

## Alpha Allied Mental Health Services Substance Use Treatment Policy

### I. Assessment and Diagnosis:

- A. We implement a thorough evaluation of your substance use history, medical background, and mental health status.
- B. We identify any co-occurring disorders or underlying mental health issues. It is important for us to understand you as a whole person and not just one aspect of you.

### II. Customized Treatment Plan Development:

- A. We utilize a collaborative approach involving psychiatrists, addiction specialists, and the patient.
- B. We use medication-assisted treatment (MAT) with a focus on individualizing the care you receive.
- C. We have discovered great benefit from implementing the use of medications such as Naltrexone and GlyNac-ET.

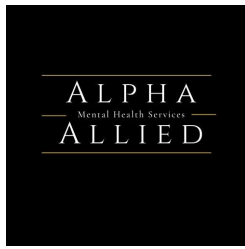
### III. Medication-Assisted Treatment (MAT) Options:

#### A. Opioid Blocker

1. Opioid Blockers are used to reduce cravings and withdrawal symptoms.
2. In certain circumstances, you could undergo a gradual tapering process under close medical supervision. **Each case is different.** We won't be able to quickly taper every person off these medicines. Sometimes the tapering may take individualized time frame.

#### B. Naltrexone

1. Naltrexone is an opioid receptor antagonist used to prevent opioid relapse.
2. Naltrexone does have options for daily oral medication or extended-release injectable form.
3. We implement regular monitoring for efficacy and potential side effects.



### **C. GlyNac-ET**

1. We incorporate GlyNac-ET (Glycine N-Acetylcysteinate Ethyl Ester) as a supplement to support detoxification and reduce oxidative stress.
2. We also monitor for potential benefits and any adverse reactions on a regular basis.

### **IV. Psychotherapy and Counseling:**

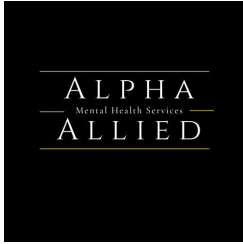
- A. We use evidence-based behavioral therapies to address psychological aspects of the addiction process.
- B. We educate you on the effects of medications and supplements to empower informed decision-making, almost during every encounter with your provider.

### **V. Regular Monitoring and Adjustments:**

- A. We provide ongoing assessment of medication and supplement effectiveness, as well as potential side effects.
- B. Adjustment of the treatment plan will be based on your individual progress and response to interventions.
- C. We offer several ways for patients to report concerns, changes in symptoms, or medication-related issues.

### **VI. Support Services:**

- A. Introduction to support groups, peer mentoring, and community resources.
- B. Inclusion of family members or support systems in the treatment process.
- C. We encourage positive lifestyle changes and holistic well-being to support sustained recovery.



## **VII. Follow-Up and Aftercare:**

A. We work side by side with you to develop a comprehensive aftercare plan to maintain long-term recovery.

B. We require as part of our treatment, regular follow-up appointments to monitor progress and address emerging issues.

C. We offer continued access to tele-psychiatry services for ongoing support and assistance.

By implementing this policy, Alpha Allied Mental Health Services is committed to providing a compassionate, evidence-based, and individualized approach to support patients in their journey towards sobriety from pain killers and opioids. The integration of medications, supplements, and psychotherapeutic interventions aims to address the complexities of addiction and promote holistic well-being.

Best Regards,

Alpha Allied Mental Health Services Team.