

**BEHAVIORAL HEALTH ADVISORY BOARD  
TRANSITIONAL AGE YOUTH (TAY) COMMITTEE  
MINUTES ■ Thursday, February 23, 2017**

<p><b>Board Members Present</b>          Cmdr. Ron Nelson, Chair          Rachel McDuffee, Aegis Treatment Centers          Debra Winters, Aegis Treatment Centers          Anasa Matthews, Aegis Treatment Centers          Esther Olifson, CFS          Sharon Espinosa, Dept. of Rehabilitation          Erin Locklear, Interface          David Deutsch, NAMI          Cici Romero, Pacific Clinics          Monica Vergara, Interface</p>	<p><b>VCBH Staff Present</b>          Sevet Johnson, Transitions Manager          Edith Pham, BHAB Assistant</p> <p><b>NEXT MEETING:</b>  <b>Thursday, March 23, 2017, 10:30 – 12:00 p.m.</b></p> <p>Ventura County Behavioral Health          1911 Williams Drive, Training Room (first floor), Oxnard</p>
--	---

Note: The committee has not yet approved these minutes. There may be additions/deletions or corrections before the minutes are accepted in final form.

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
I.	<b>Call to Order</b> Chair Cmdr. Ron Nelson called the meeting to order at 10:35.		
II.	<b>Approval of the Agenda</b> Cmdr. Nelson asked the Committee to review and approve today's agenda.	The agenda was approved as written. <b>M/S/C</b>	
III.	<b>Approval of the Minutes</b> Cmdr. Nelson asked the committee to review and approve the minutes of the January meeting.	The minutes were approved as written. <b>M/S/C</b>	
IV.	<b>Welcome and Introductions</b> Cmdr. Nelson welcomed everyone and asked for introductions.		
V.	<b>Chair Announcements</b> Cmdr. Nelson will not be able to attend the March 23 <sup>rd</sup> meeting. He will ask a BHAB member to chair in his absence.  On February 15 <sup>th</sup> Cmdr. Nelson attended the ribbon-cutting ceremony of the new Human Services Agency's America's Job Center at 2901 N. Ventura Rd, near The Collection at RiverPark in Oxnard. It operates under state and federal law to provide a range of services under one roof designed to meet the needs of job seekers, workers and employers. It is a wonderful resource.	Information	
VI.	<b>Public Comments</b> None.		
VII.	<b>Presentation: Aegis Treatment Centers – Anasa Matthews, Debra Winters, Rachel McDuffee</b> In Ventura county, overdoses have almost doubled between 2002 and 2014. Aegis Treatment Centers is a narcotic treatment program. It runs outpatient programs in Oxnard, Simi Valley, Santa Paula and Ventura and serves about 1,000 patients. TAY (ages 18+) make up about 10% of the census. At admission, they typically have six to nine years of usage and they are entering treatment for the first time. They have Medi-Cal or private insurance or are self-pay. Medication Assisted Treatment includes Methadone, Buprenorphine, Naloxone kits and Vivitrol, an injectable that is given every 30 days. Treatment also includes individual and group counseling. Parents' involvement is encouraged. About 70% of patients have co-occurring disorders.	Information	

	<p>During the admission phase, Aegis provides five interventions in the first five days, which increases compliance and success.  Clients are referred to outside agencies for behavioral health support, housing, pregnancy and other challenges.  See attached presentation and brochures for details.</p>		
VIII.	<p><b>Continue discussion on housing for TAY</b>  Esther Olifson noted that the Human Services Agency serves many youth who desperately need transitional housing. These youth have mental health or developmental issues.</p> <p>Erin Locklear stated that from July 2016 until now 12 TAY engaged with Interface on a consistent basis. Seven of them had an initial request centering around housing.  Interface is looking into the possibility of opening a shelter.</p>		
IX.	<p><b>VCBH Transitions Update – Sevet Johnson</b>  Behavioral Health and Alcohol &amp; Drug Program are working together on a pilot program which will house a drug addiction specialist at each clinic.</p>		
	<p><b>Providers Updates</b>  David Deutsch provided copies of a flyer on the NAMI Walk, which will be held on Saturday, May 6 at the Ventura Beach Promenade.</p>		
X.	<p><b>Items for the next Meeting</b>  The committee would like to see a presentation from the RISE program.</p>	Invite RISE manager to present in April	E. Pham
XI.	<p><b>Adjourn</b>  The meeting adjourned at 11:35.</p>		



## UPCOMING EVENTS

MAR 7 March 7, 2017,  
Board of Supervisors Meeting

MAR 14 March 14, 2017,  
Board of Supervisors Meeting

MAR 21 March 21, 2017,  
Board of Supervisors Meeting

MAR 28 March 28, 2017,  
Board of Supervisors Meeting

## AMERICA'S JOB CENTER - ONE-STOP HELP FOR JOB SEEKERS, WORKERS AND EMPLOYERS

Published: 16 February 2017

Share Tweet G+ Share 0 [Share](#)

OXNARD, Calif. – On Wednesday, February 15th, the Human Services Agency celebrated the grand opening of an Oxnard office designated as an America's Job Center. The office is one of more than 200 centers throughout California that operate under state and federal law to provide a range of services under one roof designed to meet the needs of job seekers, workers and employers.

