

Substance Abuse Treatment in Lancaster County Frequently Asked Questions

Where do I go to get help?

Getting an assessment is the first place to start. Any outpatient treatment provider can assist you in getting an assessment (go to www.compassmark.org/outpatient_help.html to view the outpatient substance abuse treatment providers in Lancaster County). If you are not sure where to start, contact the Compass Mark Drug & Alcohol Information Center's **HOPELINE** at 717-299-2831 from 9 a.m. to 5 p.m. weekdays for information and referral assistance.

How do I pay for substance abuse treatment?

DO YOU HAVE INSURANCE, HMO, MA, OR VETERANS BENEFITS?	
NO	YES
<p>The therapist will help you make an appointment to have a financial liability assessment. This will determine how much you have to pay each month for treatment.</p> <p>If your therapist recommends:</p> <p><u>OUTPATIENT AND INTENSIVE OUTPATIENT</u> Stay in treatment with your therapist and pay only the amount of your financial liability each month.</p> <p><u>OR RESIDENTIAL TREATMENT</u> Your therapist will call the case management unit of the Lancaster County D&A Commission to review your case and discuss approval for the payment of these services.</p> <p>If approved, you may go to one of several County contracted rehabilitation centers, halfway houses, or a partial program.</p>	<p><u>INSURANCE</u> Many insurance companies cover D&A Treatment. Contact your insurance company to determine what is covered and proper access to treatment.</p> <p><u>HMO</u> Many Health Maintenance Organizations (HMO's) provide D&A coverage. It is important that you follow the correct procedures or the D&A treatment will not be covered. In most cases, pre-authorization from the HMO is required.</p> <p><u>VETERAN'S BENEFITS</u> Most military veterans are eligible for D&A treatment services. Both the Lebanon and Coatesville VA Hospitals provide D&A treatment services. There are also outreach and outpatient programs for veterans.</p> <p><u>PRIVATE PAY</u> If you have the ability to pay for your D&A treatment, you are able to choose any facility you can afford.</p>

How do I know what level of care or help I need?

You can be assessed directly at any outpatient treatment provider that has a contract with Lancaster County (go to www.compassmark.org/outpatient_help.html to view the outpatient substance abuse treatment providers in Lancaster County).

What are the different types of services available in Lancaster County for substance abuse treatment?

When it comes to problems with alcohol and other drugs, help comes in many forms:

- **Inpatient Treatment:** Inpatient treatment is a residential approach to treatment where the client resides in a treatment facility during the course of treatment. Inpatient treatment can be short, medium, or long-term and usually involves intensive counseling as well as other services that support recovery (go to http://www.compassmark.org/inpatient_help.html to view inpatient treatment options in Lancaster County).
- **Outpatient Treatment:** Outpatient treatment is non-residential, although partial residential programs are also included in this category (go to http://www.compassmark.org/outpatient_help.html to view outpatient treatment options in Lancaster County).
- **Other Treatment and Services:** This category includes emergency services, helplines, and support groups (go to http://www.compassmark.org/treatment_options.html to view other treatment options and services).

What are my treatment options outside of Lancaster County, Pennsylvania?

To search the national Substance Abuse Treatment Facility Locator database, go to <http://www.findtreatment.samhsa.gov> (U.S. Substance Abuse and Mental Health Services Administration database).

Where can I find out more about support groups for issues relating to alcohol and other drugs?

- To view information about support groups in Lancaster County, Pennsylvania, go to http://www.compassmark.org/support_groups.html .
- To view the national Alcoholics Anonymous website, go to <http://www.alcoholics-anonymous.org> .
- To view the national Narcotics Anonymous website, go to <http://www.na.org> .
- To view the national Al-Anon/Alateen website, go to <http://www.al-anon.alateen.org> .
- To view the national Adult Children of Alcoholics (ACA) website, go to <http://www.adultchildren.org> .
- To view the national Nar-Anon website, go to <http://naranon.com> .

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