

Substance Use Disorder Treatment Services in South Dakota



**SD BEHAVIORAL
HEALTH**
Department of Social Services

Substance Use Disorder Services

The Division of Behavioral Health contracts with substance use disorder agencies across the state to provide quality services to both adults and youth. These services include screenings and assessments, early interventions, withdrawal management, outpatient, and inpatient treatment. Financial assistance is available for these services.

What is a substance use disorder?

A substance use disorder is a disease that occurs when the recurrent use of alcohol and/or drugs causes clinically significant impairments. Impairments may include health problems, disability and failure to meet major responsibilities at work, school or home. A substance use disorder involves patterns of symptoms caused by using a substance that an individual continues taking despite its negative effects.

How Services are Funded

A variety of funding options are available for an individual who is assessed as needing services. Funding options include the following:

- Insurance
- Private pay
- Other 3rd party payers
- Medicaid
- Combination of state and federal funding

Indigent Medication Program

The Indigent Medication Program provides temporary funding for medications to treat behavioral health disorders for individuals whose income is at or below 185% of the federal poverty level. For additional questions regarding the Indigent Medication Program, email: dssbhindmed@state.sd.us or call 605.367.5236.



What is an assessment?

The first step in accessing any substance use disorder (SUD) treatment is to contact a local treatment provider and set up a time to complete an assessment.

An assessment is completed by an addiction professional to determine what might best meet the individuals' needs. This is done by reviewing a person's substance use and its impacts on daily life. Information collected during an assessment includes any identifying information, history of prior treatment, and the history of their substance use. Critical life areas such as physical health, psychological health, legal issues, financial status, employment, and others may also be addressed. Collateral information may be collected from a loved one, a medical provider, or anyone with a history of the individual relevant to a diagnosis and/or treatment plan.

A diagnosis is determined based off the DSM-5 criteria. A referral to a specific level of care is provided by the clinician utilizing the American Society for Addiction Medicine (ASAM) criteria. The clinician will share the recommendation with the individual and assist in coordination of services.

How do I find help?

- 1 Contact a local treatment provider
- 2 A professional completes an assessment
- 3 Recommendations for services and/or supports will be provided

For more information, see the Resource section on page 12-13.

Outpatient Treatment Services

Outpatient treatment services offer counseling to individuals diagnosed with substance use disorders. Additionally, early intervention services are available on an outpatient basis for those who have concerns about their substance use but do not have a diagnosed disorder. These services can also be delivered via telehealth.



Day Treatment Services

Day Treatment Services provide treatment services to adults diagnosed with a substance use disorder in a structured, intensive treatment program that may include a residential component.

Low Intensity Residential Treatment Services

Low Intensity Residential Treatment Services provide, peer-orientated programs for adults diagnosed with a substance use disorder whose living situation or recovery environment is not conducive to recovery. The program offers substance use disorder counseling along with case management services to prepare clients for successful community living.

After a client is recommended for Low Intensity Residential Treatment Services, they may be put on a waitlist or obtain a start date. The individual will also be provided with a list of what to bring and what time to arrive.



For more information, see the Resource section on page 12-13.

Inpatient Treatment

Inpatient Treatment Services provide residential care with medically monitored intensive treatment for adults with severe substance use disorders.

Not all individuals with a substance use disorder require inpatient treatment. In fact, most clients are better suited to be treated in their community where they are able to maintain employment, education and relationships and receive wraparound services. An assessment will need to be completed to determine if this level of service is recommended.

This level of service requires prior authorization before receiving a scheduled bed date. The assessment clinician will submit the necessary documentation and provide updates prior to admission.

Individuals will reside at the facility during their stay and will receive treatment services daily through a combination of individual, group, or family counseling. Individuals will participate in a minimum of 30 hours of services per week with 9 of those hours being on specialized topics that address their specific needs.

Psychiatric Residential Treatment Facilities (PRTFs) for Adolescents

Psychiatric Residential Treatment Facilities (PRTFs) provide residential treatment with medically monitored intensive treatment for adolescents with severe substance use disorders. This program offers clients at least 15 hours per week of any combination of individual, group, or family counseling. A typical length of stay ranges from 30-45 days.

