information about MAT best practices can be reviewed here: dhhs.nh.gov/dcbcs/bdas/documents/matguidancedoc.pdf.
 - o *Opioid Treatment Programs (OTPs)* - Specialized MAT clinics federally accredited to dispense methadone. Currently, there are eight OTPs across the state of NH.

Resources for Accessing and Paying for Treatment

When accessing treatment, it is important to consider the availability of the level of care required and the ability to pay for the service. Resources are listed below to help access evaluation and treatment services. Information on how services may be paid for is provided on page 4.

<i>NH Statewide Addiction Crisis Line</i>	<i>NH Alcohol and Drug Treatment Locator</i>	<i>NH Bureau of Drug and Alcohol Services Resource Guide</i>
<p>A 24 hour/7 day a week hotline staffed with New Hampshire-based, trained counselors for individuals seeking information and referral for alcohol and other substance use and addiction support.</p> <p>The crisis line can also assist clients with accessing Regional Access Point Services (RAPS), which offer assistance for screening, case management, and active referral to treatment and recovery support services. Both Crisis Line and RAPS are available at no cost to those accessing the services.</p> <p>CALL: 1-844-711-HELP (4357) E-MAIL: hope@keystonehall.org</p>	<p>An online directory created for locating alcohol and other drug treatment and recovery support service providers in New Hampshire who offer evaluations, withdrawal management, outpatient counseling, residential treatment, recovery support services, medication assisted treatment and other services. The online locator allows providers and the general public to narrow search results by location, service type, population/specialties served, and/or type of insurance accepted.</p> <p>VISIT: www.nhtreatment.org</p>	<p>This guide provides a listing of all state-funded alcohol and drug treatment programs.</p> <p>VISIT: http://www.dhhs.nh.gov/dcbcs/bdas/guide.htm</p>

WHAT IF SERVICES ARE NOT AVAILABLE?

If the identified level of care is not immediately available, the patient may engage in other services while waiting for an opening in the appropriate level of care known as “interim services.” Interim services include group counseling, individual counseling, recovery support services and community based services.

HOW ARE SERVICES PAID FOR?

Treatment services may be covered through the New Hampshire Health Protection Program, NH Medicaid, and private insurance. For those without access to coverage or with high out of pocket co-insurance, state-contracted treatment facilities located across the state can access state funds for reimbursement. The Mental Health Parity and Addictions Equity and Affordable Care Acts together require coverage of SUD treatment services; however, the actual services covered as well as associated deductibles and service limitations vary widely between insurers and between plans under a single insurer. Individuals seeking treatment should contact their

insurance carrier directly to identify covered services and providers.

For more information on how to access health insurance and use coverage to pay for treatment visit: dhhs.nh.gov/dcbcs/bdas/documents/resource-guide-consumers.pdf.

The following chart identifies SUD services that are covered by each insurance type.

