



# DID YOU KNOW...?

## **LET'S TALK INPATIENT**

- Many folks begin their journey toward recovery by starting out at a detox facility, but what's the next step? There are many options available and it's all about finding what works for you! There is no wrong door to recovery.
- When talking about Substance Use Disorder treatment, a CSS level of care refers to Clinical Stabilization Services. This is a post-detox inpatient level of care. CSS's offer groups, case management and clinical services. CSS placements are short term usually 10-14 days.
- Another acronym you may have heard is TSS. TSS level of care refers to Transitional Support Services. This is also a post detox inpatient level of care. Often people will move from detox to a TSS or from a CSS to a TSS. TSS's offer groups as well as a safe place to continue working on early recovery while waiting for longer term treatment.
- If you have completed detox and were unable to find placement in aftercare, don't lose hope! You do not have to return to detox to get into a CSS or a TSS if you have not relapsed. Call the CSS and make a self-referral. Also, there are drop in service centers available to help with referrals as well.
- If you are using medication assisted therapy such as Suboxone, Methadone or Vivitrol you are still eligible to participate in a CSS, TSS or a Halfway House.
- There are a number of Halfway Houses in Massachusetts. Halfway Houses offer long term residential treatment usually lasting 6 months or even longer. Some halfway houses accept individuals and their children.
- There are three types of Halfway Houses in Massachusetts 1. Recovery Homes 2. Social Model Homes and 3. Therapeutic Communities.

- The three types of Halfway Houses vary in structure and philosophy.
- Regardless of which type of Halfway House you attend, these houses are regulated by the Department of Public Health and are fully staffed.
- Halfway Houses offer clinical services, advocacy and resources.
- After treatment in a Halfway House some people decide to step down to sober housing.
- Currently, sober houses in Massachusetts are not regulated by any state agency.
- Sober houses can choose to become voluntarily certified. To find a certified sober house click the following link <https://mashsoberhousing.org/>

## **HOW ABOUT INSURANCE FOR INPATIENT?**

- Inpatient detoxification and CSS levels of care are most often times covered by insurance.
- TSS levels of care as well as Halfway Houses are not covered by insurance. These programs are most often funded by the Massachusetts Department of Public Health. So the great news here, anyone who is a Massachusetts resident is eligible to apply for these services regardless of health insurance.
- If you do not have insurance you may apply for MassHealth by clicking on the following link <https://www.mahealthconnector.org/> . **In the meantime however, many detoxification facilities have beds for folks without insurance so you can still get treatment while waiting for insurance!**

## **LET'S TALK OUTPATIENT**

- SOAP (Structured Outpatient Addiction Program) and IOP (Intensive Outpatient Program) programs provide folks with groups, counseling and referrals. SOAP/IOP programs often operate 5 days or evenings a week for a specified number of weeks. Many of these programs are available half day so people are still able to attend to work and family responsibilities. SOAP/IOP programs are offered at places like outpatient clinics and some hospitals.

- Many insurance companies cover the cost of a SOAP/IOP program. In fact, some of the MassHealth products can assist with transportation if you do not have your own.

## **WHAT IS A SECTION 35?**

- A Section 35 is an involuntary commitment to treatment that can be granted by the courts. Please click on the attached link for more information  
<http://www.mass.gov/eohhs/docs/dph/substance-abuse/sec35-faq-brochure-revised-11-16.pdf>

***We hope this information was helpful to you. Navigating through the various treatment options can be overwhelming. If you would like further information or need further assistance please contact Meaghan Ritcey at 781-314-3317 or [mritcey@city.waltham.ma.us](mailto:mritcey@city.waltham.ma.us).***