



# Accessing Mental Health & Substance Abuse Services

Presentation to HIV/AIDS Committee of  
Partnership for Healthy Durham  
May 26, 2010

# Fast Facts

## What We Do

We help Durham County citizens seeking help for mental illness, developmental disabilities and substance abuse receive the quality services and supports for which they are eligible.

We work with them to achieve their goals and live as independently as possible while protecting their individual rights.

## Who We Serve

We manage care for people with severe and persistent mental illness, developmental disability and substance abuse diagnoses who have limited or no ability to pay for services.

# How to Access Services

**\*Call Durham Center's 24-Hour Help and Crisis Care Line:**

**560-7100 or (toll free) 1-800-510-9132**

- If an adult is experiencing a crisis, he/she may be taken to Durham Center Access at 309 Crutchfield Street (next to Durham Regional Hospital)
- Walk-in to DCA during business hours to receive a comprehensive substance abuse and/or mental health assessment (Durham Assessment Team)
- Seek assistance from one of our contracted providers – current list on [www.durhamcenter.org](http://www.durhamcenter.org) or Network of Care: [durham.nc.networkofcare.org](http://durham.nc.networkofcare.org)

# Services Available - Assessment

**Assessments for Families Involved with WorkFirst, Food Stamps, or Child Protective Services** - Licensed clinician provides a comprehensive assessment for individuals applying for WorkFirst or involved with CPS who screen positive for substance abuse and Food Stamp applicants with Class H or I felony history.

**Durham Assessment Team** - If an adult does not have insurance and limited or no ability to pay, he/she may receive a comprehensive mental health and/or substance abuse assessment by Durham Assessment Team (located at DCA).

**TASC** – Assessment, referral, and care coordination for individuals involved with criminal justice system. Contact: 560-0555.

# Services Available

**HIV Testing & Counseling** – For individuals in substance abuse treatment. Contact: CAARE, Renee Bowie-683-5303

**Nurturing Parenting Program** – Parenting support and education groups that promotes cooperation, respect and self-worth. Contact: Exchange Club's Family Center-403-8249

**Peer Support** – Substance-free environment and support. Wellness City (687-4041) or Club 12 Community Center (381-9494)

# Services Available - Treatment

**Opioid Treatment Program** - Medication-assisted treatment and therapy for adults who are addicted to opiates; best practice. Contact: BAART-683-1607

**Outpatient individual and group counseling** (Freedom House, Medicaid providers)

**Intensive Outpatient** - intensive (2-3 times/week) services, including individual therapy, group therapy, family therapy (Freedom House, BAART, Medicaid providers)

**Women's Specialized Substance Abuse Program** – gender-specific services for mothers seeking to regain custody of their children, includes outreach, case management, early intervention, and individual, group, and family therapy (Duke Family Care)

# Services Available - Treatment

## **Criminal Justice Resource Center (individuals on probation-560-0500):**

- individual counseling, group therapy
- court planning
- employment and housing assistance
- case management

## **Integrated Dual-Disorder Team (Easter Seals-433-0170):**

- Most intensive outpatient treatment
- Blends mental health and substance abuse treatments through motivation
- Team approach
- “Hospital without walls”

## **Hispanic Program (El Futuro-688-7107 X 607)**

- Projected opening: July 2010
- Crisis and intensive outpatient services

# Services Available – Residential Treatment

## Transitional Living:

- 30 – 45 day crisis step-down
- Goals: connect with treatment, assist with housing
- 24 hour supervision and structured living
- Freedom House, Recovery Center of Durham, or TROSA

## Halfway Houses:

- 3-6 month residential treatment; Durham Center contracts with Recovery Center of Durham (female) and Freedom House (male and female facilities)
- <http://www.freedomhouserecovery.org>, RCD=638-4755



# Services Available – Residential Treatment

## Longer-Term Residential Treatment

### TROSA:

- Licensed, 2-Year Therapeutic Community, use peer-governing structure and supervision
- Male & female, 300+ beds
- <http://www.trosainc.org/>

### CASCADES:

- Supervised living, and intense treatment, for women with substance abuse disorders who are pregnant and/or have dependent children (up to the age of 11), women typically remain in program for 12 months, 14 beds

# Substance Abuse Services

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THE  
**DURHAM CENTER**

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*Managing Behavioral Health & Disability Services*