John C. Zaragoza, Chair of the Ventura County Board of Supervisors, and Adriana Kuhnle, a Division Chief with the State's Employment Development Department, led a ribbon-cutting ceremony as part of Wednesday's event that sought to educate more than 100 guests about the center's offerings.

Located at 2901 North Ventura Road in Oxnard near The Collection at RiverPark, the America's Job Center provides no-cost services to job seekers including help with resumes and interviews; career guidance and workshops; access to job listings; and use of computers and business equipment.

The America's Job Center also offers resources to employers such as posting job openings; pre-screening potential candidates; customizing on-the-job training programs; and sharing in employee training costs.

Further, the America's Job Center provides an access point for a range of services administered by partner agencies. Among these partner-led services are unemployment insurance benefits issued by the State's Employment Development Department; educational programs offered by local youth and adult learning institutions, and specialized services targeted to older adults, adults with disabilities, veterans and others.


In addressing participants at Wednesday's event, Human Services Agency Director Barry L. Zimmerman recognized the Board of Supervisors' and the County Executive Office's support in establishing the America's Job Center, and stated that the county is "fortunate to house critical public services in a professional, inviting environment that promotes partnerships among government and non-profit agencies."

Some 3,000 customer visits are expected each month at the America's Job Center in Oxnard, which is served by Gold Coast Transit's Route 17 bus.

An affiliate America's Job Center is located at 2900 North Madera Road in Simi Valley. Additionally, the Human Services Agency operates resource rooms for job seekers at 4651 Telephone Road in Ventura; 725 East Main Street in Santa Paula; 828 Ventura Street in Fillmore; 80 East Hillcrest in Thousand Oaks, and 612B Spring Road (Ruben Castro Center) in Moorpark.

For more information about job seeker, worker and employer services, visit [www.vchsa.org](http://www.vchsa.org)


Photo (L to R): Mary Navarro-Aldano (EDD), Supervisor John Zaragoza, County Executive Officer Mike Powers, Adriana Kuhnle and Human Services Director Barry Zimmerman.



