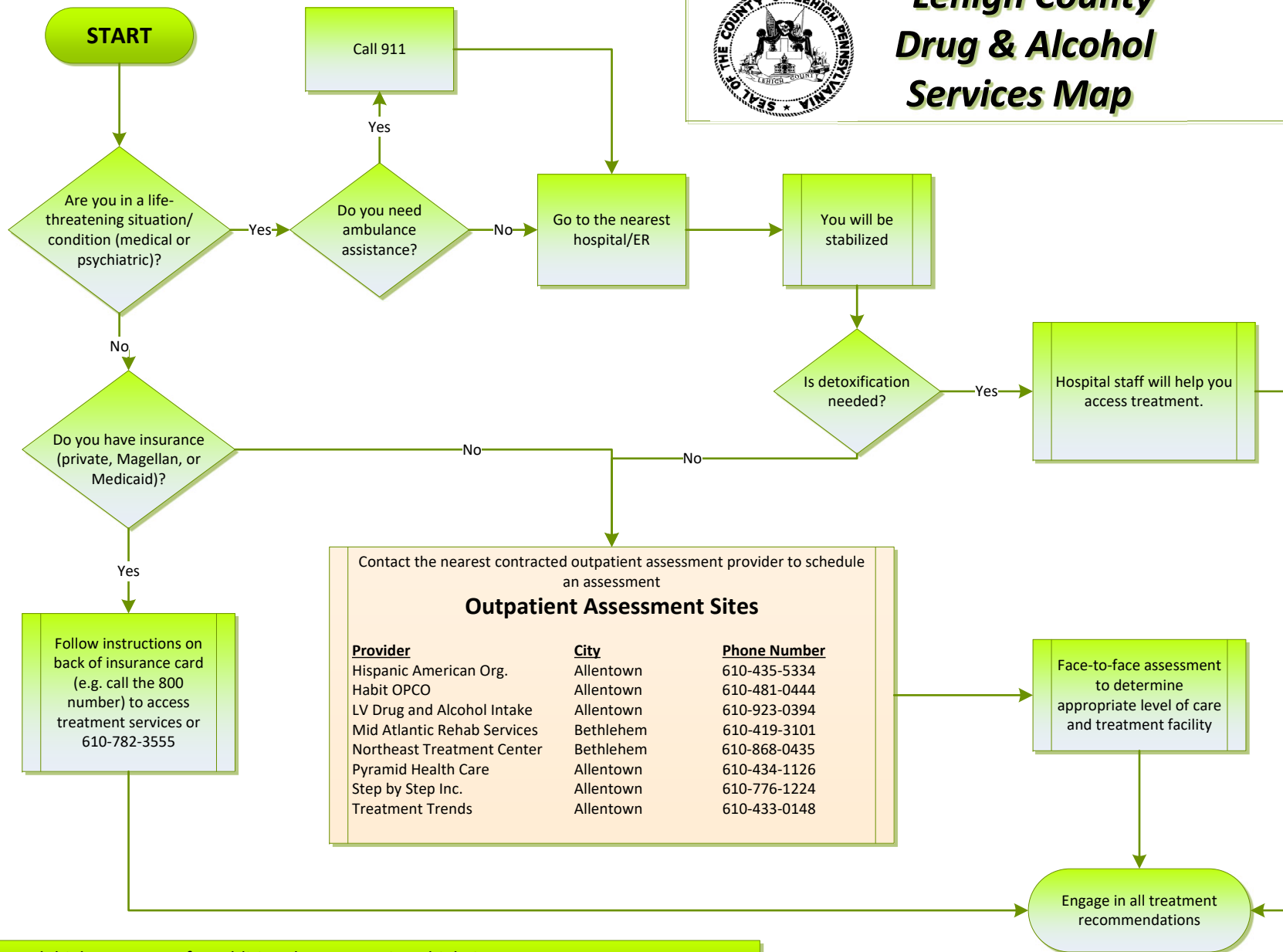




# Lehigh County Drug & Alcohol Services Map



Contact the nearest contracted outpatient assessment provider to schedule an assessment

### Outpatient Assessment Sites

Provider	City	Phone Number
Hispanic American Org.	Allentown	610-435-5334
Habit OPCO	Allentown	610-481-0444
LV Drug and Alcohol Intake	Allentown	610-923-0394
Mid Atlantic Rehab Services	Bethlehem	610-419-3101
Northeast Treatment Center	Bethlehem	610-868-0435
Pyramid Health Care	Allentown	610-434-1126
Step by Step Inc.	Allentown	610-776-1224
Treatment Trends	Allentown	610-433-0148

Check [www.lehighcounty.org](http://www.lehighcounty.org) for additional resources in Lehigh County.

