

Cayuga Addiction Recovery Services

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Welcome to CARS



Cayuga Addiction Recovery Services
Outpatient Services
and Opioid Treatment Program

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Challenge Workforce Solutions
 607-272-8990
challengeworkforcesolutions.com

Tompkins Community Action
 607-273-8816
tactionweb.org

Southern Tier Care Coordination
 607-272-1208
stcares.org

Southern Tier AIDS Program
 607-272-4098 or 888-206-2870
stapinc.org

Child Development Council
 607-273-0259
childdevelopmentcouncil.org

Tompkins County DSS
tompkinscountyny.gov/dss

Medicaid Transportation
 1-866-753-4543
medanswering.com

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Tompkins County:

The Mental Health Association in Tompkins County
607-273-9250
mhaedu.org

Tompkins County Mental Health
607-274-6200
tompkscountyny.gov/mh

Family and Children's Services
607-273-7494
fcsith.org

Suicide Prevention & Crisis Service
607-272-1616 or 800-273-8255
ithacacrisis.org

The Advocacy Center
607-277-5000
actompkins.org

Ithaca Community Recovery
607-216-8754
ithacacommunityrecovery.org

Ithaca Free Clinic
607-330-1254 or 607-330-1253
ithacahealth.org

Women's Opportunity Center
607-272-1520
womensopportunity.org

OAR
607-272-7885
oartompkins.org

Catholic Charities
607-272-5062
catholiccharitiestt.org

The Learning Web
607-272-8162
learning-web.org

Substance use information and definitions

A Substance Use Disorder (SUD) is a mental health disorder that may occur alongside other mental health and physical health issues. Substance Use Disorders are chronic, relapsing diseases that can worsen over time. However, these disorders are treatable, and many people enter recovery and enjoy healthy, happy lives. Substance Use Disorders do not discriminate in who they impact; people of all ages, ethnicities, genders, and economic backgrounds develop SUDs.

Definitions:

Substance use disorders: a group of symptoms including patterns of thought, behavior, and physiological effects that indicate the person is using a substance even though they have significant problems related to their substance use. A change in brain circuitry occurs and may lead to repeated relapses and drug cravings as a result of associated triggers. These persistent drug effects may benefit from long-term approaches to treatment.

Recovery: a voluntary, self-directed, ongoing process where an individual accesses formal and informal resources, manages their care and their addiction, rebuilds their lives, relationships, and health to lead a full and meaningful life. (SAMHSA definition from Federal Regulations)

Common signs of SUDs

Family and friends of someone with a SUD may have been able to recognize that something was different, or problems were arising with their loved one, but may not have understood they were seeing signs of SUD. If your loved one shows some of these symptoms, they may be struggling with SUD:

- Over time they use more of the substance, both more frequently and/or a larger volume each time they use.
- Struggles to stop using once they start.
- Has tried to cut down or stop on their own and have not been able to.
- Becoming stressed when they do not have the substance and may plan their activities around getting the substance.
- Continuing to use the substance even when it has created issues; ex: DWI, relationship issues, work problems, less involvement with regular hobbies, neglecting children.
- Change in their typical appearance; ex: disheveled, poor hygiene, weight loss, skin sores, dental issues.
- Extreme mood changes; ex: irritability, exhaustion/falling asleep in the middle of activities, very high energy/not sleeping for extended amounts of time.
- Isolating, doing activities in secret, keeping certain relationships secret.
- Doing risky behaviors in order to get their substance.

How to get involved with CARS Outpatient Services

Let CARS staff assist with determining what level of care is best for you, and if you already know, let us support you in getting those services started as soon as possible. Our goal is to help you, or your family member, get started on reaching your goals.

Outpatient Services

- Open Access/Walk-in Times: Monday- Friday 8:30AM- 4PM at 334 W. State Street, Ithaca, NY 14850
- Open Access is a first-come, first-served wait. The assessment process itself can take around 1-2 hours, so please come prepared to complete paperwork, provide insurance information, and meet with a counselor to start the process.

The CARS goal is to have everyone assessed on the first day they walk in and be ready to start Outpatient services the following day.

If any of our open access times do not work with your current schedule, please reach out to the Outpatient Clinical Supervisor to make other accommodations.



