

## PROVIDENCE ST. VINCENT ADULT OUTPATIENT SUBSTANCE ABUSE PROGRAM

**Substance Use Disorder (SUD) Outpatient Treatment Program  
for Adults (18+ years old)**

Providence St. Vincent Outpatient Behavioral Health offers Outpatient Substance Use Disorder Treatment which includes assessment, personalized treatment planning, group therapy, and individual therapy sessions for a period of approximately 90 days (about 3 months).

The program utilizes Evidenced Based treatment approaches including Cognitive-Behavioral Therapy, Trauma-Informed treatment, and Mindfulness-based strategies with the goal of helping patients live their best, most fulfilled lives by decreasing or eliminating the harm that addiction or problematic substance use has caused in their lives. The program provides opportunities for patients to understand their use patterns, develop awareness around their triggers and unhelpful coping behaviors, and learn practical, healthy skills to support their personal goals. Both in-person and teletherapy options are available for individual therapy sessions.

**Treatment Services Provided:**

- **Currently, all group therapy sessions are being conducted virtually via EPIC Virtual Visits through Zoom.** *We ask that all patients are set up with an Active Providence MyChart Account.* Patients can usually be seen for an initial assessment within a week of treatment referral. In our Outpatient Program, we also provide State Certified DUII Treatment for patients needing treatment due to DUII Diversion or a DUII Conviction.

Our Program is registered with the Oregon Health Authority to provide Level 1 (Outpatient) Addiction Treatment Services as defined by the American Society of Addiction Medicine (ASAM), which includes:

- 8 or less hours a week (1-4 virtual groups per week)
- Attendance expectation is at least one group per week
- Approximately 90 days (about 3 months) of treatment
- Individual appointments vary from 1-4 times a month
- Random Urine Drug Testing
- Consultation and Evaluation for medications may be available

Your therapist will work with you to develop a treatment plan that will work with your specific needs. This plan will determine the number of groups per week and how often individual sessions will occur.

**At this time, the program does NOT provide the following treatment services:**

- *Medication Assisted Treatment (Suboxone, Methadone, Naltrexone, etc.)*
- *Inpatient services including medically managed withdrawal management services (aka "Detox")*
- *Intensive Outpatient Treatment (more than 9 hours of services per week)*

**REFERRALS AND SCHEDULEDING:**

Patients can "self-refer" or contact our program for more information by calling 503-216-2025 or visiting our website at: [www.providence.org/psvsud](http://www.providence.org/psvsud)

**Providers-** Please discuss your treatment recommendation with your patient and create an EPIC Referral order, using referral code **REF15G**. Our team will then reach out to schedule an intake evaluation appointment within 2-3 business days.

**Insurances Accepted:**

- *Medicare, OHP, Providence Health Plan and most private insurance. Our programs are Out of Network with Cigna and Kaiser Permanente*

**If you have questions please don't hesitate to call our office at 503-216-6134**