Maps of other Lehigh County systems can be found at <https://home.lehighcounty.org/hsmmap>

**PLEASE NOTE:** This information could change. Updated versions are available at <https://home.lehighcounty.org/hsmmap/DrugAlcoholMap.pdf>



# Getting Started: Lehigh County Drug and Alcohol Services.

Have you ever questioned the role alcohol and other substances play in your life? What may have begun as a way to relieve pain, or something fun you did with friends to unwind takes more from you every day. More money to get the substance. More frequent use. More time to recover from the effects.

Perhaps you aren't someone using a substance, but someone you love is. Does your loved one sometimes seem like a different person? Has money disappeared? Or maybe you've become so concerned, you check on them in the night to make sure they're OK.

Somewhere along the line your family's lives started to revolve around substance use.

You're not alone. Outside the nightmare of drug or alcohol use, there are proven treatment options and a vibrant, supportive community of peers for individuals and their families waiting to guide you through this.

But where do you start?

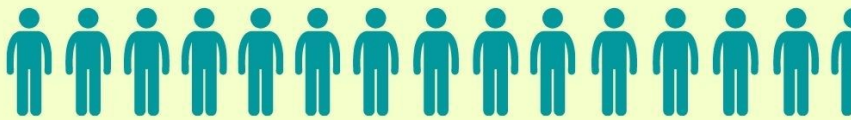
Right here. Right now.

## You Are Not Alone: Statistics on Substance Use & Recovery

### ALCOHOL USE STATISTICS



In 2019, **25.8%** of people 18 and older reported binge drinking in the past month.



**14.5 Million**

people aged 12 and older have a diagnosable Alcohol Use Disorder.

**Due to this, more than 10% of US kids 17 years and younger live with a parent who suffers from an Alcohol Use Disorder (AUD).**

**95,000** people die from alcohol-related causes annually.

**This makes alcohol the third leading preventable cause of death.**

Alcohol-related driving fatalities account for **28%** of total driving fatalities, for a total of 10,142 deaths in 2019.



When you or someone you care about is using alcohol, it's easy to feel like you are the only one struggling. You aren't.

Millions of everyday Americans from all walks of life suffer from problematic alcohol use.

Even before the pandemic, alcohol consumption was on the rise. Between 1999 and 2017, the National Institute on Alcohol Abuse and Alcoholism reported per capita consumption rose by **8%**.

Growing research confirms that people, especially women, are drinking more in response to the pandemic. One in four Americans reported consuming more alcohol in response to pandemic stress.

The misuse of prescription drugs and the use of illicit substances has risen sharply in the past two years.

While opioid overdoses continue to dominate the number of annual drug-related deaths, stimulants like cocaine and methamphetamine are on the rise.

Fentanyl is an illicit opioid about 50 times as powerful as heroin, its cousin Carfentanil can be 10,000 times more powerful. Cheaper to manufacture in illicit laboratories, these synthetics are added to many other drugs to increase profitability.

Unfortunately, someone buying a drug has no idea if a lethal dose waits inside the bag.

## OPIOIDS AND OTHER DRUGS



**70,630** people died of drug overdose in 2019. That's more than **190** per day. In 2020 estimates suggest that number leapt to **93,000** deaths, a **30%** increase, and the highest ever recorded.

2019 opioid overdose led the increase with **14,480** deaths from heroin and **48,006** from synthetic opioids. However, deaths from cocaine and stimulant overdose increased **10x**.



In 2019, more than **153 million** opioid prescriptions were written. **10.1 million** people misused their prescriptions in the same year.

Daily marijuana use among young adults is the highest in 30 years. Nearly **13%** of young adults not in college, and **4.9%** of those enrolled used it in the past 30 days.



2019 and 2020 Data from HHS and the CDC

Between both alcohol and other substances, 19.7 million Americans age 12 or older battle a substance use disorder, with 74% of them struggling with alcohol.

## How Do I Know if Someone has a Problem with Substances?

Just like any medical disease, an evaluation by a trained professional can tell you whether someone suffers from addiction. There are some warning signs an individual's substance use is transforming into a serious condition. First, let's look at the definition of addiction below.