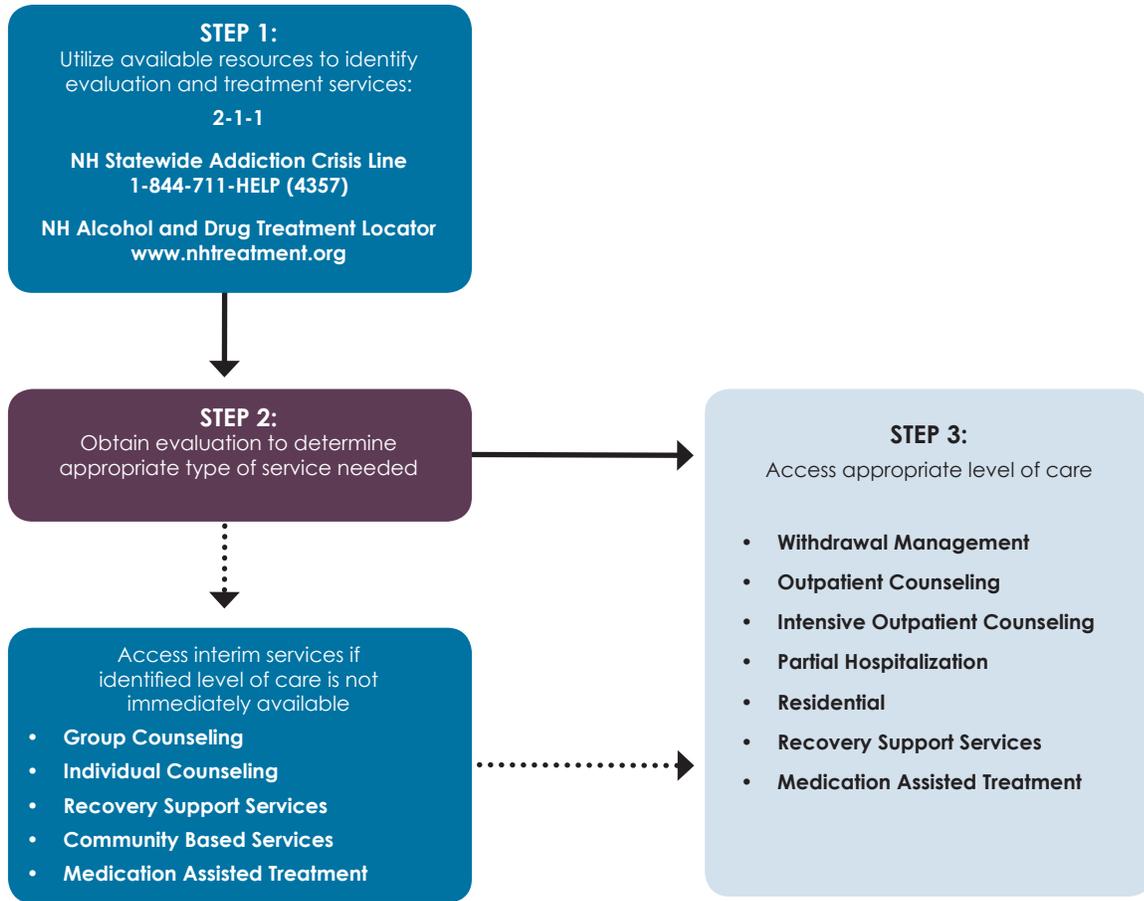
COVERED SUBSTANCE USE DISORDER SERVICES BY INSURANCE TYPE

Insurance Type	SUD Service Coverage
Medicaid Managed Care Organizations*	Screening; evaluation (assessment); withdrawal management (detoxification) within acute care settings; treatment with methadone in Opioid Treatment Programs; individual, group and family counseling; crisis intervention; screening, brief intervention and referral to treatment (SBIRT); treatment with buprenorphine in Opioid Treatment Programs; office-based, medication assisted treatment with a primary care provider; intensive outpatient services; partial hospitalization services; residential rehabilitative services; medically-monitored withdrawal management-residential and ambulatory; individual and group peer and non-peer recovery supports; and continuous recovery monitoring.
Qualified Health Plans & Other Insurers*	Contact plan to determine coverage as the service array varies depending on payer and plan.

All treatment providers are strongly encouraged to enroll and credential with managed care organizations (MCOs), qualified health plans (QHPs), and other private insurers in an effort to better support patients and their ability to access available services. Treatment providers should also understand the various parts of the NH Health Insurance Marketplace, the NH Health Protection Program, and NH Medicaid. For more information please visit: <http://www.dhhs.state.nh.us/ombp/pap/>, http://www.nh.gov/insurance/consumers/mp_plans.htm, and <http://www.dhhs.nh.gov/ombp/nhhpp/>.

**Most clients with standard Medicaid receive coverage through the Medicaid Managed Care Organizations. Clients with the NH Health Protection Program may receive coverage through these organizations or through a qualified health plan. Please contact your district office to determine which coverage you have.*

STEPS ON HOW TO ACCESS TREATMENT SERVICES



What Can Everyone Do To Reduce Stigma Associated With Substance Use Disorders?

