

# FAIRFIELD

## BEHAVIORAL HEALTH SERVICES

Program and Services Guide



 imagine  
the difference

**LOCATION:** 178 US Highway 321 Bypass N

**MAILING:** P.O. Box 388 Winnsboro, SC 29180

**PHONE:** 803-635-2335

**FAX:** 803-635-9695

**WEBSITE:** [www.fairfieldbhs.org](http://www.fairfieldbhs.org)

**OFFICE HOURS:** Monday and Thursday 9:00 a.m. – 7:30 p.m. Tuesday, Wednesday, & Friday 9:00 a.m. – 5:00 p.m.



[facebook.com/FairfieldBehavioralHealth/](https://facebook.com/FairfieldBehavioralHealth/)



[@fairfieldbehavioral](https://instagram.com/fairfieldbehavioral)

## AFTER HOURS

Fairfield Behavioral Health Services does not offer services after hours. For emergencies that require immediate assistance please call 911 or visit the nearest Hospital Emergency Room. For non-urgent services please contact our office, listen carefully and leave a message for the appropriate staff member. A phone call will be returned within 24 hours.

The agency has a Policy and Procedure for request of information. Please contact our office.

## FEE INFORMATION

Fairfield Behavioral Health Services accepts:

- Private Insurance
- Medicaid
- Cash Payments
- Credit Card Payments

# ORGANIZATION OVERVIEW



## INTRODUCTION

Fairfield Behavioral Health Services was established in 1979 by an ordinance from Fairfield County Council created by the South Carolina Act of 301 of 1973. The *sole county authority for alcohol and drug abuse services*, Fairfield Behavioral Health Services is a 501 (c) (3) public nonprofit organization that offers a variety of services in addition to confidential alcohol and other drug treatment provided by *licensed, certified, and trained* staff. Fairfield Behavioral Health Services is one of 32 county alcohol and drug abuse authorities recognized by the state of South Carolina.

## MISSION

Dedicated to providing quality, accessible, and affordable alcohol, tobacco and other drug intervention, treatment, prevention and education services to the residents of Fairfield County.

# ORGANIZATION OVERVIEW

## VISION

- The lead agency in the county to address substance use disorders
- Primary service provider
- Maintain national accreditation
- Expand services
- Adequate funding
- Collaborative resources and comprehensive program to meet community needs

## PRIMARY GOALS

- Delay the onset of youth drug use and promote healthy and safe living through prevention activities
- Improve emotional, behavioral and social functioning
- Reduce substance use, increase sobriety and sustain recovery that produces better outcomes;
- Prevent or reduce frequency and severity of recurrence

## CLIENTELE

- About 250-300 clients are served yearly in treatment (***with priority admission for pregnant women/IV drug users***) and 2500 in prevention services.
- Referrals: Self, Probation, Courts, Solicitors, DJJ, Schools, DSS, Mental Health, DMV and others.

## STAFF

Our outpatient facility is staffed by credentialed professional:

- Counselors
- Social Workers
- Prevention Specialist
- Trained Staff

## AFFILIATIONS



We provide evidence-based and best practice prevention, intervention, and treatment, services to the populations of Fairfield County and others as appropriate. The **Prevention** services meet the needs of special populations by conducting needs assessments to determine the risk and protective factors of a particular community prior to implementation. Special consideration is given to populations that are at high risk of Alcohol, Tobacco, and Other Drug use/abuse. Pre and post-surveys are given to capture changes in attitudes and behaviors. Most of our prevention services are free to the public. The **Treatment** services meet the needs of individuals by completing a thorough assessment to determine the level of care needed to begin a lifestyle of recovery. These *confidential* services may require a combination of educational interventions as well as behavioral, cognitive, medical therapies, inpatient care, detoxification, peer/recovery support, case management, and other supportive services.

## PREVENTION

Prevention is a proactive process which empowers individuals and systems to meet the challenges of life events by creating and reinforcing healthy behaviors and lifestyles.

## INTERVENTION

Intervention is a process that allows individuals to obtain assistance before a drinking, drug, or behavioral problem becomes a crisis situation.

## TREATMENT

Treatment is a process. Qualified staff completes an assessment to determine the individuals needs. The assessment helps to pinpoint problem areas that will be the focus for treatment.

