

## Who We Serve/ How We are Funded

### Drug Medi-Cal (DMC) Eligible Individuals:

Most of our programs are funded by the Drug Medi-Cal program, a benefit program of Medi-Cal through the Drug Medi-Cal Organized Delivery System (DMC-ODS). DMC-ODS services are health care services for people who have at least one Substance Use Disorder (SUD) that the regular doctor cannot treat. DMC-ODS services include: Outpatient Services, Intensive Outpatient Treatment, Partial Hospitalization (only available in some counties), Residential Treatment (subject to prior authorization by the county), Withdrawal Management, Opioid Treatment, Medication Assisted Treatment (varies by county), Recovery Services, and Case Management.

### CalWORKs Recipients:

The CalWORKs program provides temporary financial assistance and employment - focused services to families with minor children who have income and property below State maximum limits for their family size. Most able-bodied aided parents are also required to participate in the CalWORKs GAIN employment services program. CalWORKs recipients are eligible for AOD assessment, referral, case management, and treatment services.

### Self-Pay:

Substance Use Disorder (SUD) treatment services are based on a sliding fee scale where you will be assessed a fee based on your ability to pay. Cost should not be a barrier to seeking out treatment as many SUD programs have supplemental funding.

### Medical Necessity

One of the conditions necessary for receiving SUD treatment services through your county's DMC-ODS plan is something called 'medical necessity.' This means a doctor or other licensed professional will talk with you to decide if there is a medical need for services, if you can be helped by services if you receive them, and which services are most appropriate. All services must be medically necessary and provided in accordance with an individualized treatment plan.

### Priority Admission

- Pregnant women who are using or abusing substances;
- Women who are using or abusing substances who have dependent children;
- Injecting drug users;
- Substance abusers infected with HIV or who have tuberculosis; and
- All others.

## How to Contact Us For SUD Treatment Services: (888) 868-1649

### Department of Behavioral Wellness

300 North San Antonio Road, Bldg 3

Santa Barbara, CA 93110-1332

[countyofsb.org/behavioral-wellness](http://countyofsb.org/behavioral-wellness)

Administrative Phone: (805) 681-5220

FAX: (805) 681-5413

“A journey of a thousand miles  
begins with a single step.”

-Confucius



SANTA BARBARA COUNTY  
DEPARTMENT OF  
**Behavioral Wellness**  
A System of Care and Recovery

Alcohol and Other  
Drug Services

Continuum  
of Care

- ✓ Available Services
- ✓ Who We Serve
- ✓ How We are Funded
- ✓ Contact Information
- ✓ Priority Admission

### **Prevention (Level 0.5)**

Primary prevention services including education and early intervention services are targeted to prevent individuals from abusing substances before they begin using substances.

### **Outpatient Services (Level 1.0)**

Counseling services are provided to beneficiaries up to nine hours a week for adults and less than six hours a week for adolescents. Outpatient Services includes intake and assessment, treatment planning, individual counseling, group counseling, family therapy, collateral services, member education, medication services, crisis intervention services, and discharge planning.

### **Intensive Outpatient Services (Level 2.1)**

Intensive Outpatient Treatment services are provided to beneficiaries (a minimum of nine hours with a maximum of 19 hours a week for adults and a minimum of six hours with a maximum of 19 hours a week for adolescents). Services consist primarily of counseling and education about addiction-related problems. Intensive Outpatient Treatment Services include the same components as Outpatient Services. The increased number of hours of service are the main difference.

### **Residential Treatment (Level 3.1 or 3.5)**

Residential Treatment is a non-institutional, 24-hour non-medical, short-term residential program that provides rehabilitation services to members with a SUD diagnosis care. Residential services require prior authorization by the county plan. Each authorization for residential services can be for a maximum of 90 days for adults and 30 days for youth. Only two authorizations for residential services are allowed in a one-year-period. Residential Services includes intake and assessment, treatment planning, individual counseling, group counseling, family therapy, collateral services, member education, medication services, safeguarding medications crisis intervention services, and discharge planning.

### **Withdrawal Management (Level 3.2)**

Withdrawal Management services are provided when indicated to monitor the detoxification process. Beneficiaries shall reside at the facility if receiving a residential service and will be monitored during the detoxification process. Withdrawal Management Services include intake and assessment, observation (to evaluate health status and response to any prescribed medication), medication services, and discharge planning. Most Withdrawal management services last from five (5) to seven (7) days, after which beneficiaries are placed into a treatment level that best suits their needs.

### **Opioid Treatment (OTP)**

Opioid (Narcotic) Treatment Program (OTP/NTP) services are provided in NTP licensed facilities. OTPs/NTPs are required to offer and prescribe medications to beneficiaries including Methadone, Buprenorphine, Naloxone, and Disulfiram. Opioid Treatment Services include the same components as Outpatient Treatment Services, with the inclusion of medical psychotherapy consisting of a face-to-face discussion conducted by a physician on a one-on-one basis with the beneficiary. Depending on the severity of the opioid use disorder, the length of treatment can last months to years, and is heavily focused on relapse prevention.

### **Medicated Assisted Treatment**

Medication Assisted Treatment (MAT) Services are also available outside of the OTP clinic. MAT is the use of prescription medications, in combination with counseling and behavioral therapies, to provide a whole-person approach to the treatment of SUD. MAT services includes the ordering, prescribing, administering, and monitoring of medications for SUD, particularly to address opioid and alcohol dependence.

### **Recovery Services**

Recovery Services are available after completing treatment and include individual and group counseling; recovery monitoring/substance abuse assistance (recovery coaching, relapse prevention, and peer-to-peer services); and case management.

### **Case Management Services**

Case Management Services assist a beneficiary to access needed medical, educational, social, prevocational, vocational, rehabilitative, or other community services. These services focus on coordination of SUD care, integration around primary care especially for members with a chronic SUD, and interaction with the criminal justice system, if needed.

### **Perinatal Services**

Services for pregnant/post partum women and women with children. Perinatal services are enhanced to address the unique needs of women. Perinatal services are provided by facilities certified to provide perinatal services in alignment with the Perinatal Service Network Guidelines.

### **Youth and Family Treatment Centers**

Provide treatment to youth who have begun using drugs and alcohol, and their families. The focus is on youth between the ages of 13 and 17. Programs provide age- appropriate developmental services and family involvement in outpatient settings.

### **DUI Services**

Driving Under the Influence (DUI) services are first and multiple offender programs which provide education and counseling for persons who have a driving or boating violation involving alcohol and/or other drugs.

### **PC 1000 - Drug Diversion**

PENAL CODE 1000 - Drug Diversion is a deferred entry of judgment program for non-violent drug offenders referred to treatment. Upon completion of treatment, charges are dismissed. Services include education, and individual and group counseling.