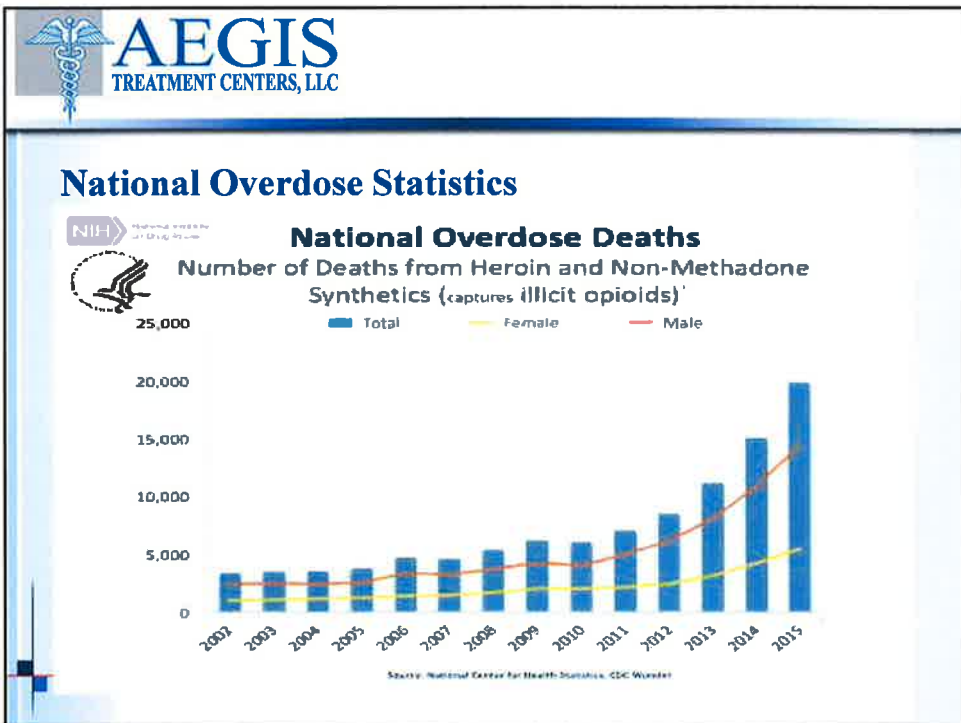
**AEGIS**  
TREATMENT CENTERS, LLC

## Treatment of Opioid Addiction

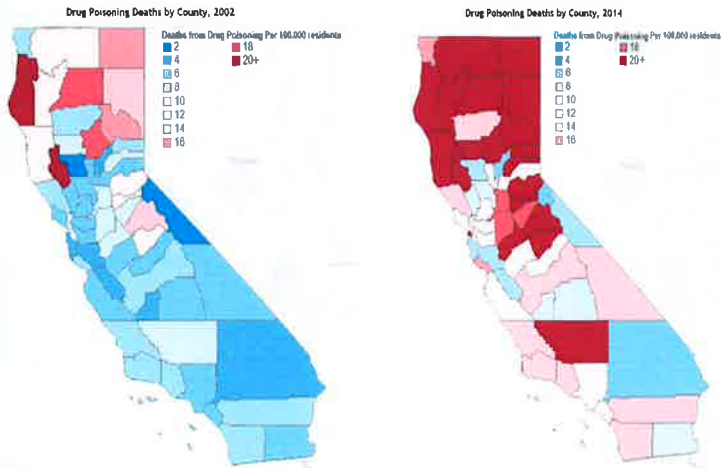
Aegis Treatment Centers, LLC



2/23/2017 1



## California Overdose Statistics



Copyright 2017 Aegis Treatment Centers, LLC. All rights reserved.

## Ventura County Census

	Total Census	TAY Population	TAY + Medi-Cal
Oxnard	540	46	37
Simi Valley	195	39	15
Santa Paula	161	2	2
Ventura	92	18	11
<b>Aegis VC Total</b>	<b>988</b>	<b>105</b>	<b>55</b>

Copyright 2017 Aegis Treatment Centers, LLC. All rights reserved.

## Admission Age Trend for Ventura County

Admit Year	18-26		27-39		40-56		57+		Total	
	#Epi	%	#Epi	%	#Epi	%	#Epi	%	#Epi	%
2015	223	23.5%	451	47.5%	218	23.0%	57	6.0%	949	100%
2016	279	24.6%	518	45.6%	262	23.1%	76	6.7%	1,135	100%

## The Aegis Model: Medication Assisted Treatment

- Methadone:
  - 5+5
  - Take homes with required time in treatment
  - Weekly and/or monthly urinalysis
  - Medi-Cal, Self-pay and private insurance
- Buprenorphine:
  - Take homes less restrictive
  - Weekly urinalysis
  - Self-pay, private insurance, Medi-Cal (hopefully by end of 2017)
- Naloxone Kits and Vivitrol (pilot study in Ventura)

## The Aegis Model: Counseling

- **Individual Counseling:**
  - Most prescribed 200min of individual counseling per month
  - Contingency management, positive reinforcement, incentives
  - Treatment plans updated every 90 day
- **Group Counseling**
  - Open to all
  - Stipulations for mandatory groups: poor individual counseling attendance, consecutive unfavorable urinalysis, orientation to the program
  - Family education/couples counseling, as needed, 1x/month

Copyright 2017 Aegis Treatment Centers, LLC. All rights reserved.

## The Aegis Model: Patient Involvement

- **Keys to Recovery:**
  - Patient-led support groups adapted from a 12-step framework
- **Patient Advisory and Advocacy Groups:**
  - A group of patients selected by clinic staff to advise on clinic policy and procedures and to advocate for treatment in the community

Copyright 2017 Aegis Treatment Centers, LLC. All rights reserved.

8

### Additional Services: Outside Referral

- Behavioral Health Services:
  - STAR/VCBH
  - Clinicas
  - Crisis Team
  - Tarzana Treatment Centers
  - Vista del Mar/Hillmont
- Housing (the struggle!)
  - Kapher House
  - Genesis
  - Prototypes
  - County/City Housing Authorities
  - Sober Living
- Employment:
  - Employment Center
  - Job Search Engines (Zip Recruiter, Indeed, etc.)
  - ExOffenders.net
- Pregnancy:
  - VCBH/VCPH
  - Interface
  - Prototypes



Copyright 2017 Aegis Treatment Centers, LLC. All rights reserved.

### Co-Occurring Disorders



- According to SAMSHA (2014), only an estimated 7.5% of the 9M Americans with co-occurring enroll in a treatment program; yet this population is best served through integrated treatment (Hoxmark, EM & Wynn, R., 2010).
- Integrated care is the preferred treatment modality for addiction specialist and has been proven to reduce relapse rates, psychiatric recidivism and healthcare costs (Judd et al, 2003).

Copyright 2017 Aegis Treatment Centers, LLC. All rights reserved.

