

# **Beat It!**

Program, Inc.

**Sheet Metal Workers of Southern  
California, Arizona and Nevada  
Health Plans**

## **SUBSTANCE ABUSE TREATMENT**

Benefits for the treatment of substance abuse including alcoholism, substance or drug addiction or abuse, are provided through a program called Beat It! In order for benefits to be payable under the Plan for you or your family members, all care must be arranged through the Beat It! Program. Beat It's toll-free number is 1-800-828-3939. No other substance abuse and chemical dependency benefits are provided under the Plan.

### **WHAT IS BEAT IT?**

Beat It! is a completely confidential alcohol and drug rehabilitation and counseling program, where members and their eligible dependents have available professional counselors, therapists and treatment facilities.

### **WHAT IS AVAILABLE TO ME AND MY FAMILY?**

Beat It! recognizes that each individual has different needs and has taken great care in selecting qualified providers who take into account different personalities and conditions.

### **INPATIENT TREATMENT**

Inpatient treatment methods include the following and are available to both adults and adolescent cases which involve more intense and problematic substance abuse issues. Inpatient treatment models include:

- ▶ Acute care hospitals
- ▶ Residential Treatment Centers
- ▶ Specialized Chemical Dependency Recovery Hospitals

Inpatient programs incorporate one-to-one and group therapy, lectures and classes with substance abuse experts, and a daily exercise regimen within a 21-28 stay with a pre-approved contract facility.

## **OUTPATIENT TREATMENT**

Also available is an intense outpatient program including up to 40 hours of therapy with clinical professionals which include:

- ▶ Marriage, Family, and Child Counselors (MFCC)
- ▶ Clinical psychologists (PhD)
- ▶ Licensed Clinical Social Workers (LCSW)

Outpatient therapy is mainly structured to address a more broad range of issues for those who require intense treatment, but not at the level of an inpatient setting. Outpatient therapy includes:

- ▶ One-to-one counseling
- ▶ Couples and relationship therapy
- ▶ Family therapy

## **WHAT DO I DO?**

By calling 1-800-828-3939, you will contact a substance abuse counselor who will provide an initial problem assessment, and arrange for care in the appropriate setting.

## **IS PRE-AUTHORIZATION NECESSARY?**

In order for substance abuse benefits to be payable, you **MUST** contact Beat It! **PRIOR** to inpatient or outpatient treatment.

**Important:** Remember that all care must be arranged through the Beat It! Program, in order for substance abuse benefits to be payable under the Plan. Beat It's toll-free number is 1-800-828-3939

It is important to understand that Beat It! has a very stringent approval process for its network providers and accepts providers based on specific criteria including licensing, accreditation, experience, and treatment processes. In addition, Beat It! has made special reduced fee arrangements with contracting providers for their services. For this reason, pre-authorization is necessary to ensure that you or your family member receives qualified professional care for the presenting problems and issues from an authorized Beat It! provider/facility.

If you or a family member is admitted on an emergency basis, you must contact Beat It! the first business day following admission.

## **WHAT IF I REQUIRE DETOXIFICATION?**

Beat It! has special arrangements with many providers who can provide the service for those who may need detox. However, it is recommended that if you are enrolled in an HMO, that you consult your plan book for detox coverage. Beat It! can make arrangements for a transfer if necessary for the remainder of treatment.

The Board of Trustees reserves the right at any time and from time to time, in its sole and absolute discretion to terminate or change any benefit.

Sheet Metal Workers'  
Health Plan  
of Southern California,  
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(Attach this brochure to your Health Plan booklet for future reference. It is part of your Plan and will be included in the next revision and printing of your Summary Plan Description.)

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