

# Addiction, Treatment & Recovery



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# Agenda

- Disclaimer
- Stigma
- Incidence rate
- Treatment Options



# ADDICTION

Can't stop  
Can't cope

# Behavioral health disorders

## What we want them to be:

- Someone else's problem
- An event, like a broken hip
- Curable

## What it is:

- Everyone's problem
- Chronic disease
- Sustained recovery is possible but there is no cure

# Risk Factors of Addiction

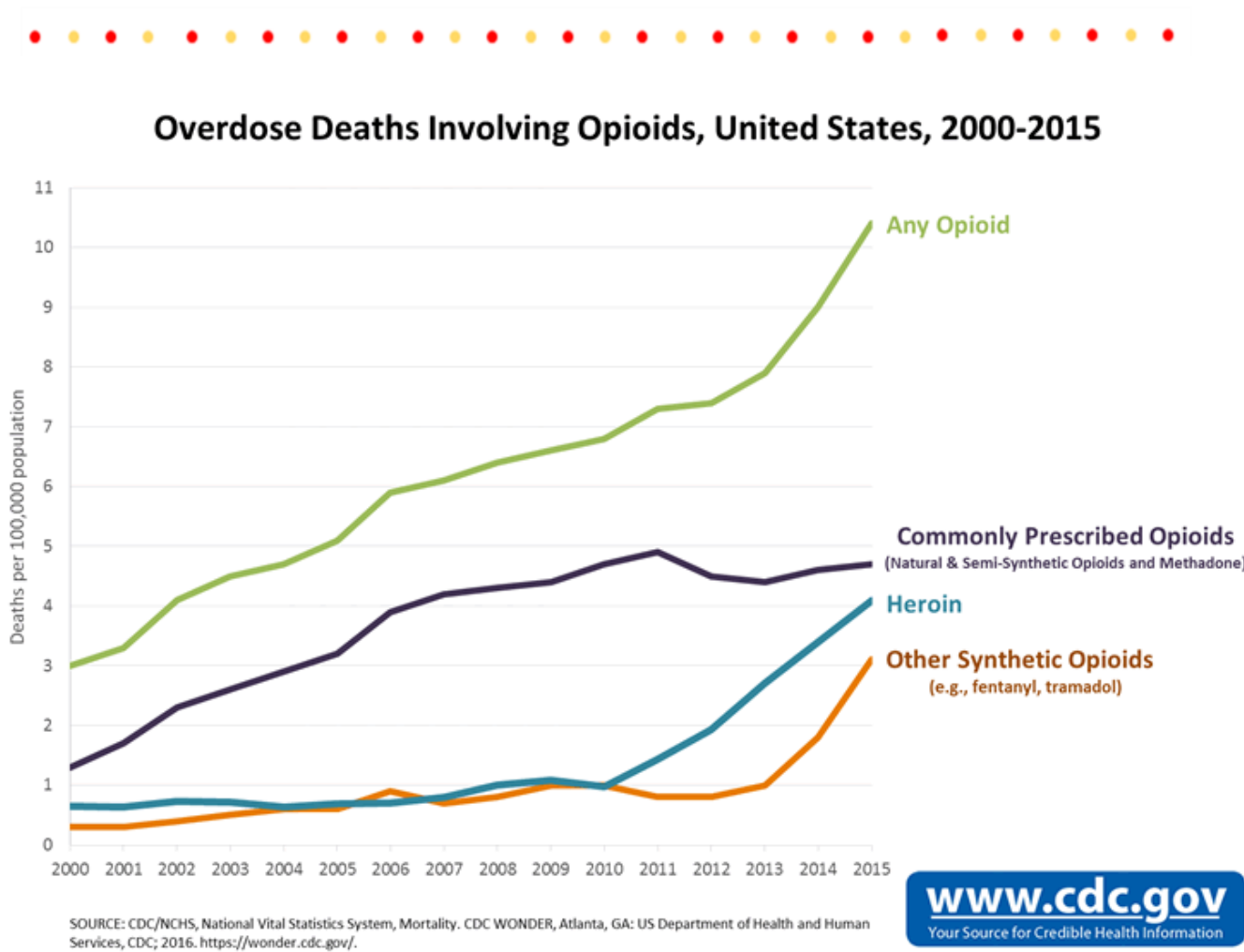


Factor	Evidence
<b>Genetic Predisposition</b>	✓ Established Risk Factor
<b>Family History</b>	✓ Established Risk Factor
<b>Prenatal Exposure</b> (animal models)	✓ Established Risk Factor
<b>Early Onset Age of Substance Abuse</b>	✓ Established Risk Factor
<b>Adverse Childhood Experiences, Physical/Sexual Abuse</b>	? Strong Evidence
<b>ADHD, School Problems, Conduct Disorders</b>	? Strong Evidence
<b>Personality</b> (i.e. “Addictive Personality”)	✗ NOT A RISK FACTOR

# Behavioral Health

- One in four people suffer from a behavioral health disorder.
- Of those 75% do not seek treatment.
- Untreated addiction and mental health disorders cost HC plans and society more than treated. (2017 Buffalo ER statistics indicate BH was the #1 reason for admission.)

# Challenge: Startling Statistics



# Opiate Dependence- why don't they just stop?



**WHATEVER  
IT TAKES  
TO NOT  
GET SICK**



# Treatment includes:



- Counseling  
(multiple levels)
- Family  
involvement
- Self-help
- Drug Court
- Medication  
Assisted Therapy
- Sustained  
involvement



**LEVELS OF CARE**

Detox- Stabilization  
Inpatient  
Residential  
Intensive Outpatient  
Outpatient  
12-step

**MEDICATION-ASSISTED  
TREATMENT**

Suboxone  
Zubsolv  
Vivitrol  
Methadone

# Detox

- This is a crisis stabilization level of care
- Person is often admitted in active drug use or beginning stages of withdrawal
- Sometimes needs medical oversight to safely detox or needs medical assisted treatment to motivate them to do it
- Typically 3-5 days
- Think of this as the spell in the ER and surgical unit for a hip replacement after a horrible car accident.