## **Barriers to Treatment for TAY Population**

- MH Treatment/Services
- Positive/Supportive Social Network
- Education on Methadone/Bupe
- Stages of Change/Immaturity
- Other environmental factors





# GETTING OFF PAIN MEDICATIONS

## Treating Opioid Dependence

### WHO IS AEGIS

Aegis Treatment Centers operates the largest and most advanced network of outpatient opiate treatment programs in California.

- ❑ 26 clinics in California (**Location and phone numbers on back side**)
- ❑ Serving 15 counties within the state
- ❑ Delivering a comprehensive set of services to more than 7,500 patients a day

### WHY AEGIS

- ❑ Patient-Centered care
- ❑ Outpatient Treatment Program
- ❑ Individualized Treatment Plans
- ❑ **SUCCESS!:**  
*On average, 80% of our patients in treatment for more than 90 days are illicit opiate free*
- ❑ Quality care is our top priority
- ❑ Over 100,000 patients treated
- ❑ Accepts self-pay, private insurance, and Medi-Cal (list of insurance plans on back side)

**Call & speak with the Clinic Manager for a confidential assessment now!**

[www.AegisTreatmentCenters.com](http://www.AegisTreatmentCenters.com)



# GETTING OFF PAIN MEDICATIONS

## Treating Opioid Dependence

### WHO IS AEGIS

Aegis Treatment Centers operates the largest and most advanced network of outpatient opiate treatment programs in California.

- ❑ 26 clinics in California (**Location and phone numbers on back side**)
- ❑ Serving 15 counties within the state
- ❑ Delivering a comprehensive set of services to more than 7,500 patients a day

### WHY AEGIS

- ❑ Patient-Centered care
- ❑ Outpatient Treatment Program
- ❑ Individualized Treatment Plans
- ❑ **SUCCESS!:**  
*On average, 80% of our patients in treatment for more than 90 days are illicit opiate free*
- ❑ Quality care is our top priority
- ❑ Over 100,000 patients treated
- ❑ Accepts self-pay, private insurance, and Medi-Cal (list of insurance plans on back side)

**Call & speak with the Clinic Manager for a confidential assessment now!**

[www.AegisTreatmentCenters.com](http://www.AegisTreatmentCenters.com)

## HOW TO PAY FOR TREATMENT

- Aegis is an in-work provider for many private and public insurance companies, including Medi-Cal, Kaiser, Anthem/Blue Cross, Blue Shield/Magellan, Health Net and several others. We are also an approved provider for many of the large self-insured employer plans.
- As of January 2014, the Affordable Care Act transformed the way health care is provided and paid for in the United States. Specific changes include:
  - The expansion of Medi-Cal eligibility to all individuals with annual income of less than \$15,856 for a single person, \$21,404 for a couple, \$32,499 for families of four, and up to \$54,689 for a family of eight. Most young adults and students in particular, would now qualify for Drug Medi-Cal coverage, and will not have to pay for treatment within Aegis.
  - California's Healthcare Exchange requires that HMOs and PPOs cover mental health and addiction treatment services as part of their essential benefit package. Medication-assisted treatment is a covered benefit for many of these plans and policies.
- Self-pay patients are eligible for a sliding scale fee schedule that is based on their ability to pay. Most Aegis patients qualify for reductions in their rates up to 50% of the published rate.
- Aegis accepts various methods of payment, including all major credit cards.

## CLINIC LOCATIONS

6500 Morro Rd., # D, **Atascadero**, CA 93422 Tel: 805-461-5212  
 1018 21st St., **Bakersfield**, CA 93301 Tel: 661-861-9967  
 501 W. Columbus St., **Bakersfield**, CA 93301 Tel: 661-328-0245  
 590 Rio Lindo Ave., **Chico**, CA 95926 Tel: 530-345-3491  
 1019 Jefferson St., **Delano**, CA 93215 Tel: 661-721-0463  
 11041 E. Valley Blvd., **El Monte**, CA 91731 Tel: 626-442-4177  
 3707 E. Shields Ave., **Fresno**, CA 93726 Tel: 559-229-9040  
 11776 Mariposa Rd., #103, **Hesperia**, CA 92345 Tel: 760-956-2462  
 614 W. Manchester Blvd., #104, **Inglewood**, CA 90301 Tel: 310-412-0879  
 14240 E. Imperial Hwy., **La Mirada**, CA 90638 Tel: 562-946-1567  
 320 "H" St., #2, **Marysville**, CA 95901 Tel: 530-742-7747  
 1343 W. Main St., # A & B, **Merced**, CA 95340 Tel: 209-725-1060  
 1235 McHenry Ave., # A & B, **Modesto**, CA 95350 Tel: 209-527-4597  
 125 W. "F" St., #101, **Ontario**, CA 91762 Tel: 909-986-4550  
 2055 Saviers Rd., #A, **Oxnard**, CA 93033 Tel: 805-483-2253  
 1450 N. Lake Ave., #150, **Pasadena**, CA 91104 Tel: 626-794-1161  
 1050 N. Garey Ave., **Pomona**, CA 91767 Tel: 909-623-6391  
 1133 Coloma Way, # C, **Roseville**, CA 95661 Tel: 916-774-6647  
 4129 State St., **Santa Barbara**, CA 93110 Tel: 805-964-4795  
 115 E. Fesler St., **Santa Maria**, CA 93454 Tel: 805-922-6597  
 625 E. Main St., **Santa Paula**, CA 93060 Tel: 805-525-4669  
 2650 Jones Way, #10, **Simi Valley**, CA 93065 Tel: 805-522-1844  
 8626 Lower Sacramento Rd., #41, **Stockton**, CA 95210 Tel: 209-478-2487  
 5225 Telegraph Rd., **Ventura**, CA 93003 Tel: 805-765-6495  
 1825 E. Theiborn St., **West Covina**, CA 91791 Tel: 626-915-3844  
 1322 N. Avalon Blvd., **Wilmington**, CA 90744 Tel: 310-513-1300