Opioid Treatment Program

Phone Screen (607) 273- 5500 * Pre-screen * Schedule assessment appointment

If you would like assistance with getting into another program that CARS does not offer (detox, inpatient, etc.) we can also assist with the referral process. For more information about our assessment process please call the CARS main line (607-273-5500) to speak with a counselor.

In any case of someone trying to harm or kill themselves or making plans to do so, immediately call 911 and stay with them until help arrives

Types of treatment available at CARS Outpatient

Opioid Treatment Program (OTP) – OASAS-certified sites where methadone or other approved medications are administered to treat opioid dependency. OTPs offer medical and support services including counseling and educational and vocational rehabilitation. A physician serves as medical director and physician, and nursing staff

Insurance information

CARS Outpatient accepts multiple insurance providers, has a sliding scale fee for those without insurance, and provides support with getting insurance by having an Insurance Navigator at our Outpatient building every Wednesday from 9am- 1pm. Here are some examples of insurance providers we accept (for additional information please contact our Outpatient front office): Fidelis, Molina, Aetna, Child Health Plus, Empire, Excellus (BC-BS), Family Health Plus, GHI, NYS Medicaid, Cigna, GHI, Total Care, United Behavioral Health, United Health Care, Value Options.

Communication and confidentiality

We may not be able to speak to you about your loved-one's treatment. There are two federal laws (HIPAA, and 42 C.F.R. Part 2) that guarantee strict confidentiality for people seeking treatment for substance use disorders. If a client does not sign a consent for release of information for a specific person, the program is not legally allowed to report anything about that client. This includes whether the client is or is not enrolled and attending the treatment program. If you request information from a staff member, you may hear the response, "I cannot confirm nor deny that such a person is receiving services". While this can be frustrating for family members, please remember the confidentiality laws are designed for the protection of the client. The client has the power to decide who can participate in their treatment, and what type of information that person has access to. It may be a good idea to discuss confidentiality with your loved-one and express to them how you would like to participate in their recovery program. While counselors and program staff can encourage family involvement, the client has the final say.

Community resources

National and New York State:

SAMHSA
samhsa.gov

OASAS
oasas.ny.gov

OMH
omh.ny.gov

Council on Addictions of New York State
cansy.net

NYS Justice Center
justicecenter.ny.gov

Tompkins County:

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Supporting our clients

CARS Mission Statement:

The power source for our shared work of transformation is the partnership we build with each of our clients. That requires all of us at CARS to be a creative, visionary and energetic force which regularly provides the one indispensable commodity offered by CARS to our community: deep and meaningful engagement and connection as partners in transformation and a rich, seamless care experience. To do this we must live by the values at the heart of our work and maintain strict fidelity to them.

“We believe in the capacity of people to
transform themselves.”
-CARS enduring purpose statement

If you feel that you or your loved one has been abused, neglected, or maltreated please see the contact information below.

CARS Outpatient Clinical Supervisor (607) 273-5500 ext. 1028
CARS Outpatient Program Director (607) 273-5500 ext. 1023
New York State Justice Center Abuse Hotline (855) 373-2122
New York State Justice Center Website: <http://www.justicecenter.ny.gov>



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assess each individual and approve the plan of care. Clinical staff provide individual, family and group counseling. Patients are prescribed and delivered medication assisted treatment, which is expected to be the long-term medication management of a chronic disorder. Many patients are provided treatment over a lifetime, similar to chronic management of diabetes or a heart condition.

Outpatient Clinic – OASAS-certified outpatient services have multi-disciplinary teams that include medical staff. These programs provide treatment services to individuals who suffer from substance use disorders and their family members and/or significant others. The length of stay and the intensity (as measured by frequency and duration of visits) will vary during treatment. In general, clients are engaged in more frequent outpatient treatment visits earlier in the treatment process; visits generally become less frequent as treatment progresses. Treatment includes the following procedures: group and individual counseling; education about, orientation to, and opportunity for participation in, relevant and available self-help groups; alcohol and substance abuse disorder awareness and relapse prevention; HIV and other communicable disease education, risk assessments, supportive counseling and referral; and family treatment. If desired, social and health care services, skill development in accessing community services, activity therapies, information and education about nutritional requirements, and vocational and educational evaluation must be available either directly or through written agreements. Treatment is provided according to an individualized assessment and treatment plan.

