

The team evaluates patients through face-to-face appointments, video visits, and through e-consults. Patients are seen from any service at the SFVA (inpatient, outpatient, or ER) or affiliated clinics. Each person gets an evaluation of their addiction risk, pain issues, and concurrent mental health issues. The team then works with the veteran and their PCP or other providers to develop a plan for ongoing care. This may include referrals to other clinics, the initiation of medications, or short-term interventions such as educational sessions, motivational interviewing, or pain psychology sessions for veterans.

POST also offers a weekly group for patients focused on treating issues of concurrent chronic pain and addiction issues.

For more information about POST, please contact: (415) 221-4810 x22831

OEND Overdose Education and Naloxone Distribution

Overdose Education and Naloxone Distribution (OEND) integrates pharmacotherapy (Naloxone/Narcan) with an educational intervention to create a comprehensive session aimed at reducing opioid overdose.

The OEND program is designed to provide information and skills that are needed to prevent, recognize and respond to an opioid overdose, as well as define behavior changes that are necessary to achieve goals. Veterans will receive education based on needs assessed by the referring clinician.

For more information about OEND, please contact: (415) 221-4810 x22817

SUPT Substance Use Posttraumatic Stress Team

Substance Use Posttraumatic Stress Team (SUPT) is a multidisciplinary team that helps Veterans who have **substance use problems and military-related trauma** (combat, military training exercises, and/or sexual trauma).

Substance use and PTSD, when they occur together, can lead to complex and difficult emotional and behavioral problems. SUPT works with Veterans to develop an individualized treatment program that best suits their own recovery goals.

Veterans are helped to reduce harm to themselves and their loved ones from their substance use. This often includes helping Veterans achieve and maintain abstinence from drug or alcohol use.

SUPT also works with Veterans on emotional coping and processing skills to address their past military traumas. SUPT uses group, individual, skill-based (Seeking Safety, Mindfulness), and trauma-processing interventions to help meet these substance use and PTSD treatment goals.

To see if the SUPT program is a good match for you or your patient please contact: (415) 221-4810 x23123 or x22819

Addiction Research Program

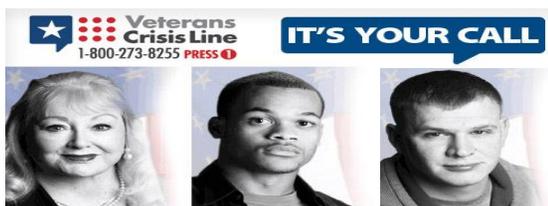
The **Addiction Research Program** offers Veterans the opportunity to participate in clinical research studies.

Participation offers new medication and counseling treatments for alcohol and other substance use disorders.

Research focuses on helping to improve the care of Veterans with coexisting mental health problems such as PTSD or mild traumatic brain injury (mTBI).

The current treatment studies aim to reduce alcohol use, PTSD symptoms and symptoms associated with mTBI. Veterans, between the ages of 18 and 69 can participate in various studies ranging between 4 and 12 weeks in duration. Veterans may also receive weekly brief individual counseling, health assessments, and reimbursement for time and effort.

For more information about Addiction Research Program, please contact: (415) 221-4810 x24495



Revised 9.14.16

SFVAMC Addiction Recovery Treatment Services (ARTS)



ARTS Services:

- **Transitions Program**
- **Intensive Outpatient Program (IOP)**
- **Drug and Alcohol Treatment Clinic (DATC)**
- **Opioid Treatment Program (OTP)**
- **Prescription Opioid Safety Team (POST)**
- **Overdose Education and Naloxone Distribution (OEND)**
- **Substance Use Posttraumatic Stress Team (SUPT)**
- **Addiction Research Program**

San Francisco VA Medical Center
4150 Clement Street
San Francisco, CA 94121
(415) 221-4810
(877) 487-2838 – Toll Free

Transitions Program

This program conducts early engagement activities in Medical Center locations outside of the formal Addiction Programs. Currently we have several Group offerings.

Highlights of the Transitions Groups:

- Non-judgmental exploration of substance use
- Feedback on the ways substance use could be affecting the Veteran
- Helps Veterans decide on their next steps
- Veterans do not have to commit to abstinence

Veterans in a Mental Health Clinic or entering care through the Access Clinic (AC), can ask their clinician about being referred to the AC - Transitions Group which meets Tuesdays and Thursdays at 1:30-2:30.