## Corporate Office

7246 Remmet Ave., **Canoga Park**, CA 91303 Tel: 1-800-821-0775

To learn more about Aegis, please visit our website at [www.aegistreatmentcenters.com](http://www.aegistreatmentcenters.com), or call toll free number at (800) 821-8775

Doc. 1912 12/15 (Rev.)

## FACTS ABOUT ADDICTION

- The most commonly used opiates and opioids include:
  - Morphine
  - Oxycodone
  - Opium
  - Fentanyl
  - Hydrocodone
  - Propoxyphene
  - Hydromorphone
  - Meperidine
- Drug overdose was the leading cause of injury death in 2014.
- 25% of opiate users (including painkillers) become addicted, compared to 20% for cocaine and 10% for marijuana [CDC, 2012].
- 6.1 million people in the US are abusing prescription drugs for non-pain related reasons [NIDA, 2011].
- Nearly 3 out of every 4 prescription drug overdoses are caused by painkillers. These drugs were involved in 14,800 overdose deaths in 2008, more than cocaine and heroin combined [CDC, 2013].
- Over 900,000 teenagers begin abusing painkillers in the US every year [ADP, 2012].
- 4.2 million Americans aged 12 or older had used heroin at least once in their lives. It is estimated that 23% of individuals who use heroin become dependent on it [NIH, 2013].
- Approximately 50% of the 2014 admissions at Aegis were under the age of 30, as compared to 10-15% a few years ago. This represents a recent dramatic shift in the patient demographics.



## STRUGGLING with OPIATE ADDICTION?



## WE CAN HELP!

## LET'S TALK ABOUT ADDICTION

Addiction is a type of disability, like any other physical or cognitive impairment. However, with the proper treatment, many individuals can overcome their addictions. There is no reason to be judgmental or discriminatory against individuals in recovery, but rather complimentary and supportive of their recovery efforts. Most importantly, recovering addicts are a protected class under the Americans with Disabilities Act ("ADA").

Contrary to common belief, addiction and chemical dependency are not the same, although both may be present in the same individual. While dependency is a normal, physiological response to the repeated use of a substance, addiction is characterized by a loss of control, where one compulsively uses a substance despite life-threatening consequences. The best example is coffee. Millions are chemically dependent on it, but it does not necessarily result in life-threatening conditions.

### WHAT IT TAKES TO SUSTAIN A SUCCESSFUL RECOVERY

Recovery from addiction is a long and challenging process. It is essential that patients develop a commitment to their own recovery and act as the "engine" driving the recovery process. In addition to overcoming cravings and withdrawal, it is imperative that the treatment address any co-occurring conditions or necessary behavioral modifications and changes in lifestyle. Such common conditions include depression, anger, anxiety, post-traumatic stress disorder (PTSD), grief, and peer pressure. Unless treated, these conditions are likely to cause unnecessary relapse.

However, relapse does not necessarily result in failure. While it is discouraged, relapse is an organic part of the recovery process. This is because committed patients often bounce back from relapse and carry on with an even stronger dedication to their recovery. Studies suggest that almost all patients with successful recoveries have experienced relapse.

### WHAT IS THE HARM REDUCTION DISCIPLINE?

THE HARM REDUCTION DISCIPLINE is a science-based treatment approach that customizes treatment to the clinical conditions, strengths, support systems and cultural preferences of each individual, and allows for both short-term and long-term goals.

Unlike TOTAL ABSTINENCE, it allows individuals in treatment to progress at their own pace, and achieve recovery one step at a time. Decades of medical studies have found the Harm Reduction Discipline to be most effective for individuals facing various challenging lifestyle and co-occurring conditions, in addition to their addiction.

