

# Behavioral Health Services (BHS) and How the System of Care Supports Individuals with Co-Occurring (Substance Use/Mental Health) Concerns

MHSA Steering Committee  
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Presented by:


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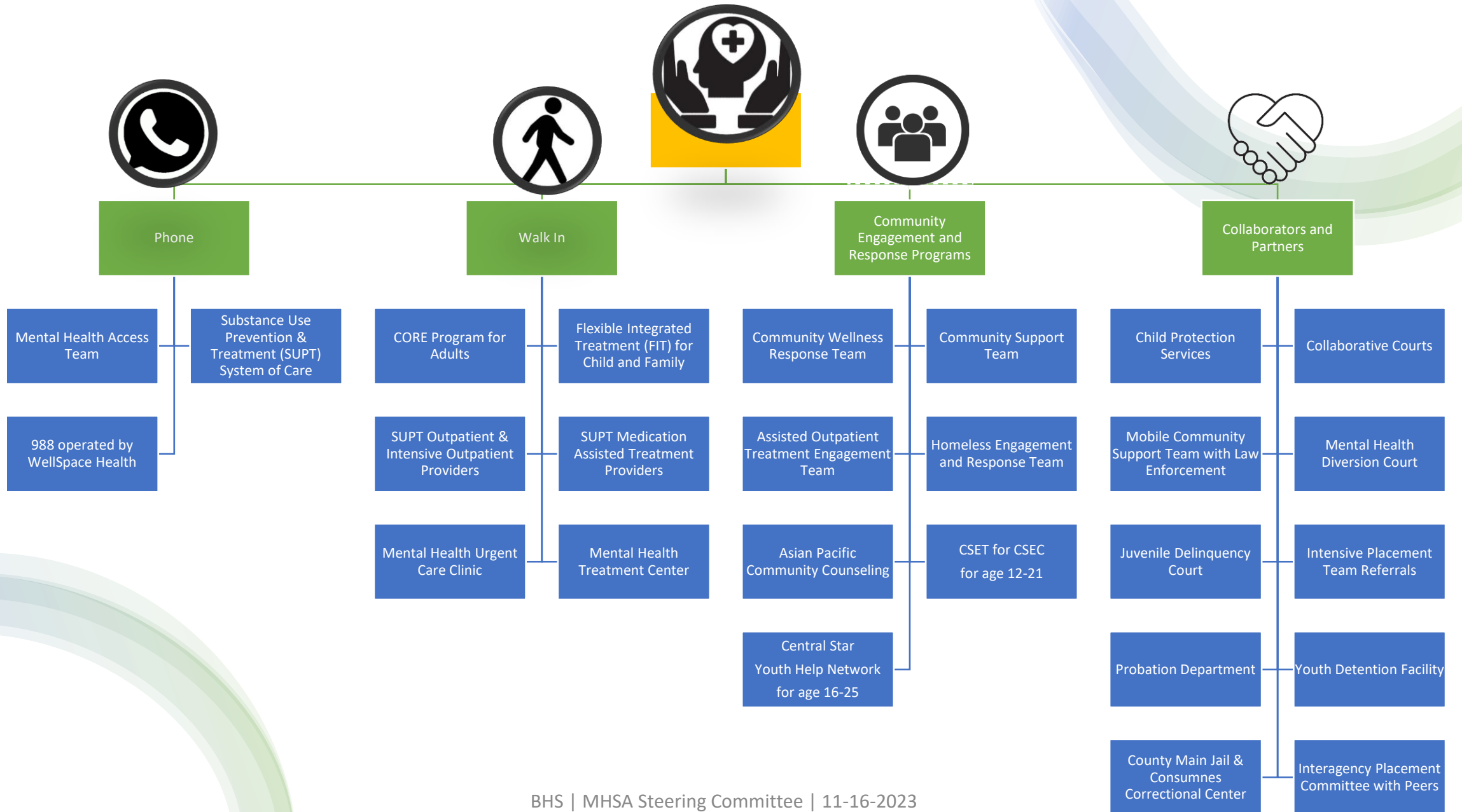
# Agenda

- Behavioral Health Services Entry Points & Continuum of Care
- Co-Occurring Needs
- Substance Use Prevention and Treatment American Society of Addiction Medicine (ASAM) Levels of Care
- Questions