Not all individuals with a substance use disorder require inpatient treatment. In fact, most clients are better suited to be treated in their community where they are able to maintain employment, education and relationships and receive wraparound services. An assessment will need to be completed to determine if this level of service is recommended.

This level of service requires prior authorization before receiving a scheduled bed date. The assessment clinician will submit the necessary documentation and provide updates prior to admission. The majority of adolescents in this service will have access to Medicaid funding, however, the professionals will help identify funding options during the application process.

For more information, see the Resource section on page 12-13.

Detoxification/ Withdrawal Management Services

Withdrawal Management Services (also known as detoxification) are residential programs with trained staff providing 24-hour supervision, observation, and support for individuals who are intoxicated or experiencing withdrawal symptoms. The staff aims to engage individuals in further treatment services after stabilizing withdrawal symptoms.



Pregnant Women and Women with Dependent Children Program (PPW)

PPW is a specialized treatment service that offers evidence-based programming for women with substance use disorders who are pregnant and/or have dependent children (0-10 years of age). This program allows for long-term support, which includes a stable living environment through the duration of treatment. This program can support the client's participation in psychiatric and medical care, childcare needs, parent education and child development, employment services and job training, as well as treatment interventions.

The program also offers recovery support or wraparound services to help the woman/family make a successful transition back into their home community.

PPW Providers

Volunteers of America- New Start
605.334.1414
Sioux Falls, SD
voa-dakotas.org/services/substance-abuse

West River Mental Health- Full Circle
605.721.2916
Rapid City, SD
wmentalhealth.org/full-circle-inpatient-addiction-services

For more information, see the Resource section on page 12-13.

Intensive Methamphetamine Treatment Services

Intensive Methamphetamine Treatment (IMT) services offer long-term, evidence-based programming to individuals with severe methamphetamine use disorders. Individuals receiving IMT services require extended treatment to allow for recovery of cognitive capacity as well as on-going case management. Treatment may include residential services, outpatient treatment and case management to support long-term recovery.

Individuals attend a minimum of three group sessions per week in addition to individual sessions, family sessions and case management as clinically appropriate.

Best practices for the treatment of severe methamphetamine disorders includes a combination of Cognitive Behavioral Therapy (CBT), Motivational Interviewing (MI), Contingency Management and community reinforcement approaches. The core curriculum used is the Matrix Model, which includes the above approaches.

The Matrix model includes sessions on early recovery, relapse prevention, family education, involvement in 12-Step or self-help programs and continuing care services. Clients will participate in continuing care services and 12-Step or self-help programs following the completion of the core programming to continue to establish a healthy recovery program.

Clients will be assessed for additional services including mental health counseling such as Dialectical Behavior Therapy (DBT), medication management, case management and criminal thinking programming.

IMT programs provide treatment services for adults who are assessed with a moderate to severe methamphetamine use disorder and will benefit from an extended period of treatment to allow for recovery of the brain and cognitive capacity. Some individuals may require 24-hour structure and support due to imminent risk of relapse and the impact of substance use.



Resources

Local Treatment Providers



To find a local treatment provider, visit: dss.sd.gov/behavioralhealth/agencycounty.aspx or findtreatment.gov

Agencies Offering Walk-In Assessments

dss.sd.gov/docs/behavioralhealth/agencycounty/walk-in_assessments.pdf

Treatment Providers by Program



[dss.sd.gov/docs/behavioralhealth/services/List of Treatment agencies and services.pdf](https://dss.sd.gov/docs/behavioralhealth/services/List%20of%20Treatment%20agencies%20and%20services.pdf)

Telehealth Providers

dss.sd.gov/docs/behavioralhealth/agencycounty/telehealth_services.pdf

Indigent Medication Program

dss.sd.gov/behavioralhealth/medicationprogram.aspx

If you or a loved one are experiencing a behavioral health crisis, call, text, or chat 988.

Contact Us

This information is accurate as of the date it was printed. For questions or more information, please contact the Division of Behavioral Health online at dss.sd.gov/behavioralhealth, by phone at 855.878.6057 or by email at DSSBH@state.sd.us.