### WHAT IS REPLACEMENT THERAPY?

REPLACEMENT THERAPY is an evidence-based, medically supervised procedure, in which a longer acting opioid such as methadone or buprenorphine (a.k.a. Suboxone), is prescribed as a substitute for an illegal opioid (e.g. heroin) or prescribed medication (e.g. Oxycodone).

The medication used in replacement therapy has a dual purpose – it not only blocks the effect of other opioids, but also relieves cravings and withdrawal symptoms. The use of medication in replacement therapy is consistent with the Harm Reduction Discipline. While the medication can cause physiological dependence, it helps prevent the life-threatening conditions caused by drug abuse.

Methadone and buprenorphine are among the safest medications with minimal side effects. There have been very few methadone overdoses recorded in the past 30 years, and in each instance, methadone was used (against medical advice) simultaneously with benzodiazepines (such as Xanax and Valium) and alcohol.

Long-term illicit opiate abuse has been shown to have a long lasting effect on the brain, even to the point of permanent damage. However, most patients who began treatment with methadone and buprenorphine within the first few years of drug abuse have achieved a full recovery and reversed such adverse effects.



## WHY AEGIS?

Established in 1998, Aegis is the largest medication-assisted treatment (MAT) provider in California, and consistently achieves the highest rates of clinical success in its industry. Over the years, thousands of Aegis patients have successfully recovered from their addictions to pain killers and illicit drugs, after repeatedly failing in other programs and treatment modalities.

### The Aegis Model and Your Successful Recovery

The Aegis Model is an innovative multi-disciplinary, evidence-based and outcome-driven treatment program that combines proven medication-assisted treatment with the following:

- Caseled Management, Coordination of Medical Care and Crisis Intervention
- Individual, Family and Group Counseling and Therapy
- Keys To Recovery (K2R) Support Group
- Social Work Services
- Educational Programs
- Discharge Planning and Aftercare Services

These services are provided under one roof in an effective, low-cost, out-patient setting. Services are provided by a dedicated multi-disciplinary team of professionals, comprised of physicians, physician extenders, psychologists, social workers, marriage and family therapists, nurses, counselors, caseload managers and medical assistants.

### Credentials

Aegis meets the strict licensing and regulatory requirements of the Federal DEA, DHHS / SAMHSA, and state and local governments. It also holds the highest level of accreditation from the Commission on the Accreditation of Rehabilitation Facilities (CARF). In addition, Aegis is an approved provider of continuing education for the California Board of Behavioral Sciences.

### Our Success Rates

- On average, over 80% of Aegis' patients in treatment for more than 90 days are illicit opiate free.
- 3 out of 4 Aegis patients report that their lives have positively improved after joining Aegis.
- Aegis has successfully treated over 100,000 patients over the last 15 years.

## WHAT IS THE BEST TREATMENT PROGRAM FOR YOU?

**21-Day Detox** – An introductory program that gives patients, who have never been to a medication-assisted treatment, access to short-term treatment focusing on the tapering off of opioids.

**Long-term Detox** – A 180-day detox program that is most effective for patients with a short history of drug abuse, minimal co-occurring disorders, functioning support systems, and healthy and legal lifestyle.

**Short-term Maintenance** – A 12 to 18-month program that is specially designed for young adults who have a short history of addiction, and yet require extensive treatment for co-occurring disorders and assistance in reestablishing their lives.

**Maintenance** – A program for patients with a long history of drug abuse (heroin in particular), as well as extensive emotional and behavioral disorders. It allows customized treatment without pre-determined time constraints.

**IMPORTANT NOTE:** The selection of the treatment program is based on the clinical conditions, addiction history, support system, strength and cultural preferences of the patient. The ultimate goal for the majority of Aegis patients, and our young patients in particular, is to taper off of medication and lead a drug-free life.



## TREATMENT PROGRAM TYPES

Aegis clinics are outpatient treatment centers similar to any general medical office with a reception and waiting room, doctor's office, examination rooms, dispensary, and individual and group counseling rooms.

Aegis provides the following treatment programs:

**21-Day Detox** - An introductory program that gives patients, who have never been to medication-assisted treatment, access to short-term treatment focusing on the tapering off of opioids.

**Long-term Detox** - A 180-day detox program that is most effective for patients with a short history of drug abuse, minimal co-occurring disorders, functioning support systems, and a healthy and legal lifestyle.

**Short-term Maintenance** - A 12 to 18-month program that is specially designed for young adults who have a short history of addiction, and yet require extensive treatment for co-occurring disorders and assistance in reestablishing their lives.

**Maintenance** - A program for patients with a long history of drug abuse (heroin in particular), as well as extensive emotional and behavioral disorders. It allows customized treatment without pre-determined time constraints.