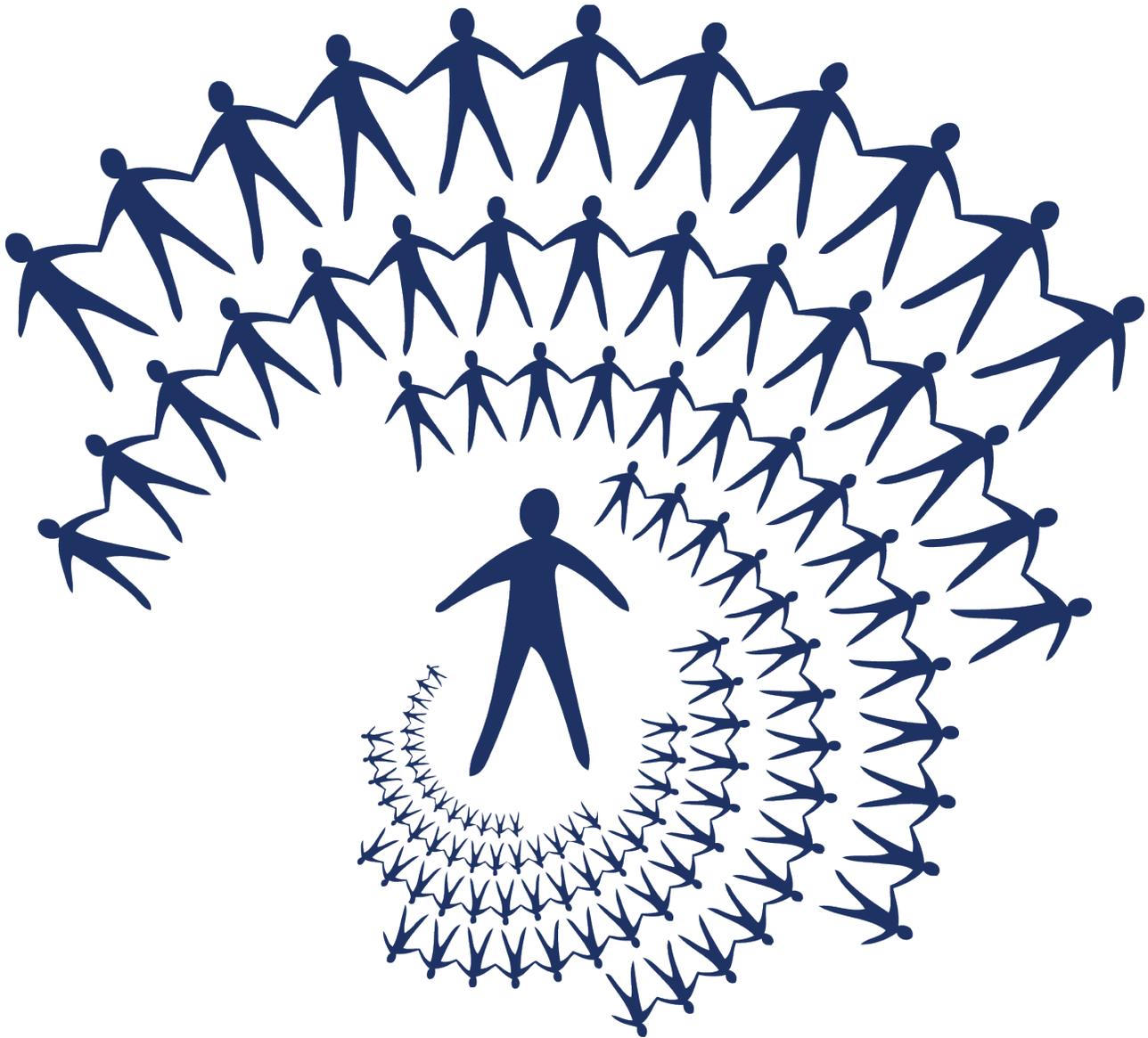
In an effort to work towards destigmatizing alcohol and other drug use disorders everyone should use non-judgmental and accurate language. Using specific terms can help remove labels and negative stereotypes associated with the misuse of substances. The following chart highlights alternate terms to consider.

Incorrect Terms	Preferred Terms
Addict, Alcoholic, Abuser, User, Junkie, Drug Seeker	Person experiencing an alcohol/drug problem Person with a substance use disorder
Recovering Addict	Person in recovery
Substance Abuse, Alcohol Abuse	Substance misuse Substance use disorder Addiction
Clean or Dirty Urine Drug Test	Negative screen, substance-free, positive screen
Replacement or Substitution Therapy	Medication assisted treatment, medication

What Is Each Sector Doing To Help Patients Access Treatment?

Professionals representing the medical, education, law enforcement, government, business and community and family supports sectors can play a role to ensure that all individuals who need some level of treatment have access to treatment. The following table shares strategies being utilized in NH to better support individuals who may have a SUD.

 Medical/Healthcare	 Law Enforcement	 Education
<p>Expanding the use of Screening, Brief Intervention, and Referral to Treatment (SBIRT) in primary care, hospital, urgent and emergency care settings</p> <p>Integrating on-site SUD treatment services with primary healthcare and mental healthcare</p> <p>Initiating or expanding office-based opioid treatment programs and other MAT</p> <p>Increasing awareness of and make appropriate referrals for specialty addiction treatment as needed</p>	<p>Leveraging alternative sentencing instead of incarceration including drug courts and SUD treatment</p> <p>Increasing SUD evaluation, treatment & recovery capacity in jails and prisons</p> <p>Increasing availability of MAT in jails and prisons</p>	<p>Supporting and increasing Student Assistance Programs in middle and high schools</p> <p>Providing education to teachers and school nurses on signs of substance misuse</p> <p>Increasing awareness of and making appropriate referrals for specialty addiction treatment as needed</p>
 Government	 Business	 Community & Family Supports
<p>Supporting policies to increase access to and coverage of treatment for all ages</p> <p>Supporting increased funding to expand access to specialty addiction treatment services.</p>	<p>Establishing appropriate drug testing policies and protocols</p> <p>Providing flexible work schedules to support employees accessing treatment</p>	<p>Creating environments that are safe spaces</p> <p>Increasing family and parent support groups</p> <p>Supporting Recovery Centers in the community</p>



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Promoting Prevention and Recovery

www.dhhs.nh.gov/dcbcs/bdas/



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