Ancillary Withdrawal Service – Ancillary withdrawal services are the medical management of mild or moderate symptoms of withdrawal within in an OASAS-certified setting. Medical staff monitor withdrawal symptoms; staffing will include, physician, physician extenders, registered nurse, clinical staff. Treatment plans will include the medication protocol to achieve safe withdrawal management, clinical interventions to achieve engagement, the management of urges and cravings, and address cognitive and behavioral issues and recovery supports. Clients who need more support will be referred to a level of care most appropriate to them.

Teen services – CARS also provides treatment services for teens struggling with substance abuse. A teen group is available in addition to individual counseling sessions and medical services. We are able to work with a minor’s school schedule and provide them with the same assistance we would offer any adult.

Peer support services - Service provided by a Peer Advocate to a current client. Peer support services are services for the purpose of connecting clients to community-based recovery supports consistent with the client’s treatment/recovery plan. The Peer Advocate assists the client with accessing support and resources in the community.

Medication assisted treatment/therapy

MAT – is Medication Assisted Treatment or Therapy. It uses medication along with counseling for the treatment of SUD. MAT includes medications that can treat both the cravings for a substance, and limit the effect the substance would have if the person were to use.

Available medications:

Acamprosate (Campral) – a medication for treatment of Alcohol Use Disorder; treats cravings.

Buprenorphine (Subutex, Sublocade) – an opioid medication for treatment of Opioid Use Disorder; treats cravings, long-acting.

Buprenorphine & Naloxone (Suboxone, Zubsolv) – a medication containing an opioid and an opioid blocker for treatment of Opioid Use Disorder; treats cravings and blocks effects of opioids, long-acting.

Disulfiram (Antabuse) – a medication for treatment of Alcohol Use Disorder; causes “hangover” symptoms when alcohol is used.

Methadone (Methadose, Dolophine) – an opioid medication for the treatment of Opioid Use Disorder; treats cravings, long-acting; highly regulated and supervised.

Naloxone (Narcan) – a medication that reverses the effects of an opioid overdose.

Naltrexone (Revia, Vivitrol) – a medication for treatment of Alcohol Use Disorder and Opioid Use Disorder; treats cravings and blocks the effects of opioids and alcohol.

Other medications may be utilized to treat symptoms associated with a Substance Use Disorder, but they may not be as commonly used as those mentioned above. We always recommend that a client is open about discussing their symptoms with the medical provider, as there may be alternative medical treatments available.



Family support services

While assisting your loved one in getting started in treatment it is also important to seek family services to assist you in getting support and information on substance use disorders.

Significant other counseling - these services are for anyone who has someone in their life that they care about who is struggling or are in recovery from a substance use disorder. This process would start with an assessment during our Open Access times, followed by individual sessions that would be tailored to your goals of significant other counseling.

Al-Anon - is a mutual support program for people whose lives have been affected by someone else’s drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

Alateen - a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else’s drinking whether they are in your life drinking or not. By attending Alateen, teenagers meet other teenagers with similar situations. Alateen is not a religious program and there are no fees or dues to belong to it. If you are in the Ithaca area please check the meeting schedule for Ithaca Community Recovery to attend one of the meetings above: www.ithacacommunityrecovery.org/meetings/al-anon-alateen/

518 W. Seneca Street Ithaca, NY 14850 * (607) 216- 8754

To find other Al-Anon or Alateen meetings outside of the Ithaca area please visit the following site: www.al-anon.org/al-anon-meetings/find-an-al-anon-meeting/

How to take care of yourself

As your loved one begins their recovery, you may discover that you need recovery from the traumatic experience of caring for a loved-one who has struggled with addiction. CARS offers Significant Other Counseling services. If you would like a confidential space to discuss your concerns about your loved one, and the best way to manage your own stress, you may complete an assessment and meet with your own individual counselor.

An important way you can care for yourself and your loved-one, is to set and keep healthy boundaries. These boundaries may be very specific due to each family’s unique circumstances. A few ways to determine if you are keeping good boundaries is to notice whether you are prioritizing your loved one’s needs over your own, and/or more than they are prioritizing their own wellness and recovery. You may also notice that you try to control many of your loved one’s behaviors because you are worried about the progress of their recovery. Taking care of yourself may mean reminding yourself that while you can help support your recovering loved-one, you did not cause their illness, and you cannot control or cure their illness.