**IMPORTANT NOTE:** The selection of the treatment program is based on the clinical conditions, addiction history, support system, strength and cultural preferences of the patient. The ultimate goal for the majority of Aegis patients, and our young patients in particular, is to taper off of medication and lead a drug-free life.

## CLINIC ADDRESSES

6500 Merro Rd., Suite D, **Atascadero**, CA 93422 • 805-461-5212  
 1018 21st St., **Bakersfield**, CA 93301 • 661-861-9987  
 501 W. Columbus St., **Bakersfield**, CA 93301 • 661-328-0245  
 590 Rio Lindo Ave., **Chico**, CA 95926 • 530-345-3491  
 1019 Jefferson St., **Delano**, CA 93215 • 861-721-0463  
 11041 E. Valley Blvd., **El Monte**, CA 91731 • 626-442-4177  
 3707 E. Shields Ave., **Fresno**, CA 93726 • 559-229-9040  
 11776 Mariposa Rd., #103, **Hesperia**, CA 92345 • 760-956-2462  
 614 W. Manchester Blvd., #104, **Inglewood**, CA 90301 • 310-412-0879  
 14240 E. Imperial Hwy., **La Mirada**, CA 90638 • 562-946-1587  
 320 "H" Street, #2, **Manysville**, CA 95901 • 530-742-7747  
 1343 W. Main St., Suites A&E, **Merced**, CA 95340 • 209-725-1060  
 1235 McHenry Ave., Suites A&B, **Modesto**, CA 95350 • 209-527-4597  
 125 W. "F" Street, #101, **Ontario**, CA 91762 • 909-966-4550  
 2055 Savers Rd., Suite A, **Oxnard**, CA 93033 • 805-483-2253  
 1450 N. Lake Ave., #150, **Pasadena**, CA 91104 • 626-794-1161  
 1050 N. Garey Ave., **Pomona**, CA 91767 • 909-623-6391  
 1133 Coloma Way, Suite C, **Roseville**, CA 95661 • 916-774-8647  
 4129 State St., **Santa Barbara**, CA 93110 • 805-964-4795  
 115 E. Fesler St., **Santa Maria**, CA 93454 • 805-922-6597  
 825 E. Main St., **Santa Paula**, CA 93060 • 805-525-4669  
 2650 Jones Way, #10, **Simi Valley**, CA 93065 • 805-522-1844  
 8628 Lower Sacramento Rd., #41, **Stockton**, CA 95210 • 209-478-2487  
 5225 Telegraph Road, **Ventura**, CA 93003 • 805-765-6495  
 1825 E. Theiborn St., **West Covina**, CA 91791 • 626-915-3844  
 1322 N. Avalon Blvd., **Wilmington**, CA 90744 • 310-513-1300

## CORPORATE OFFICE

7246 Remmel Ave., **Canoga Park**, CA 91303 • 800-821-0775

Patient Name: \_\_\_\_\_

Referral to: \_\_\_\_\_ Date: \_\_\_\_\_

Referral by: \_\_\_\_\_

Tel No. of Referrer: \_\_\_\_\_

Doc. 1914 1/16 (Rev.)



# Introducing The Aegis Model



## TREATMENT FOR OPIATE ADDICTION

[www.aegistreatmentcenters.com](http://www.aegistreatmentcenters.com)

## THE AEGIS AGENDA

Aegis Treatment Centers, LLC ("Aegis") operates one of the largest networks of Narcotic Treatment Programs (NTPs), also known as Opiate Treatment Programs (OTPs), in the Nation. In 1998, Aegis began implementing a business plan that would upgrade its network into a "State of the Art" continuum of care, a model that has set the standard for OTP operations throughout the country.

Over the last decade, Aegis has pursued a proactive agenda for the advancement of clinical standards and improved patient success rates. Such efforts required the application of a holistic approach to patient care, with a multidisciplinary and integrated scope of treatment and services.



## OUR MISSION

- Support the successful recovery of our patients and improve the quality of their lives.
- Provide evidence-based comprehensive treatment services incorporating multidisciplinary modalities.
- Promote the highest standard of patient care in the treatment of substance abuse and related medical, psychological and socio-economical conditions.

## FACTS ABOUT ADDICTION

- The most commonly used opiates and opioids include:
  - Morphine
  - Oxycodone
  - Opium
  - OxyContin
  - Pentazocine
  - Hydromorphone
- Drug overdose was one of the leading cause of death in 2010. Among people 25 to 64 years old, drug overdose caused more deaths than motor vehicle accidents [CDC, 2012].
- 25% of opiate users (including painkillers) become addicted, compared to 20% for cocaine and 10% for marijuana [CNN, 2013].
- 5.1 million people in the US are abusing prescription drugs for non-pain related reasons [NIDA, 2011].
- Nearly 3 out of every 4 prescription drug overdoses are caused by painkillers. These drugs were involved in 14,800 overdose deaths in 2008, more than cocaine and heroin combined [CDC, 2013].
- Over 900,000 teenagers begin abusing painkillers in the US every year [ADP, 2012].
- 4.2 million Americans aged 12 or older have used heroin at least once in their lives. It is estimated that 23% of individuals who use heroin become dependent on it. [NIH, 2013].
- Approximately 50% of the 2013 admissions at Aegis are under the age of 30, as compared to 10-15% a few years ago. This represents a recent dramatic shift in the patient demographic.