# Behavioral Health Entry Points & Continuum of Care

Individual seeks Behavioral Health Services or is referred for services



Entry Point

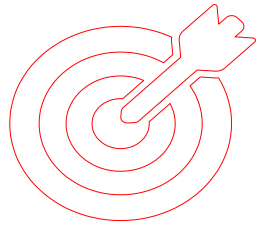


Specialty Mental Health  
Outpatient Services



Court/Justice  
Collaborative Services

**Mental Health Continuum of Care**



Prevention &  
Early  
Intervention  
Services



Crisis Services



Acute Care



Sub Acute Care



Youth Intensive  
Placements

Entry Point



Outpatient/Intensive  
Outpatient



Residential



Detox/Withdrawal  
Management



Recovery Residences

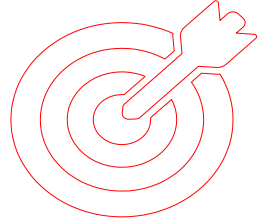


Perinatal Services



DUI Programs

**Substance Use Prevention &  
Treatment Continuum of Care**




Prevention



Medication Assisted  
Treatment



Collaborative Court  
Programs



Children, Youth,  
Families and Adult  
Mental Health  
Services

# Mental Health Continuum Levels of Care

RESIDENTIAL <-> INTENSIVE OUTPATIENT <-> OUTPATIENT

## Children, Youth and Families

- Child Adolescent Psychiatric Services (CAPS)
- Flexible Integrated Treatment (FIT)
- Wraparound
- Full Service Partnership
- Short Term Residential Treatment Program (STRTP)

SUB-ACUTE <-> HIGH INTENSITY <-> LOW/MODERATE INTENSITY

## Adult


- Adult Psychiatric Support Services (APSS)
- Community Outreach Recovery Empowerment (CORE)
- Full Service Partnership
- Sub-Acute



# Co-Occurring Needs

- Mental Health providers are responsible for addressing mental illness and co-occurring substance use disorders.
- Services provided by DHCS certified mental health treatment providers are only reimbursable by Medi-Cal and must follow Medi-Cal requirements.
- Substance use services, including assessment for substance use, provided by Mental Health providers must be provided through the lens of the mental health issue being treated (i.e., co-occurring services).
- Mental Health entry points such as Community Support Team, Mobile Crisis Support Team, Homeless Engagement and Response Team have members that are crossed trained in American Society of Addiction Medicine (ASAM) to provide assessment and support for linking to Substance Use Prevention and Treatment Services.





# Substance Use Prevention and Treatment

# American Society of Addiction Medicine (ASAM) Levels of Care

- **ASAM 1.0 – Outpatient Treatment**
- **ASAM 2.1 – Intensive Outpatient Treatment**
- **ASAM 3.1 Residential Treatment**
  - Structured SUD treatment / recovery services that are provided in a 24-hour residential care setting with patients receiving at least 5 hours of clinical services per week.
- **Level 3.2 Withdrawal Management (WM) Residential Beds (Detox)**
- **ASAM 3.5 Residential Treatment**
  - 24-hour structured living environments with high-intensity clinical services for individuals who have multiple challenges to recovery and require safe, stable recovery environment combined with a high level of treatment services.

# ASAM Levels of Care

**Opioid Treatment Programs** - for opioid use disorders and stabilization including counseling, methadone, other FDA medications, and coordination of care. All are billing for non-methadone required medications.

- Nine (9) program sites

**Recovery Residences** - 24-hour residential drug-free housing for individuals in outpatient or intensive outpatient treatment who need drug-free housing to support their recovery while in treatment.

**Recovery Support services** - for clients in remission from SUD having completed treatment services, but requiring ongoing stabilization and supports to remain in recovery including assistance with education, jobs, housing, relapse prevention, etc.

Included with outpatient and residential programs as a step-down.

# How to Make a Referral or Seek Services

## By Phone:

- Mental Health Access: 916-875-1055 or toll free 888-881-4881. California Relay Service: 711.
- Substance Use Prevention and Treatment Services System of Care: 916-874-9754, or toll free 888-881-4881  
California Relay Service: 711.

## By Website (Mental Health Only):

- Online Mental Health Service Request <https://mentalhealthservicerequest.saccounty.net/>

## By Mail:

- Mental Health Access Team, *7001-A East Parkway, Suite 700, Sacramento, CA 95823*
- Substance Use Prevention and Treatment System of Care, *7001-A East Parkway, Suite 500, Sacramento, CA 95823*

## By Walk-In:

- Mental Health Urgent Care Clinic [Open 24 hours 7 days per week] at 2130 Stockton Blvd. Building 300, Sacramento, CA 95813
- Mental Health Provider Walk-in list <https://dhs.saccounty.gov/Access>
- Substance Use Prevention and Treatment Community Resource List  
<https://dhs.saccounty.gov/BHS/Documents/SUPT/GI-BHS-SUPT-Community-Resource-List.pdf>



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# Questions?

# Thank You!