

Improving Methadone Access: Creating a Reliable Methadone Clinic Database in Los Angeles

Background & Introduction

- Methadone was initially utilized to treat heroin addiction, but since the mid-1900s, it has been used to treat all OUDs (1,2).
- Access to treatment remains unequal, disproportionately affecting ethnic and racial minorities and low-income patients (3).
- In Los Angeles, methadone is crucial due to rising fentanyl use, but finding and contacting opioid treatment programs (OTPs) is difficult (4).
- Variability in clinic hours, insurance acceptance, and admissions requirements further complicate access, with limited online information even from national databases like SAMHSA (5).

Purpose & Aims

- This project aimed to improve access to methadone treatment by developing a comprehensive, up-to-date database and map of OTPs in Los Angeles. Specifically, we sought to:
 - Identify and document each OTP's intake and dosing hours, insurance policies, and admission requirements.
 - Address barriers to treatment initiation by making this information easily accessible to patients and providers.
 - Provide insights into the challenges of contacting OTPs, highlighting areas for system improvement.

Methods

Clinic Search Identified OTPs using online tools and Google.

Data Collection Contacted clinics for hours, ID, dosing policies, and limits.

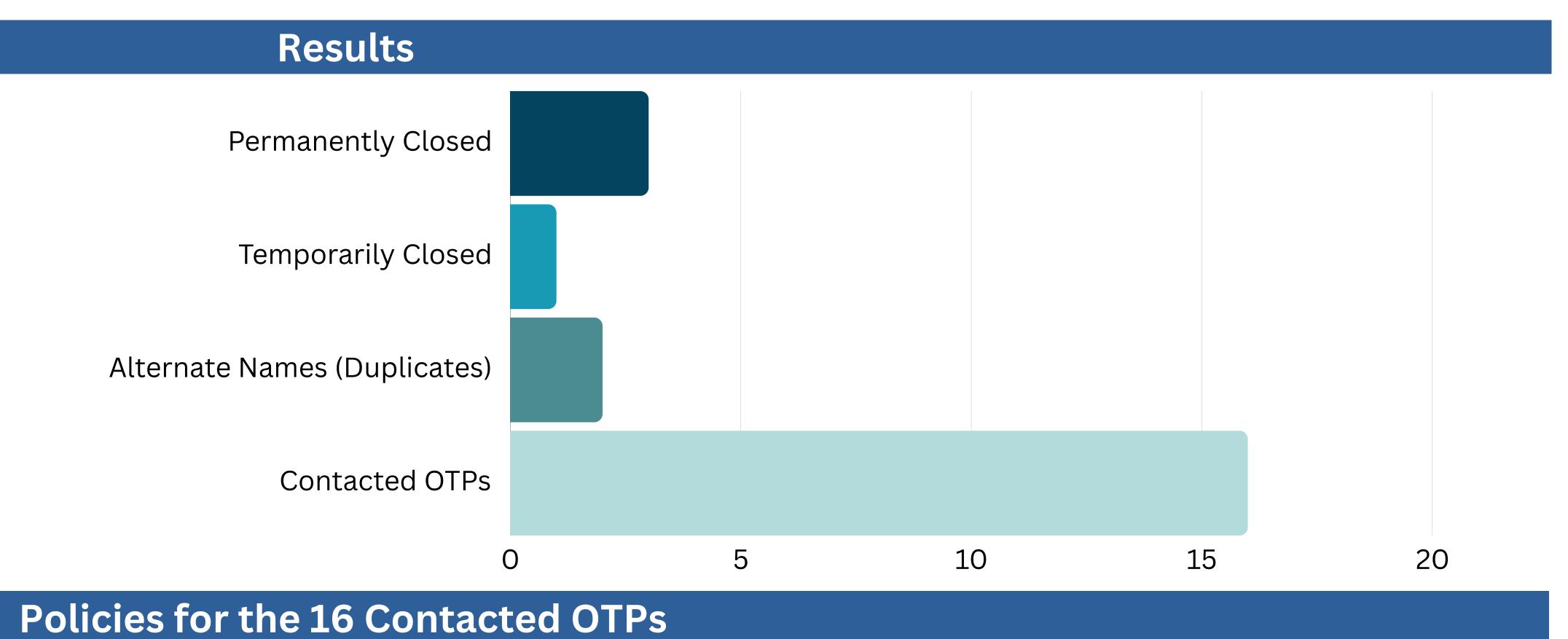
Data Organization Recorded info in a structured datasheet.