## STRENGTHENING FAMILIES PROGRAM

Strengthening Families Program is a skill building program for families with children age 6-11. Families learn how to develop positive discipline practices, stay resilient in tough times, improve communication skills, and assist children with social skills, relationships, and school performance.

## LIFESKILLS

Life Skills teaches 3rd through 12th grade students the necessary skills to resist social pressures and substance abuse, as well as help students develop greater self-esteem and confidence.

## KEEPIN' IT REAL

Keepin' it REAL (Refuse, Explain, Avoid, Leave) is an evidence based curriculum for 5th grade students that teaches refusal skills, while also helping students realize the risk of drugs and avoid risky drug related situations by building decision-making and communication skills.

## PRIME FOR LIFE

Prime for Life is a risk reduction program for high school students that is designed to lower the possibility for any type of drug and alcohol issue and increases the desire for a young driver to protect what is more valuable in their life.

## TOBACCO EDUCATION PROGRAM

Tobacco Education Program is a 4 hour tobacco education program designed for high school students to promote a tobacco-free lifestyle.

**CALL TODAY TO ENROLL!**

## **ALCOHOL EDUCATION PROGRAM**

Alcohol Education Program is an 8-hour diversionary program delivered in 2 hour increments for underage (17-20) drinking offenders with 1st offense for purchasing, possessing and transferring. Volunteer participation or mandated upon Court conviction.

## **ALCOHOL INTERVENTION PROGRAM**

Alcohol Intervention Program is an 8 hour program designed for youth under 21 with a 3rd offense attempt to purchase, consume, and knowingly possess alcohol. Volunteer participation or mandated upon Court conviction.

## **EMPLOYEE ASSISTANCE PROGRAM**

Employee Assistance Programs (EAP) tailored to your organization or business' unique needs. May include but not limited to the following services: drug testing, professional counseling, drug policy development, and workshops.

## **DUI RELICENSING SERVICES**

Alcohol, Drug and Safety Action Program is' a clinical assessment done to determine the degree of impairment and risk. Based on the assessment, educational or therapeutic services are provided. Court conviction mandates participation if you recieved a DUI or implied consent.

## **OFFENDER BASED INTERVENTION**

Offender Based Intervention designed for adult (18+) males and females, as referred by the Department of Probation, Parole, & Pardon, or the courts, with a history of alcohol and drug related offenses.

# TREATMENT

*Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential.” –SAMHSA*

## **SUBSTANCE USE DISORDER TREATMENT**

We have a variety of treatment options when it comes to substance use disorder. Every patient's needs are unique. Some need medication-assisted treatment; they need to be monitored and advised regarding the medications they need in that first month. Some people are interested in long-term recovery; this is where our intensive outpatient program is beneficial. An IOP is intensive, weekly therapy that will help you navigate your recovery. All three of these programs are also utilized together in substance use treatment.

## **GAMBLING ADDICTION TREATMENT**

Like substance use, gambling can become a compulsive behavior that causes a person to neglect important responsibilities and relationships to seek out opportunities to gamble. Our staff at Fairfield are trained to provide services and treatment that will help you overcome the compulsion to gamble and focus your energy on practices that will increase overall wellness.

## **ADOLESCENT, ADULT, & FAMILY SERVICES**

A clinical assessment is done to determine risk factors and use of alcohol and other drugs as well as identify behavioral, social, school, recreational, and family problems to best determine an individual plan of care.

## **MEDICATION ASSISTED TREATMENT**

MAT is "the use of medications, in combination with counseling and behavioral therapies, to provide a whole-patient approach to the treatment of substance use disorders." - SAMHSA



## WHAT TO EXPECT

We have a variety of treatment options when it comes to substance use disorder. Every patient's needs are unique. Some need medication-assisted treatment; they need to be monitored and advised regarding the medications they need in that first month. Some people are interested in long-term recovery; this is where our intensive outpatient program is beneficial. An IOP is intensive, weekly therapy that will help you navigate your recovery. All three of these programs are also utilized together in substance use treatment.

At Fairfield BHS, you can always expect top-notch therapy and guidance from master-level clinicians and licensed therapists. You'll be met with compassion, understanding, and excitement for your recovery. We're proud to have a staff who genuinely cares about others and believes in substance use recovery.