### DEFINITION OF ADDICTION.

The American Society of Addiction Medicine defines addiction as: **A treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.**

**Prevention efforts and treatment approaches for addiction are generally as successful as those for other chronic diseases.**



A few common warning signs someone's use is problematic:

- Using more of a substance than intended, or needing more of a drug for the same effect.
- Change in friends, behavior, or work/school performance. Potential legal/financial problems.
- Increase in high-risk behaviors.
- Feeling run-down, hopeless, depressed, or even suicidal.
- Feeling strange or ill when the substance wears off.
- Symptoms like exhaustion, change in sleep, flu-like symptoms
- Loss of interest in things you used to enjoy.

## How to Get Help For Substance Abuse in Lehigh County

If you think you or someone you care about might be losing control of substance use, it's important to schedule an assessment. Because addiction is chronic and progressive, it doesn't go away on its own.

If you had symptoms of heart disease or diabetes, most of us wouldn't ignore it and hope it got better on its own. Nor would someone try to treat the disease without professional care. Substance use is no different.

It gets worse the longer it goes untreated.

At the same time, knowing where to start and making sense of the options out there can feel daunting.

The first step is an assessment. The professional evaluating the individual will make a recommendation for the level of care, medications, and other options that make sense for your unique situation. Similar to any other illness, more serious symptoms may mean a period of time in an inpatient setting is necessary.

For others, outpatient services will be the best starting point. Lehigh County Drug and Alcohol has a robust network of vetted, quality providers at every level of care. Regardless of your insurance status, there is usually help available.

Below is a list of our treatment programs followed by a list of other services that provide a welcoming community and support for needs outside of clinical treatment. If you are a concerned loved one, there are resources for you, too. Assessments can be scheduled at any one of the providers listed next.

### ***AN ASSESSMENT IS THE FIRST STEP IN GETTING TREATMENT***

**If you don't have health insurance, you can apply for public funding at the providers below or call Lehigh County Drug and Alcohol to discuss your options at 610-782-3555.**

<b>FACILITY</b>	<b>ADDRESS/PHONE</b>	<b>INSURANCES</b>
Comprehensive Treatment Centers (Habit OPCO)	2970 Corporate Court, Ste. 1, Orefield, PA 18069. Phone: (610) 481-0444.	Medical Assistance, No Insurance
Hispanic American Organization	462 W. Walnut St., Allentown, PA 18102. Phone: (610) 351-2292	Medical Assistance, No Insurance
Orchard Behavioral Health (KidsPeace)	451 W. Chew Street, Ste. 105, Allentown, PA 18102. Phone: (610) 799-7113	Medical Assistance, No Insurance, Private Ins.
Lehigh Valley D&A Intake Unit	927 W. Hamilton St., Allentown, PA 18101. Phone: (610) 923-0394	Medical Assistance, No Insurance
Mid Atlantic Rehabilitation Services	826 Delaware Avenue, Bethlehem, PA 18015. Phone: (610) 419-3101	Medical Assistance, No Insurance, Private Ins.
Northeast Treatment Center	44 East Broad St., Bethlehem, PA 18018. Phone: (610) 868-0435	Medical Assistance, No Insurance, Private Ins.
Pyramid Healthcare	1605 N. Cedar Crest Blvd., Allentown, PA 18104. Phone: (610) 434-1126	Medical Assistance, No Insurance, Private Ins.
Step by Step, Inc.	2015 Hamilton St., Ste. 103, Allentown, PA 18102. Phone: (610) 776-1224	Medical Assistance, No Insurance
Treatment Trends—Confront	1130 Walnut Street, Allentown, PA 18102. Phone: (610) 433-0148	Medical Assistance, No Insurance




# Medication Assisted Treatment for Substance Use Disorders

At present, only Alcohol and Opioid Use Disorders have FDA approved medication options for treatment. Locally, methadone can be accessed at Comprehensive Treatment Centers (formerly Habit OPCO). Each of the providers in our network can support other options of MAT.

## MEDICATION ASSISTED TREATMENT (MAT)


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**FDA-Approved Medications**



Vivitrol, Naltrexone,  
Suboxone/Sublocade,  
Methadone.

**Behavioral Counseling**



Inpatient or Outpatient  
therapies, depending on  
individual needs.

