

OPTIONS Liaisons can support your patients who use substances.

OPTIONS

SAVE LIVES

OPTIONS Liaisons are a judgment-free point of contact who can meet people where they are in terms of their substance use, offer support, and connect them to treatment, harm reduction and recovery resources. Liaisons are licensed behavioral health clinicians working through four agencies contracted through The Maine Office of Behavioral Health: Aroostook Mental Health Services (AMHC), Oxford County Mental Health Services, Sweetser and Tri County Mental Health Services.



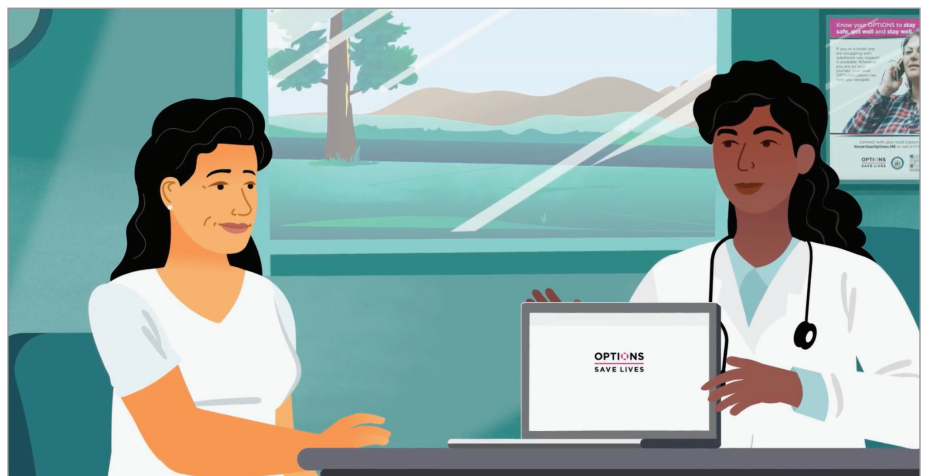
Anyone can make a direct referral to a Liaison, including individuals who use drugs, their families and loved ones, and others within the support system. They also often work alongside local emergency medical services (EMS) and law enforcement agencies to follow up with people and families after an overdose. In addition to helping people navigate services, Liaisons assist people to meet basic needs; de-escalate behavioral health crises and provide short-term therapeutic interventions; provide naloxone training and distribution; and conduct outreach and education.

How do I make a referral to an OPTIONS Liaison?

Visit <https://knowyouroptions.me/options-liaisons> to view Liaison contact information and direct referral form links, which you can offer to fill in during your visit. If not, Liaisons' direct phone numbers and emails are also listed on that site and on this [Liaison contact information handout](#). Anyone, including family members, can reach out to the Liaison.

“I want people to feel like I have genuine empathy for them. Sometimes there are immediate solutions and sometimes it can take time. I understand the challenges and that there will be some bumps on the road along the way. That does not indicate failure, and that persistence will pay off.”

Glenn Gordon, BA, CADIC,
OPTIONS Liaison, Oxford County



Find videos and materials for patients and providers at
<https://KnowYourOptions.ME/options-partner-toolkit/>

How do I talk to a patient about OPTIONS?

Routine screening for substance use, using a validated and population-specific tool, identifies which patients could benefit from a brief intervention as well as those who might need a referral for an assessment or other support. If a patient is open to support, offer to fill in the form together during their visit (it should only take one minute).

“Based on what you have told me, I wonder if you’d be interested in resources related to substance use? We could fill in a quick form right now to reach out to the [insert county] OPTIONS Liaison, [insert name]. They will follow up with you to see what would be helpful, and if you want, connect you to support and services. I can also give you their contact information. And if you are interested in talking with me about making a plan to stop using x substance, potentially using medication, I’m happy to talk about that too.”

We encourage you to document the discussion and referral in the patient’s medical records, so you or another provider can follow up at their next appointment.

What about privacy?

Liaisons meet all federal standards for patient privacy with HIPPA and 42 CFR Part 2 (“Part 2”) that requires substance abuse disorder treatment providers to observe privacy and confidentiality restrictions with respect to patient records. Unless the person signs a medical consent form granting access to their records, all records are private.

Are OPTIONS Liaisons first responders?

No. OPTIONS Liaisons are public health professionals whose services are private and confidential like any healthcare provider. Sometimes Liaisons collaborate with first responder agencies like law enforcement or emergency medical services.

The Overdose Prevention Through Intensive Outreach Naloxone and Safety (OPTIONS) initiative is a coordinated effort of the Maine Office of Behavioral Health (OBH) and other state agencies to improve the health of Mainers with substance use disorder. OPTIONS supports treatment, harm reduction and recovery, and aims to reduce the number of fatal and non-fatal drug related overdoses.

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