# Inpatient



- Inpatient services are bedded, 24/7 programs where use of drugs and/or alcohol is severe enough that the person cannot maintain stability outside of a 24/7 setting. This service is offered to those in need of a hospital like setting.
- Bedded programs offering all services on site including SUD, some medical, and psychiatric
- Length of stay varies from 14-30 days typically
- 24/7 facilities staffed by professional personnel at all times
- Think of this as the “sub-acute” unit after a hip replacement



# “Intensive Residential”



- Intensive Residential is another variant of Inpatient. It is considered the most intensive level of care in our community with length of stay from 3-9 months with 24/7 clinical and medical staffing. It's what people think of when they hear someone is “in rehab”.
- Persons in need of this level of care still need support for their SUD issues in a bedded setting but are stable enough to go about most of their day in the community.
- Lower levels of residential level care are halfway house and supportive living which are typically not consider medical treatment (not covered service)
- Halfway House/Community Residence services—staffed 24/7
- Supportive Living services—some staffed 24/7 but many have variable staffing models



# Outpatient



- Outpatient services are the most commonly used level of care and serve those with substance problems that can be managed with 1 hour visits to an agency 3-4 times per week in most cases. Least intensive level of care
- Non bedded day to day services
- Consumers typically have scheduled amount of sessions per week
- Most organizations operate typical business hours with evening hours offered at many



# Where to start



- Make sure your Plan Document covers the right services
  - need to have the benefit for “stabilization in a residential setting” and “rehabilitation in a residential setting”. Too many plans use old vernacular only allowing for “detox” and “Inpatient” which is hard to find and much more costly
- Have a plan before the crisis hits
- Refer person for Screening and Assessment to a licensed behavioral health provider



# Thank You!

## Questions?

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[www.horizon-health.org](http://www.horizon-health.org)

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