Department of Public Health
Bureau of Substance Abuse Services - BSAS

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The Bureau of Substance Abuse Services (BSAS) is the single state authority in charge of overseeing substance abuse and gambling prevention and treatment services in the Commonwealth.

- Payer of last resort
  
  For clients without health insurance and/or services not reimbursed by other payers
Major Responsibilities:

• Provide access to treatment for the indigent and uninsured

• Licensing / Quality Assurance for treatment programs and Counselors

• Fund and monitor prevention, treatment and case management services

• Develop and implement policies and programs

• Track statewide substance abuse trends
Principles of Effective Treatment

- No single treatment approach is appropriate for all individuals
- Treatment needs to be readily available
- Effective treatment attends to the multiple needs of the individual, not just substance use
- Remaining in treatment for an adequate period of time is critical for treatment effectiveness. Most studies indicate a minimum of 90 days
- Counseling (individual, family and/or group) and other behavior therapies are critical components of effective treatment
- Medications are an important element of treatment for many people, especially when combined with counseling and other behavior therapies
Principles of Effective Treatment

- Addicted individuals with co-existing mental disorders should be treated in an integrated way.
- Medical detoxification is only the first stage and by itself does little to change long term use.
- Treatment does not need to be voluntary to be effective.
- Treatment programs should provide assessments and counseling to prevent and treat HIV, Hep B and C.
- Recovery is a long term process that frequently requires multiple episodes of treatment.
Relapse Rates Are Similar for Drug Dependence and Other Chronic Illnesses

BSAS efforts to address co-occurring SA and MH

- Revised regulations: RR admission criteria in respect to prescribed medications
- DPH/BSAS and DMH review of regulations in order to remove barriers to integration
- Requiring all BSAS funded residential programs to have a clinical director
- Created Practice Guidance: Ensuring Effective Treatment for Persons with Co-Occurring Disorders
Access to Treatment

MA Substance Abuse Information and Education Helpline
Toll free #: 1-800-327-5050
TTY : 1-800-720-3480
www.helpline-online.com
Staffed: 8AM-10 PM M-F; 9-5 Sat/Sun

- Staff have access to MBPH treatment locator database that shows open beds http://www.mabhaccess.com
Community Healthlink’s Addiction and Behavioral Health Urgent Care Center @ 12 Queen St. Worcester

- Provides triage and assessment to persons looking for treatment
- Walk-in services or can call (800)750-9009
- Is staffed 24/7 seven days a week
- Can provide medical clearance
Acute Treatment (Detoxification): Medically monitored detoxification services
- Spectrum, Westboro  Community Healthlink, Worcester; Medically Managed, AdCare
- Section 35 for men and for women: Court-ordered ATS and stabilization for civilly committed individuals, if danger to self or others
- Highpoint, New Bedford, Brockton, Jamaica Plain
- Level 3.5 (CSS): Post ATS clinical stabilization and/or for clients who need stabilization but do not meet criteria for medically-necessary detoxification
- Spectrum/Westboro; Community Healthlink/Passages and MYR for youth/Worcester
Local programs

**Community Healthlink**- provides detox, stabilization and residential treatment; MH and SA outpatient clinics; OBOT; Central Intake number: (800) 750-9009

**AdCare Hospital**- provides detox and outpatient services: (800) 252-6465

**Spectrum**- provides detox, stabilization and residential treatment (800) 366-7732

Medication Assisted Treatment (800) 464-9555 extension 1161.
Enhanced Acute Treatment Services (E-ATS) for Individuals with Co-occurring Mental Health and Substance Use Disorders provide diversionary and/or step-down services for Members in need of acute, 24-hour substance use disorder treatment, as well as psychiatric treatment and stabilization. Detoxification services are provided through a planned program of 24-hour, medically monitored evaluation, care, and treatment and are tailored for individuals whose co-occurring mental health and substance use disorder requires a 24-hour, medically monitored evaluation, care, and treatment program, including the prescription and dosage of medications typically used for the treatment of mental health disorders.

E-ATS services for individuals with co-occurring mental health and substance use disorders are rendered in a licensed, acute care or
community-based setting with 24-hour physician and psychiatrist consultation availability, 24-hour nursing care and observation, counseling staff trained in substance use disorders and mental health treatment, and overall monitoring of medical care.

Services are provided under a defined set of physician-approved policies, procedures, and clinical protocols. E-ATS are available for both adolescents and adults.

• Individuals may be admitted to an E-ATS program directly from the community, including referrals from Emergency Services Program/Mobile Crisis Intervention (ESP/MCI) providers, or as a transition from inpatient services.

