

# Outpatient Treatment for Substance Use Disorders



We offer a wide variety of behavioral health services including crisis intervention, counseling, Traditional Indian Medicine, integrated care and consultation with clinic programs, and two types of substance use disorder (SUD) treatment: outpatient and intensive outpatient treatment. Learn more about our outpatient SUD programs and if it is right for you or a loved one.

## Frequently asked questions

### What is substance use disorder?

Substance use disorder (SUD) affects your brain and behavior, leading to an inability to control the use of substances like alcohol or other drugs and medications.<sup>1</sup> It is a mental health disorder that, in Native communities, can be associated more often with those with strained ties to cultural beliefs, which often stems from historical trauma due to genocide, forced assimilation, and the loss of ancestral lands.<sup>1,2</sup>

If you or a loved one has a problem with substance use, SIHB offers culturally attuned outpatient treatment services to help.

### What is SUD outpatient treatment at SIHB?

Our SUD services include outpatient and intensive outpatient treatment options for Indigenous adults. We integrate traditional ways into every aspect of our outpatient treatment ensuring culturally attuned services including

- assessment to examine your substance use and how it affects your life, determine your diagnosis, and recommend the appropriate treatment to address your substance use,
- group therapy,
- individual counseling,
- specialized skill building to support your in achieving and maintaining sobriety including building coping skills and distress tolerance, building sober support networks, increasing physical wellness, and more,
- Traditional Indian Medicine, and
- plant medicine.

### What is the difference between outpatient and intensive outpatient SUD treatment at SIHB?

Outpatient and intensive outpatient SUD treatment include the same services but with different frequencies. Our regular outpatient treatment has group therapy sessions once per week while our intensive outpatient treatment has group therapy sessions three times per week.

Regular outpatient treatment is ideal for relatives who are seeking outpatient support but need less frequency. Intensive outpatient treatment is good for relatives



coming out of a residential program and/or those who would benefit from a higher level of care and more frequent support.

## Who is SUD outpatient treatment for?

Our outpatient treatment programs are available to any relatives seeking help with substance use disorders who are 18 years of age and older.

## Do I need insurance to access this service?

You do not need insurance to access our outpatient treatment services, however, the programs are covered by insurance and other forms of health care coverage, including Medicaid.

- If you are uninsured or plan to self-pay, a sliding fee scale discount is available.
- You will not be denied services if you are unable to pay.
- Visit [sihb.org/sliding-fee-scale-discount](https://www.sihb.org/sliding-fee-scale-discount) to learn more.

## What outpatient treatment option is right for me?

It isn't possible to tell you what treatment option is right for you without having a conversation with you.

1. Please call us at **(206) 324-9360** and speak to a community relations advocate to learn more and find out if and how outpatient SUD treatment can help you.
2. After calling, you will be scheduled to meet with a member of our team for a consultation, which will allow us to help facilitate your SUD treatment and health care needs.

We look forward to speaking with you and joining you on your journey to wellness.

## SERVICES & PROGRAMS

Seattle Indian Health Board provides healthcare through a variety of culturally attuned services, which care for people in a holistic way.

Learn more at [www.sihb.org/services-and-programs/](https://www.sihb.org/services-and-programs/)

## References

1. NIMH " substance use and co-occurring mental disorders. National Institute of Mental Health. <https://www.nimh.nih.gov/health/topics/substance-use-and-mental-health>. Accessed November 10, 2021.
2. Community health profile, National Aggregate of Urban Indian Organization Service Areas. Urban Indian Health Institute. <https://www.uihi.org/resources/community-health-profile-national-aggregate-of-urban-indian-organization-service-areas/>. Published October 29, 2021. Accessed November 10, 2021.