## A SUCCESSFUL RECOVERY

Recovery from addiction is a long and challenging process. It is essential that patients develop a commitment to their own recovery and act as the "engine" driving the recovery process. In addition to overcoming cravings and withdrawal, it is imperative that the treatment addresses any co-occurring conditions or necessary behavioral modifications and changes in lifestyle. Such common conditions include depression, anger, anxiety, post-traumatic stress disorder (PTSD), grief, and peer pressure. Unless treated, these conditions are likely to cause unnecessary relapse.

However, relapse does not necessarily result in failure. While it is discouraged, relapse is an organic part of the recovery process. This is because committed patients often bounce back from relapse and carry on with an even stronger dedication to their recovery. Studies have shown that almost all patients with successful recoveries have experienced relapse.



## WHAT IS THE HARM REDUCTION DISCIPLINE?

The Harm Reduction Discipline is a science-based treatment approach that customizes treatment to the clinical conditions, strengths, support systems and cultural preferences of each individual, and allows for both short-term and long-term goals.

Unlike Total Abstinence, it allows individuals in treatment to progress at their own pace, and achieve recovery one step at a time. Decades of medical studies have found the Harm Reduction Discipline to be most effective for individuals facing various challenging lifestyle and co-occurring conditions, in addition to their addiction.

## REPLACEMENT THERAPY?

Replacement Therapy is an evidence-based, medically supervised procedure, in which a longer acting opioid such as methadone or buprenorphine (Suboxone), is prescribed as a substitute for an illegal opiate (e.g. heroin) or purchased medication (e.g. Oxycodone).

The medication used in replacement therapy has a dual purpose - it not only blocks the effect of other opioids, but also relieves cravings and withdrawal symptoms. The use of medication in replacement therapy is consistent with the Harm Reduction Discipline. While the medication can cause physiological dependence, it helps prevent the life-threatening conditions caused by drug abuse.

Long-term illicit opiate abuse has been shown to have a long lasting effect on the brain, even to the point of permanent damage. However, most patients who begin treatment with methadone or buprenorphine within the first few years of drug abuse, are able to achieve full recovery and reversed such adverse effects.

## THE AEGIS SCOPE OF SERVICES

The Aegis Scope of Practice combines replacement therapy (i.e. therapy with medication), with case management, social work, counseling and specialized services conducted in individual and group settings. When required, patients are referred to outside practitioners and community resources.

Each Aegis patient is assigned to a caseload manager who personally works with the patient throughout the recovery process and coordinates the patient's treatment. Treatment is customized to the individual characteristics and conditions of the patient. Treatment plans are developed as a collaborative effort between the patient and their caseload manager. Treatment plans must set short and long-term goals, and place emphasis on clinical risk management, recovery, and relapse prevention. Treatment plans for patients within the program extend to other areas of the patient's life, and focus on behavioral and lifestyle changes that are essential to a successful recovery.

Furthermore, Aegis patients take part in educational programs and support groups headed by and made up of their peers.

The Aegis Model is an innovative multi-disciplinary, evidence-based and outcome-driven treatment program that combines proven medication-assisted treatment with the following:

- Caseload Management, Coordination of Medical Care and Crisis Intervention
- Individual, Family and Group Counseling and Therapy
- Keys To Recovery (K2R) Support Group
- Social Work Services
- Educational Programs
- Discharge Planning and Aftercare Services

These services are provided under one roof in an effective, low-cost, out-patient setting. Services are provided by a dedicated multi-disciplinary team of professionals, comprised of physicians, physician extenders, psychologists, social workers, marriage and family therapists, nurses, counselors, caseload managers and medical assistants.

## OUR SUCCESS RATES

- On average, over 80% of Aegis' patients in treatment for more than 90 days are illicit opiate free.
- 3 out of 4 Aegis patients report that their lives have positively improved after joining Aegis.
- Aegis has treated over 100,000 patients over the last 15 years.

## CREDENTIALS

Aegis meets the strict licensing and regulatory requirements of the Federal DEA, DHHS / SAMHSA, and state and local governments. It also holds the highest level of accreditation from the Commission on the Accreditation of Rehabilitation Facilities (CARF). In addition, Aegis is an approved provider of continuing education for the California Board of Behavioral Sciences.