• Level 3 ATS programs providing EATS: SSTAR/Fall River; High Point/Plymouth; Community Healthlink/Worcester

• Reimbursed by MA Behavioral Health (MBHP)
Residential Rehabilitation Services

- Adults Only
  - Long-Term
  - Recovery Home
- Adults with families
  - Short-Term
  - Social Model
  - Transitional Support Services
- OUI Second Offenders
- Youth
  - Youth Services

- For medically stabilized individuals and families able to participate in structured residential treatment
- Short (30-45 days) and Long term services (3-6 months)
- Adult and Youth services
Short Term Stabilization - Adult

- **Transitional Support Services (TSS):** short-term residential services, safe and structured environment to support recovery after detoxification; need to be referred from detox or CSS; intended for persons waiting for a bed at a residential program; Community Healthlink, Worcester

- **Tewksbury Stabilization Program:** structured, residential substance-free environment for homeless and imminently homeless men. Includes case management, psycho-ed groups and referrals
Long Term Services – Adult (3-6 months)

- For medically stabilized individuals and families able to participate in structured residential treatment
  - Therapeutic Community (In-house Tx)
  - Recovery Home (Halfway House) - Crozier House, Hector Reyes, Faith House, Charles Faris Recovery
  - Social Model Homes (with case mgmt and peer counseling) - Jeremias Inn, Rhodes House, Channing
  - Specialized Residential Services for Women: for mothers in treatment to maintain custody of (or reunify with) their children - Orchard Street
Family Services

- **Family Residential Treatment Programs**: housing, individual and family treatment and case management for caretaking parents; 7 programs statewide

- **Supportive Housing for Homeless Families**: Community Housing for HUD-eligible families, includes case management; sites in Webster and Worcester in CM

- **Family Intervention**: For families in need of help and youth /young adults with parent or guardian; offers home based services if needed, **LUK, Inc.**
Youth Intervention and Treatment

Central Intake – System for youth treatment referral and placement
Call: 617-661-3991

- **Youth Stabilization**: short term, intensive clinical acute care/stabilization for adolescents 13-18; **MYR and Castle** Programs

- **Youth Residential**: short-term residential rehab for post detoxification 13-18 years old. Includes schooling, counseling, pre-vocational, recreational; gender specific

- **Recovery High Schools**: supportive environment, 7 to 1 student to teacher ratio, extended class day and school year; **Rockdale High** covers Central MA students

- **Youth Outpatient Services**: assessment for adolescents requesting residential treatment to determine most appropriate level of care, using GAIN tool, and offering counseling
Outpatient Services

- **Day Treatment**
- **OUI First Offender**
- **Counseling**
  - Adult
  - Youth
- **Opioid Treatment**
  - (Methadone, Suboxone)

**OP Counseling / Day Treatment:** assessment and treatment planning, individual, group, and family counseling for adults and adolescents, their families, and/or significant others; *Spectrum, You, Inc., LUK, Inc*. Community Healthlink

**Opioid Treatment Services:** combine medical and pharmacological interventions (such as methadone, buprenorphine, naltrexone) with professional outpatient counseling, *Spectrum* sites in Worcester, Southbridge and Leominster, Milford; *Habit OPCO* Fitchburg

**Office-based Opioid Treatment (OBOT):** allows PCPs to prescribe Suboxone (Buprenorphine) for opioid dependence in community-based clinical and health care settings; *Family Health Ctr. of Worcester; Community Health Connections/Fitchburg, Barre Family Health Ctr.*

*Certified Gambling Specialists*
Partial Hospitalization/ IOP programs

Several exist in Central MA

• Harrington Partial Hospital Program is a short-term (2-3 weeks) program which offers intensive, coordinated and structured clinical services within a therapeutic environment. The goal of the program is crisis stabilization to avert inpatient hospitalization and return to a less intensive level of care.
Services in County HOC: BSAS funds OP treatment in all Houses of Correction in MA

Court Diversion Program: treatment and referral alternatives for non-violent court involved individuals

1st Offender Driver Alcohol Education: alternative sentencing, 40 hours of services in 16 weeks

2nd Offender 14-day Residential for DUI/L: phase one of 3-phase treatment model, 14-day residential

Second Offender Aftercare (SOA): phases two and three of 3-phase treatment model, 8+ weeks of services and then after-care treatment plan
Recovery Support Services

- Peer Recovery Support Centers: community based recovery services in each region to provide information, referral, self-help groups, and access to treatment services to support individuals in recovery. Based on the peer participatory process model.
- Everyday Miracles, 25 Pleasant St, Worcester
- Recovery Connection, 31 Main St, Marlboro

- Additional recovery support services available through Outpatient programs, including recovery coaches, care management, telephone monitoring LUK, Spectrum
BSAS website: www.mass.gov/dph/bsas
Contains information on:

- Prevention, Treatment and Recovery resources
- Substance abuse data
- Treatment guidelines (regulations and contractual requirements)
- Alcohol and Drug Counselor Certification
- DPH response to opioid epidemic
Resources

- Substance Abuse Information and Referral Helpline: [www.helpline-online.com](http://www.helpline-online.com) 1-800-327-5050
- Youth/Pregnant Women/Family Residential Central Intake: 617-661-3991
- Buprenorphine/Suboxone Referral Helpline: 1-866-414-6926
- Massachusetts Health Promotion Clearinghouse -- Free evidence-based resources [https://massclearinghouse.ehs.state.ma.us/](https://massclearinghouse.ehs.state.ma.us/)
- Prescription Take-back Kiosks: [http://www.mass.gov/drugdropbox](http://www.mass.gov/drugdropbox)
- Learn To Cope : Support and education for parents/family members [http://learn2cope.org](http://learn2cope.org)
- Problem Gambling Info and Referral Helpline: 1-800-426-1234
- Allies In Recovery: [http://alliesinrecovery.net](http://alliesinrecovery.net)