**Comprehensive Addiction Treatment**

- Improve client survival
- Increase treatment retention
- Increase client ability to maintain employment
- Improve birth outcomes among women with Substance Use Disorder



## Recovery Centers and Recovery Support Services.

Lehigh County is fortunate to have three Recovery Centers serving residents. Each is there to offer people with a substance use disorder a warm, welcoming community and resources to help with many aspects of life. Employment, life skills, fun social activities, stress relief, and linking to affordable healthcare, our Recovery Centers are there to serve people with a substance use disorder and their loved ones at no cost.

Worried no one understands what you're going through? The Recovery Centers are staffed with Certified Recovery Specialists. Professionals who have been through their own addiction and achieved stable recovery. They are there to guide you. No appointment required, simply drop in during their hours of operation.

RECOVERY CENTER	ADDRESS/PHONE	WEBSITE
Allentown Center for Recovery	36 S. 6 Street, Allentown Phone: (267) 210-2218	<a href="http://www.treatmenttrends.org/images/PDFS/ARC/ACFRINTRODUCTION.pdf">http://www.treatmenttrends.org/images/PDFS/ARC/ACFRINTRODUCTION.pdf</a>
Change on Hamilton	927 W. Hamilton St., Allentown Phone: (484) 350-3916	<a href="https://www.facebook.com/pg/CoH927/posts/">https://www.facebook.com/pg/CoH927/posts/</a>
REACH LV Youth Recovery Center	860 Broad St, Emmaus. Phone:(610) 421-6443	<a href="https://www.reachlvyouthrecoverycenter.org/">https://www.reachlvyouthrecoverycenter.org/</a>

## Recovery Support Resources

### 12-Step Meetings and Other Recovery Meetings:

Narcotics Anonymous Meetings  
<https://littleapplena.com/>

Alcoholics Anonymous (AA)  
<http://www.aa.org/>

SMART Recovery:  
<https://www.smartrecoverytest.org/local/>

Celebrate Recovery (Christ Centered)  
<https://locator.crgroups.info/>

### Meetings for Families:

Al-Anon  
<http://www.al-anon.org/>

Al-A-Teen  
<http://www.al-anon.alateen.org/>

Lehigh Valley Parent & Family Support Group  
 Thurs. @ 7 PM. 3231 Tilghman St. Allentown.  
 LVPFSG@gmail.com

### Government Agencies:

Substance Abuse & Mental Health Services  
 Administration:  
<http://www.samhsa.gov>

Lehigh County Department of Drug and Alcohol Services  
<https://www.lehighcounty.org/Departments/Human-Services/Drug-Alcohol>

PA Department of Drug and Alcohol Programs  
<http://www.ddap.pa.gov/pages/default.aspx>

Life Unites Us—Stories of real people who overcame  
 their addiction.  
<https://lifeunitesus.com/>

PA Stop for Opioid Use Disorders information.  
<https://pastop.org/>

For information and training on live-saving Narcan  
 overdose-reversal medication:  
<https://www.getnaloxonenow.org/>

## Levels of Care and Additional Resources

Your journey through treatment can begin at many entry points on the continuum of care. If you are in need of a safe medical withdrawal from alcohol, sedatives, or opioids, your treatment may begin with Withdrawal Management and move through the levels of care to Outpatient. Some people begin with Outpatient services. Below is a short description of the levels of care from lowest to highest.

LEVEL	DESCRIPTION	TIME
Outpatient	Group, Individual, and/or Family Counseling. Best used as a step down from other levels, or when substance use is not	1-4 hours per week.
Intensive Outpatient (IOP)	Psychoeducation, Group, Individual and/or Family Counseling. Most common level of care following inpatient.	Usually 3-5 days per week, for 10 hours weekly or more.
Partial Hospital	Similar to IOP, but with additional hours and increased focus on co-occurring psychiatric or other significant problems.	At least 20 hours weekly, but not needing 24 hour support.
Low-Intensity Residential	Formerly called a Halfway House. Treatment is provided onsite, but clients often hold jobs or attend community meet-	24 hour/7day a week residence.
High-Intensity Residential	This is what most think of as 'rehab'. Designed to stabilize severe, acute addiction.	Full time residence. Treatment activities occur much of the day/evening.
Withdrawal Management	Formerly called 'detox'. Goal is a safe medically-monitored withdrawal from substances.	24/7 medical monitoring.

Residential and Withdrawal Management services at a hospital-like facility are possible for those with significant medical problems. Medically-managed services are similar to their Medially-monitored counterparts in length and content.