

Alliance Health



Substance Use Disorder
Recovery Services and
Supports

Substance Use Disorder Services for both Adults and Children/Adolescents

Evaluation and Testing: Collecting of information about an individual's history, strengths, needs and abilities in order to better develop a plan of services and supports. This can include evaluation by a therapist, psychologist or psychiatrist.

Housing Assistance: Once an individual is receiving services, their provider can help them decide which residential supports they will need to achieve their goals. This can include various kinds of assistance, like rent subsidies and help with start-up expenses, to help ensure safe, stable housing.

Medication Management: Evaluation of medication options by an approved provider to help determine which medicine might be best for you, how it should be taken and whether it is working.

Substance Abuse Intensive/Outpatient

Treatment: A program that provides an individual multiple sessions per week to learn new behaviors, and to learn how to begin and then maintain recovery.

Supported Employment: Helps people with disabilities obtain jobs that pay at least minimum wage and that are not set aside for people with disabilities, while providing the level of professional help the individual needs to obtain and maintain the job.

Substance Use Disorder Services for Children and Adolescents

Day Treatment: A service for children and adolescents and their families focused on providing support and structure in a therapeutic

setting to support the child/adolescent's integration into the school setting.

Respite: An in-home service that provides temporary support and relief for the family or loved ones caring for a child/adolescent with a substance use disorder.

Intensive In Home Services (IIH), Family Centered Treatment (FCT), Intercept Services:

A team and family approach that provides intensive services for children/adolescents who have serious emotional disturbances, complex family challenges or serious behavioral problems that could result in out-of-home placement if not treated.

Multisystemic Therapy (MST): A team and family-based intervention designed to enhance the skills of youth and their families who have aggressive behaviors or delinquency issues, including involvement with the juvenile justice system.

Substance Use Disorder Services for Adults

Opioid Maintenance Treatment/Medication

Assisted Treatment (OMT/MAT): Offers individuals the opportunity to make changes in their lifestyle by using methadone or other medications, alongside therapy services, to treat opiate addiction.

Outpatient Therapy (OPT): Professionals teach new skills or ways to cope with problems in individual, family or group settings. Our providers offer many different evidenced-based practices within outpatient therapy, such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Trauma Focused Cognitive Behavioral Therapy (TFCBT) to name a few.

Residential Services: Provides short-term, structured, communal living (such as a halfway house) to help with the rehabilitation of individuals who have a substance use disorder. While in this setting, residents attend work, school and treatment services.

Substance Abuse Detoxification: Monitored services designed to achieve safe and comfortable withdrawal from drugs/alcohol and to ensure transition into ongoing treatment and recovery.

Assertive Community Treatment (ACT): A program for adults with severe mental illness who may also have a substance use disorder that includes a team of professionals to work with individuals to help them achieve their goals, and address their needs related to therapy, health, housing, substance use, medication support, and employment.

Community Support Team (CST): A program providing a team approach for adults with mental illness and/or a substance use disorder, who have complex needs, designed to assist them in meeting their recovery goals.

Substance Abuse Comprehensive Outpatient Treatment (SACOT): A program that provides an individual multiple sessions per week to learn new behaviors, and to learn how to begin and then maintain recovery.

Who Can Get Help?

Alliance Health manages public funds for services for both children and adults, which are provided by a large network of private providers in an office setting or in your home or community. You may be eligible for substance use services if you have Medicaid from Durham, Wake, Cumberland, or Johnston counties, or live in one of these counties and are uninsured. Alliance has limited state funds available for those without Medicaid so entry requirements and benefit maximums may be different than the Medicaid requirements for the same service. Most requests for these services require a review to make sure they are the most appropriate service for you.

How Can I Get Help?

You can call the Alliance Health Access and Information Center 24 hours a day, 7 days a week at (800) 510-9132 to find out how to obtain services and support for mental health and substance use disorders, and intellectual/developmental disabilities. If needed, the Access and Information Center may direct you to a crisis center, behavioral health urgent care center in your community, or connect you with mobile crisis services.

If you are insured by Medicaid from Wake, Durham, Cumberland, or Johnston County or are uninsured and live in Wake, Durham, Cumberland, or Johnston County, you can find a service provider in your area by accessing our Provider Search tool from our website at www.alliancehealthplan.org.



What Kinds of Help Are Available?

According to Substance Abuse and Mental Health Services Administration (SAMHSA), more than 20 million people in the United States struggle with substance use, including 8 million people who also have a mental health disorder. Recovery-oriented care and recovery support systems help people with mental and substance use disorders manage their conditions successfully. According to SAMHSA, recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. Look inside this brochure to learn about some services and supports that may be available to individuals experiencing difficulties related to alcohol and/or drug use.



How Do I Get Started?

Call the Alliance Health Access and Information Center

[(800) 510-9132]



SCAN with
Smartphone to go to
AllianceHealthPlan.org