

# THE CARE YOU'VE ALWAYS WANTED

## Our Vision

Collaboration, innovative teams, and unique perspective drive high-value care that engages adults living with substance use disorders, social dysfunction, health disparities, and complex illness to achieve their highest potential. We support your journey to health and wellness and provide patient-centered specialty, primary, and alternative care to maximize function, ability, and wellness.



## Emergency Phone Numbers & Support

LA County Substance Abuse Service  
Helpline  
**(844) 804-7500\***

Department of Mental Health Crisis Line  
**(800) 854-7771\***

National Suicide Hotline  
**(800) 273-8255\***

Homeless Health Care Los Angeles- Needle  
Exchange  
**(213) 617-8404**

AA Meetings  
**800-932-8722 or 323-936-4343**

Spanish AA Meetings  
**323-750-2039**

MLK, Jr. Outpatient Center General Number  
**(424) 338-1000**

Emergency Services  
**Harbor-UCLA Medical Center**  
1000 W. Carson Street  
Torrance, CA 90502  
**424-306-4000\***

\*24 hours/ 7 days



# Haven

## Substance Use Treatment Services

**Martin Luther King, Jr.  
Outpatient Center**  
1670 E. 120<sup>th</sup> Street- 1<sup>st</sup> Floor  
Los Angeles, CA 90059

**(424) 338-1819**





## What is MAT?

Medication-Assisted Treatment (MAT) is the use of medications, in combination with counseling, to provide a “patient-centered” approach to the treatment of substance use disorders.

## Who is MAT for?

MAT is primarily used for the treatment of alcohol use disorder and opioid use disorder in patients ages 18 and over. Opioids include heroin and prescription pain relievers such as OxyContin, Norco, codeine, and morphine.

## OUR SERVICES

- Substance Use Counseling- Individual and Group
- Medication-Assisted Treatment (MAT) for Alcohol Use Disorder and Opioid Use Disorder
- Referral to inpatient withdrawal management programs
- Linkage to Department of Mental Health (DMH) Psychologist
- Case Management

## OUR TEAM INCLUDES

- Licensed Medical Provider
- Licensed Clinical Social Worker
- Substance Use Counselor
- Medical Case Worker
- Licensed Vocational Nurse
- Community Health Worker

The team will provide an integrated approach to assess your needs, assist in developing a treatment plan, and support you with recovery so you can reach your future goals.

## ON YOUR FIRST VISIT

You should expect to:

- Check in with nurse
- Complete intake paperwork
- Meet with provider
- Discuss treatment options
- Meet with other members of the care team
- Schedule next appointment

## HELPFUL TIPS:

- Avoid alcohol and other substances
- Take medications exactly as prescribed
- Attend individual and group sessions weekly
- Exercise daily
- Maintain contact with provider, counselor, and entire treatment team
- Reward your successes

## REACH OUT AND START YOUR JOURNEY TODAY!

**Eric Medina**

**Substance Abuse Counselor**

**424-338-1819 or**

**310- 903-9805 Cell**