We'll always strongly encourage therapy no matter which program you decide you need. Mental health and addiction are often tied together. Moving into a healthier, brighter life is possible when you can confront what's brought you to drugs in the first place. Learning how to utilize healthy coping mechanisms is crucial to your success.

***CALL TO SCHEDULE YOUR ASSESSMENT TODAY!***

# TREATMENT

## MEDICATION ASSISTED TREATMENT

Medication Assisted Treatment (MAT) is a method of substance use disorder treatment where a medication is used to help a person recover from substance use disorder. Often these medications treat the symptoms of substance use disorder and/or reduce cravings for a substance. All treatment options should be considered when developing a person's unique plan of care including proven medications for addiction treatment to aid Opioid, Alcohol, and Tobacco Use Disorders

### OPIOID USE DISORDER

Buprenorphine (pill or implant); Naltrexone (Oral or injectable)

\*\*\*Narcan spray available for clients at risk for opioid overdose

### ALCOHOL USE DISORDER

Naltrexone (Oral or injectable)

### TOBACCO USE DISORDER

Chantix, Wellbutrin or Nicotine Replacement Therapies

### THE DOCTOR WILL SEE YOU NOW!

**Fridays**

**1:30 pm - 4:30 pm**

***CALL TODAY FOR MORE INFORMATION!***

## MEDICATION ASSISTED TREATMENT

### WHAT YOU CAN EXPECT

- As a potential MAT client, you will meet with the MAT Case Manager to participate in a screening and to learn about our program as soon as possible following your initial assessment
- If appropriate, the MAT Case Manager will set up an appointment for you with the doctor;
- You will meet with the doctor to review your medical history, complete a physical and discuss current opiate use to determine the appropriate use of medication as a component of your treatment;
- You will participate in treatment as recommended
- You will meet the MAT Case Manager and the doctor at least once per month. All appointments with the doctor will be scheduled by the MAT Case Manager.
- You will submit random drug screens administered by MAT Case Manager and other treatment drug screens to monitor medication and other drug use that may compromise your safety.

### UPON COMPLETION OF RECOMMENDED TREATMENT YOU WILL:

- Attend 1 hour of individual or group therapy per month for purpose of check-in and support
- Meet with the MAT Case Manager and the doctor monthly;
- Submit random drug screens as requested.

### WHAT YOU NEED TO KNOW ABOUT MAT:

- Any medication prescribed is part of a comprehensive individualized treatment plan that included counseling, as well as, other evidence-based practices;
- Social support, through formal Mutual-Aid groups or by other means, is key to long-term success and is recommended for all clients participating in treatment;
- There is a potential for relapse and overdose on discontinuation of the medication.
- There is significant risk of overdose if Opioid use is resumed after a period of sobriety because tolerance levels change rapidly.

## YOUTH AND TEEN TREATMENT SERVICES

*Services are designed for ages 7-17 along with their family, provided by licensed, certified and trained staff. Services are provided at the agency or school.*

### WHAT YOU CAN EXPECT

- A clinical assessment is done to determine risk factors and use of alcohol and other drugs as well as identify behavioral, social, school, and family problems
- Weekly individual sessions
- Required family sessions to strengthen communication
- Confidential services

### SIGNS FOR BEHAVIORAL HEALTH AND DRUG USE:

- Skipping class or not doing well in school
- Unusual odors on their clothes or in their room
- Hostility or lack of cooperation
- Physical changes (red eyes, runny nose)
- Lack of interest in activities
- Borrowing money often, or suddenly having extra cash
- Significant mood changes
- Loss of interest in personal appearance
- Change in friends
- Heightened secrecy about actions or possessions

### BENEFITS OF TREATMENT

- Less suspensions and expulsions
- Better family relationships
- Better decision making
- Reduction in drug use
- Skill building

# SUPPORT SERVICES

*Fairfield Behavioral Health Services offers a range of services to help support clients and families which enhances treatment and recovery.*

## REHABILITATIVE PSYCHOSOCIAL SERVICES

A face-to-face skill building service designed to enhance, restore, and/or strengthen basic living, socialization, interpersonal and empowerment skills.

## PARENTING

Clients participate in weekly sessions to address feelings, self-esteem, stress, confrontation, problem solving, boundaries, schedules, safety and protecting children.