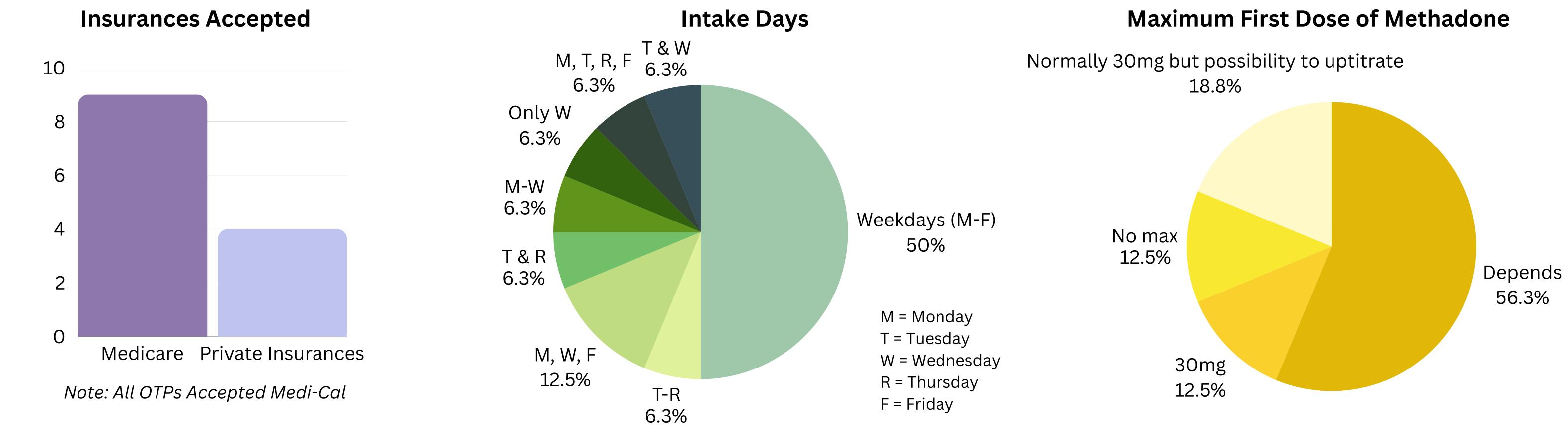
Resource Development Created interactive map and printable flyers.

- Identified outpatient OTPs within a 25-mile radius of UCLA using the LA County Service Tool, startyourrecovery.org, and Google.
- Contacted clinics to collect intake and dosing hours, ID requirements, maximum initial dosing limits, and transfer policies for patients discharged from hospitals.
- Recorded data in a structured datasheet and cleaned it for easy use by providers and patients.
- Developed an interactive map using JavaScript & HTML for clinic filtering.
- Created printable flyers with clinic details and directions for offline access.

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 26 OTPs met the inclusion criteria: 3 were permanently closed 	Permanen
 1 was temporarily closed 2 were alternate names of two other clinics 16 were contacted and information was obtained 	Tempora
	Alternate Names (D



