

## **SUD Services Cheat Sheet** at Upper Bay, Booth Street site

**What is SUDS?** Substance Use Disorders Services at Upper Bay is comprehensive care involving individual, group, and family therapy for **adults age 18 and older** that is Substance Use Disorder specific, fused with Co-Occurring Psychoeducation curriculum to help participants to understand the dynamics of their substance use and to promote sober living and abstinence through development of: interpersonal skills, communication skills, relapse prevention strategies, addiction and drug specific education as well as psychoeducation, stress management, and coping and life skills.

**Services are provided by a Licensed Clinical Alcohol and Drug Approved Supervisor, who is also a Licensed Clinical Professional Counselor with years of counseling experience in Mental Health, Co-Occurring, and Drug and Alcohol Treatment. Services are further provided by other seasoned professionals who are graduate prepared clinicians and bachelors level individuals with Drug and Alcohol Trainee Status.**

**SUD Services will continue to receive the support of Peer Specialists through the Cecil County Department of Health.**

**Adult Level 1 Treatment (service received =less than 9 hours per week)/Urine Drug Screening is not mandatory, but advised**

-Individual therapy session 45 mins, provided as often as deemed clinically appropriate within allotted service hours

Or a combination of

-Individual therapy sessions 45 mins at least once per week and group therapy 1x per week for 60 minutes

**Adult Level 2 Treatment-IOP (service received= 9 to 20 hrs per week)/Urine Drug Screening is mandatory**

-Individual therapy session 16-45 mins a minimum of once biweekly, and IOP group at 3 hrs per group 4x per week M-Th from 1:00 to 4:00 pm). **\*IOP Group times are subject to change or be canceled during times of inclement weather, other unforeseen situations, and holidays.**

### **Intake Process**

**External Referrals (referral source is outside of Upper Bay)**

-for clients new to Upper Bay, all Intake calls must first be prescreened by our Intake Department to determine if client requires MH services, Co-Occurring services, or SUD services

-Call Center Number is 410 996-3450

-If client is requesting SUD services only, the Intake Worker will forward calls to SUD Services at 443 350-3347 (this is cell phone # of Stephanie Winfree, SUD Services Program Supervisor)

### **Internal Referrals (from Upper Bay Employees/or from active Upper Bay Client)**

-If client is an active adult participant in Upper Bay treatment, the assigned therapist/treatment coordinator/worker, will complete the **SUD Referral (now found in Anasazi assessments) as well as the SUD ROI attached to the SUD Referral (it is the second tab of the SUD Referral)**. Referring staff and client will need to sign off on SUD Referral/ROI and tag Stephanie Winfree as Program Manager and Samantha Atkinson as Administrative Assistant.

-Referral source is encouraged to stress the importance of client signing ROI to authorize SUD staff permission to share and receive specific information with referral source. No SUD specific treatment information will be shared with referral source without a client authorized SUD ROI. Once referral is accepted, client will be scheduled for a SUD Intake assessment and referring staff will be notified.

### **Insurance Information- SUD Services accepts ONLY the following insurances:**

Maryland Medicaid

or

Medicare as primary insurance with Maryland Medicaid as a secondary insurance

### **Ways to Promote Treatment Success**

- The person in treatment must be an active participant in their own recovery process at all times despite their motivation for attending treatment
- Be Open to Change
- Follow Up on Treatment Recommendations
- Work the 12 Steps for Addiction Recovery and Seek Sponsorship
- Secure Positive Support Systems

### **A QUOTE OF RECOVERY HOPE**

*"The first step towards getting somewhere is to decide that you are not going to stay where you are."*  
Unknown