## ANGER MANAGEMENT

Clients develop an awareness of angry thoughts, feelings, actions, source of anger as well as learn effective communication and conflict resolution skills.

## GRIEF AND LOSS

Clients learn the stages of grief and the process of healing.

## DECISION MAKING

Clients learn how to manage behavior, handle and resolve problems.

## STRESS MANAGEMENT

Clients develop an awareness of physical, emotional symptoms and learn various ways to cope and handle stress.

## FAMILY COUNSELING

Family members are encouraged and learn how to care for themselves while supporting a loved on in recovery. Families learn about addiction, family roles and how to strengthen communication and improve relationships.

## INPATIENT REFERRALS

In state and out-of-state referrals can be made and coordinated with facilities with more intensive, structures, and suitable services that require frequent monitoring of a person's recovery.

## INVOLUNTARY COMMITMENT

This is a coordinated service that requires involvement of the Probate Judge, a physician and law enforcement after the necessary documents to issue a pick-up order.

# OPIOID OVERDOSE PREVENTION

## OPIOIDS

Opioids are a class of highly addictive, potentially fatal drugs used to reduce severe pain. They include prescription drugs like oxycodone, hydrocodone, morphine, and fentanyl, as well as illegal drugs like heroin.

## NARCAN

Narcan (naloxone) can help save the life of someone who is experiencing an opioid overdose. Narcan cannot cause any harm if administered for an overdose that isn't opiate related or if administered in the wrong dosage.

## OPIOID EDUCATION AND NARCAN DISTRIBUTION

Patients, caregivers, and concerned citizens can receive **free** Narcan from our office to administer to persons who may be at risk of an opioid overdose or death.

*LEARN MORE AT [JUSTPLAINKILLERS.COM](http://JUSTPLAINKILLERS.COM) & [NALOXONESAVES.ORG](http://NALOXONESAVES.ORG)*

## SAFE MEDICATION DISPOSAL

### DISPOSE OF YOUR UNUSED OR EXPIRED MEDICATIONS AT:

Fairfield County Sheriff's Office  
350 Columbia Rd. Winnsboro, SC

Hawthorne Pharmacy  
110 S Congress St. Winnsboro, SC

Winnsboro Public Safety  
117 W Washington St. Winnsboro, SC

Fairfield Medical Associates  
880 W Moultrie St. Winnsboro, SC

**OR COME BY OUR OFFICE FOR A FREE DETERRA DRUG DEACTIVATION BAG.**

## PEER SUPPORT SERVICES

Peer support is a recovery-based approach that builds upon the goals and strengths of the individual seeking support. It is a way to empower peers to believe that recovery is possible and that can get their life back

### WHAT IS A PEER SUPPORT SPECIALIST

Peer Support Specialist are trained and certified men and women who have achieved long term recovery. Utilizing their personal lived experience with substance use and recovery to provide support to others, demonstrating that recovery is possible.

***PEER SUPPORT SPECIALIST ARE NOT "CLINICAL PROFESSIONALS" SUCH AS COUNSELORS***

### PEER SUPPORT SERVICES

- Coaching into and through substance use treatment and recovery
- Help develop a network of support
- Structure and planned individual and group activities
- Guidance with concerns about medications and diagnosis
- Crisis support
- Employment and training assistance
- Recovery check-ups

# EMPLOYEE ASSISTANCE PROGRAM (EAP)

*An EAP can be tailored to the unique needs of any business or organization. EAP contractual packages may include one or more of the following to include drug testing for pre-employment, random, Department of Transportation (DOT) violations or post-accident:*

## **CERTIFIED SUBSTANCE ABUSE PROFESSIONAL SERVICE**

Clinical evaluation, referral, and education/ treatment mandated by the DOT for employees who violate DOT drug and alcohol regulations while performing safety-sensitive duties.

## **COMPREHENSIVE LABORATORY DRUG TESTING WITH MEDICAL REVIEW OFFICER (MRO)**

5-Panel: cannabis, cocaine, amphetamines, opiates, and Phencyclidine for DOT and non-DOT employees. **Results within 5 days.**

## **COMPREHENSIVE LABORATORY DRUG TESTING WITHOUT MRO**

10-panel: alcohol (ETG), amphetamines, barbiturates, benzodiazepines, cocaine, creatine, fentanyl, opiates, PCP and marijuana. **Results within 5 days.**

## **IN-HOUSE DRUG TESTING (IMMEDIATE RESULTS )**

13-panel Urine screen to detect amphetamines, barbiturates, buprenorphine, benzodiazepines, cocaine, marijuana, methamphetamine, methadone, opiates, oxycontin, PCP, Propoxyphene, Nortriptyline.

