



*Beyond Addictions*<sup>®</sup>

In-home Detoxification & Innovative Recovery Services

## Inside Beyond Addictions



Dr. Marvin D. Seppala, Medical Director, CEO

### Support Addiction and Mental Health Parity Legislation

H. R. 1424, the Mental Health and Addiction Equity Act of 2007, is currently being reviewed by the House Energy and Commerce Committee. H. R. 1424 requires group health plans that currently offer coverage for mental health and substance use disorders to provide those benefits in the same manner as benefits provided to all other medical and surgical procedures covered under the plan. It prohibits group health plans from imposing discriminatory annual or lifetime dollar limits, copays and deductibles, or day and visit limits unless similar limitations or requirements are imposed for other medical and surgical benefits.

Everyone working in this field and anyone in recovery from addiction needs to lend their energy and support to the passing of this bill. This is a bill intended to end discrimination against those with mental health and substance use disorders. It is about equal rights, providing the same form of insurance coverage provided for any other disease. For decades, health insurance plans have used the stigma and misunderstanding associated with mental health and substance use disorders to place arbitrary and discriminatory limits on access to care. We need to put an end to this discrimination and support a bill that allows people with these illnesses the same access to care as they would have with any other illness. We have a parity bill in Oregon, but it is not adequate in many ways— in particular, it does not apply to any insurance company that's headquartered outside of the state. Therefore, this national bill is of great importance to the citizens of Oregon.

The insurance industry is arguing that such a bill would increase costs, but numerous studies have consistently shown that parity does not result in significant health plan cost increases. The Federal Employee Health Benefits Program provides parity for addiction and mental illness and a 2006 study found little or no effect on costs.

A similar bill (S. 558) has just passed the Senate; however, it is not an adequate bill and has multiple loopholes for the insurance industry to use to avoid parity. Please contact your Congressperson and your Senator to support H.R. 1424, as the House and Senate will come together to write a bill acceptable to both. Contact me at 503.644.8700, if you need more information.

To contact your Congressperson go to: [www.house.gov](http://www.house.gov)

To contact your Senator go to: [www.senate.gov](http://www.senate.gov)

## Announcements

### New Buprenorphine Program

As a result of our growth and new relationships established with vendors, we have been able to reduce our In-office Buprenorphine Detox prices. The cost of the program is \$1,875, which includes a complete evaluation, In-office initiation and daily medication dosing. There is an extra fee if labs are needed. Beyond Addictions prides itself on being able to respond immediately to new clients, Monday-Friday. For more information, please call us at **503.644.8700**.



Pictured Above:  
Beyond Addictions' In-office  
Detox room.

**To view more news and information on upcoming events, please visit us on the web at [www.beyondaddictions.com](http://www.beyondaddictions.com)**

# *Beyond Addictions*

## CALENDAR OF EVENTS

### You Are Invited Complimentary Seminars

**Wednesday, October 17, 2007  
12:00pm-1:00pm.**

“Approaches to Conflict  
Management and Conflict  
Resolution”

Taught by Hugh Boeving, MS,  
a Beyond Addictions  
Recovery Services Clinician.

Refreshments and  
one CEU will be provided

**Thursday, October 25, 2007  
12:00pm-1:00pm**

“Is my client getting better? Tools for  
challenging clinical intuition.”

Taught by Brett Copeland, Psy.D.,  
Psychologist Resident, Beyond  
Addictions' Sexual Concerns  
Program Manager.

Refreshments and  
one CEU will be provided

**If you would like to attend a  
seminar, please RSVP to  
jennifer@beyondaddictions.com  
or Call 503.644.8700**

### **New: Meditation Workshop**

The Meditation Workshop will allow participants to learn concentrative meditation. Meditation offers an enhanced sense of well-being and an ability to remain centered under stressful conditions. Through this practice participants will reduce the likelihood of impulsive, reactive behavior, resulting in reduced stress levels. The Meditation Workshop is appropriate for anyone.

The Meditation Workshop is a 4-week track, at a cost of \$140 (\$35/session). The first of four sessions will start on **Friday, October 26, 2007, 5:00pm-6:00pm**; the last session will be on **November 16, 2007**. The subsequent 4-week track will start on November 30, 2007.

The workshops will be facilitated by **Hugh Boeving, MS, a Beyond Addictions Recovery Services Clinician.**

If you would like to attend the workshops, or for additional information, please call **503.644.8700**.

### **New: Relapse Prevention Workshop**

The Relapse Prevention Workshop allows participants to thoroughly examine personal relapse symptoms and develop tools to address these symptoms before a return to use occurs. Participants will learn craving management techniques and practice these in the workshops. The workshops will be experiential as well as informational.

The Relapse Prevention Workshop is a 4-week track, at a cost of \$275 for all four sessions. The first of four sessions will start on **Tuesday, October 23, 2007, 6:00pm-7:30pm**; the last session will be on **November 13, 2007**. The subsequent 4-week track will start on November 20, 2007.

The workshops will be facilitated by **Clark Caswell, BA, CADC II, Beyond Addictions' Recovery Services Coordinator.**

If you would like to attend the workshops, or for additional information, please call **Clark at 503.644.8700**.

### **DUII Rehabilitation and Information Only Programs**

The DUII Rehabilitation Level I program runs every Tuesday night from 6:00pm-7:30pm. This is a 12-week program, at a cost of \$1040. The DUII Information Only Program will run every Monday from 6:00pm-9:00pm. This is a 4-week program. DUII Services can also be customized to meet the client's needs, and upon request, a Beyond Addictions clinician may come to the client's location for DUII Services. For more information on these services, please call **503.644.8700**.

### **Beyond Addictions Services:**

- Psychotherapy
- Psychiatric or Psychological Evals
- Group Therapy
- Continuing Care
- In-home detox
- Individual Counseling
- Nicotine Cessation
- Pain Management
- Family Services
- Family Therapy
- Family Group
- Body Image
- Sexual Concerns
- DUII