A Transitions group is available for drop-in or by referral for any Veteran enrolled care at the SFVAMC. The Medical Practice Transitions Group meets Wednesdays at 3pm and can be joined by checking in with the clerk by 3pm.

For information about Transitions Program,
please contact: (415) 221-4810 x23146

ARTS IOP Intensive Outpatient Program

ARTS IOP is an intensive outpatient treatment program for Veterans with substance use disorders.

Veterans attend 3 times per week, and sometimes more often for specialized services.

Staffed by a multidisciplinary team of psychiatrists, psychologists, nurses, social workers, addiction therapists, and an occupational therapist, we offer evidence-based treatments to support Veterans with the goal of abstinence from alcohol and other drugs.

Treatment includes education and skills groups, weekly meetings with case coordinators, and psychiatric consultation. Veterans develop skills to support their recovery as well as individualized aftercare plans to continue toward their goals after discharge.

ARTS IOP meets Mondays, Wednesdays, and Fridays from 9 AM - 1 PM. We recommend that Veterans attend a minimum of 10 days of treatment (i.e., 3-4 weeks).

ARTS IOP highlights include:

- Recognizing *behavioral changes* necessary to achieve and sustain abstinence
- Developing *individualized relapse prevention* plans
- Developing tools to *manage difficult thoughts and distressing emotions* related to substance use
- Learning about the *effects of drugs and alcohol on mental and physical health*
- Opportunities to learn about and obtain *medication assisted treatments*
- Recognizing importance of *leisure planning* and structuring free time for enjoyment
- Introduction to *self-help* meetings

For more information about ARTS IOP,
please contact: (415) 221-4810 x23147 or x22349

DATC Drug and Alcohol Treatment Clinic

The **DATC** is a multidisciplinary team working with Veterans wanting help with their substance use issues. In the **DATC**, Veterans are helped to achieve and maintain abstinence, or to reach healthy decisions regarding substance use. A case coordinator will work with each Veteran to develop an individualized treatment plan.

Many Veterans with substance use need help reaching other important life: coping with mental health problems such as depression, anxiety, PTSD, or psychosis; finding housing; going back to work; mending or developing relationships with family or friends; and building or restoring a sense of purpose and meaning in life.

Group, individual, family, occupational, evidence-based psychotherapies, and pharmacotherapy treatment options are all available to help meet these substance use and life goals.

There are general addictions, women's, dual-diagnosis, and harm-reduction groups available in **DATC**.

For more information about **DATC**, please contact:
(415) 221-4810 x23147



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ARTS OTP Opioid Treatment Program

The **ARTS OTP (Opioid Treatment Program)** is an outpatient substance abuse treatment program to help Veterans with *opioid addiction* (such as heroin and oral pain medications).

Services include medication assisted treatment (MAT) and counseling.

Many Veterans with substance use issues have co-occurring psychiatric and/or medical diagnoses. **OTP** is a comprehensive treatment program that addresses substance use, mental health issues, relationship problems, community support, and healthy behaviors. The goal is to help Veterans achieve and maintain abstinence from opioids, while also providing education and support to reduce harm and make healthy decisions. We help Veterans reach their goals and improve their quality of life.

OTP's multidisciplinary team of physicians, psychologists, social workers, addiction therapists, and nurses provide a full range of services to meet the needs of each individual Veteran.

Medications used in treatment include *buprenorphine [Suboxone]*, *methadone*, and *naltrexone (Vivitrol)*.

OTP offers individual and group counseling, liaison with medical providers, education, overdose prevention, referrals to community resources, and patient advocacy.

For more information about **OTP**,
please contact: (415) 221-4810 x22817

POST Prescription Opioid Safety Team

The opioid crisis has received increased attention nationally, and continues to be an issue for many of our veterans. **The Prescription Opioid Safety Team (POST)** is an addiction consult service that helps care for patients with chronic opioid use and concerns regarding safety/addiction. **POST** is a multidisciplinary team consisting of addiction psychiatry, pain and addiction psychology, pharmacy, nurse practitioners, and trainees from various disciplines.