## **PROFESSIONAL COUNSELING FOR EMPLOYEE**

Individual sessions

## **DRUG POLICY DEVELOPMENT**

Assistance with developing Drug Policy

## **DRUG EDUCATION WORKSHOP**

One (1) training/workshop for your business/organization



## PACKAGES

### PACKAGE ONE - CERTIFIED SUBSTANCE ABUSE PROFESSIONAL

- Clinical Evaluation \$400
- Random Urine Screenings (with Medical Review Officer) \$100.00 each
- Individual Counseling \$100 per hour (# of sessions based on evaluation)
- Group Counseling \$50 per 1 ½ hours (# of sessions based on evaluation)

### PACKAGE TWO- DRUG SCREENS ONLY

- 5-Panel Comprehensive Laboratory Drug Testing (with MRO) (7 & 9 panel also available) \$70.00
- 10-Panel Comprehensive Laboratory Drug Testing (without MRO) \$60.00
- In-House Drug Testing (13 panel Immediate Results) \$10.00 for each urine screen \$20.00
- Breath Alcohol Testing \$30.00

### PACKAGE THREE- PROFESSIONAL COUNSELING

- Clinical Assessment (Per Referred Employee) \$200
- 3 Individual Sessions (Per Referred Employee) \$100 per hour
- 2 Random Urine Screenings (Per Referred Employees) \$60.00 each
- One Drug Policy Development (Optional) \$75.00
- One Hour Workshop (Optional) \$150.00

## Recovery

Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential." -SAMHSA

## Addiction

Addiction is a state of psychological or physical dependence (or both) on the use of alcohol or other drugs. -American Psychological Association

## Substance Use Disorders

Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home. -SAMHSA

## COMMON SUBSTANCE USE DISORDERS

### Alcohol Use Disorder

Alcohol (ethanol) is formed when yeast breaks down the sugars in certain foods (such as grapes, barley, potatoes) through a process called fermentation. Alcohol is the active ingredient in drinks such as beer, wine, and hard liquor.

### Tobacco Use Disorder

Tobacco contains the psychoactive drug nicotine, which is a CNS (Central Nervous System) stimulant.

### Opioid Use Disorder

Opioids are a class of drug that includes the illegal drug heroin, synthetic opioids such as fentanyl, and prescription pain relievers such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others.

### Stimulant Use Disorder

Stimulants increase alertness, attention, and energy, as well as elevate blood pressure, heart rate, and respiration. Stimulants include a wide range of drugs such as cocaine, methamphetamine, and prescription medications including Ritalin®, Adderall®, and others.

### Marijuana Use Disorder

Marijuana refers to the dried leaves and flowers from the cannabis plant which contain the mind-altering chemical delta-9-tetrahydrocannabinol (THC) and other related compounds.

# LANGUAGE OF RECOVERY

Current Terminology	Alternative Terminology
Treatment is the goal; Treatment is the only way into recovery	Treatment is an opportunity for initiation into recovery (one of multiple pathways into recovery)
Untreated addict/alcoholic	individual not yet in recovery
Substance abuse	Substance use disorder/addiction/substance misuse
Drug of choice/abuse	Drug of use
Denial	Ambivalence
Relapse prevention	Recovery management
Pathology Based Assessment	Strength/Asset Based Assessment
Focus is on total abstinence from all illicit and non-prescribed substances the CLINICIAN identifies	Focus on the drug CLIENT feels is creating the problems
A drug is a drug is a drug	Each illicit substance has unique interactions with the brain; medication is available if appropriate
Relapse	Recurrence/Return to use
Relapse is part of recovery	Recurrence may occur as part of the disease
Clean/Sober	Drug free/ Free from illicit and non-prescribed medications
Self Help Group	Mutual Aid Group
Drug Overdose	Drug poisoning
Graduate from treatment	<b>Commence recovery</b>