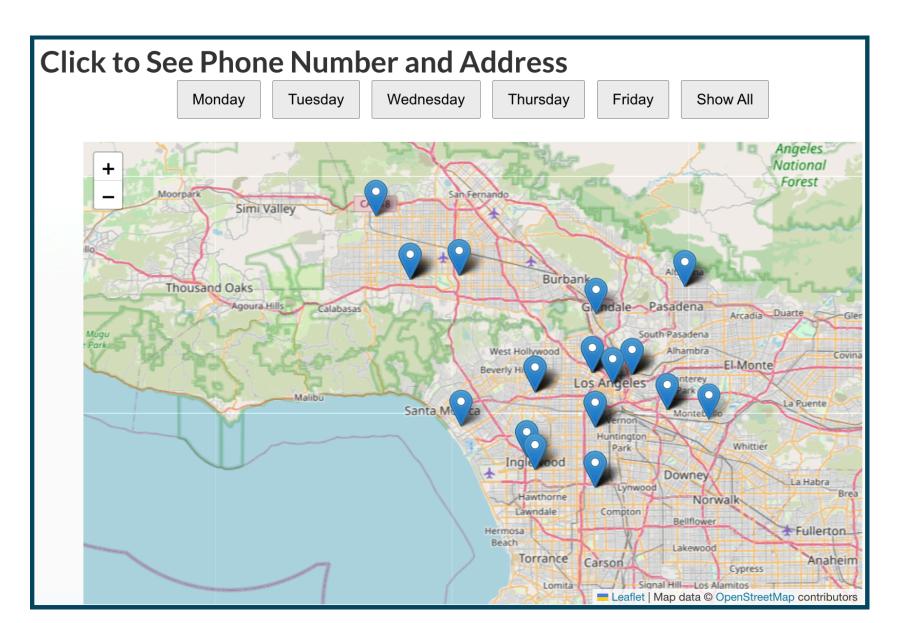


Resources Developed

Spreadsheet

<u>https://tinyurl.com/methadonespreadsheet</u>

Clinic / Treatment Center Name	Address	Phone Number	Website	Last Contacted / Updated	Intake Days	Intake Hours	Dosing Hours	Required IDs	Facesheet Acceptable?	Insurances Accepted	Max First Dose	Continued Dose?
BAART Programs - Beverly	1926 Beverly Blvd Los Angeles, CA 90057	213-722-4217	<u>Link</u>	08/09/2024	Weekdays	Mon - Fri: 5:30am - 1:30pm Sat - Sun: Closed	Mon - Fri: 5:30am - 1:30pm Sat - Sun: 6:00am - 10:00am Holidays: 6:00am - 10:00am	Anything with a picture and name	Yes	Medi-Cal, Medicare	Depends - 40, 50, 60 agreement (honored), among examination, up to 80	Yes
arzana Treatment Centers Inc	18646 Oxnard Street Tarzana, CA 91356	800-996-1051	<u>Link</u>	11/06/2024	Weekdays	Call center: open 24 hours for registering To speak to a scheduler: 8am - 1:30pm	Mon - Fri: 5:30am - 1:30pm Sat - Sun: 7:00am - 11:00am Holidays: 7:00am - 11:00am	Any form of identification	Yes	Medi-Cal from LA County, private insurances	Depends	Yes (need to register and do intake first)
3AART Programs – Southeast Los Angeles	4920 Avalon Boulevard Los Angeles, CA 90011	323-235-5035 214-379-3300 x 1727	Link	11/05/2024	Weekdays	Mon – Fri: 5:30am – 11am Sat – Sun: Closed	Mon - Fri: 5:30am - 1:30pm Sat - Sun: 6:00am - 10:30am Holidays: 6:00am - 10:30am	Any photo ID	Yes (with picture and birthday, temporarily)	Medi-Cal, Medicare Part B, Self-pay (\$180/month) for daily program, no HMO or PPO	Depends, usually between 20-40	Yes (need ROI, dosing sheet)
ALT Recovery Group Chatsworth	20946 Devonshire Street, Suite 100 Chatsworth, CA 91311	818-626-8053	<u>Link</u>	11/06/2024	Three	Tues - Thurs: 5:00am - 10:00am Sat - Sun: Closed	Mon - Fri: 5:30am - 12:30pm Sat: 8:00am - 10:00am Sun: Closed (take-home dose) Holidays: Closed	Any valid ID	Yes (Temporarily)	Medi-Cal, Medicare, Self-pay	Always at 30mg across the board	Yes (with history/supportin documentation)
legis Treatment Centers, LLC - Inglewood	614 West Manchester Boulevard, Suite 104 Inglewood, CA 90301	310-412-0261	<u>Link</u>	11/15/2024	Weekdays	Mon - Fri: 5:00am - 10:00am Sat - Sun: Closed	Mon - Fri: 5:00am - 9:00am, 10:00am - 12:30pm Sat - Sun: 6:30am - 10:30am	California ID, insurance card, urine test for opiates	Yes (with picture)	Kaiser, Blue Shield, Magellan, Optum, Health Net, Beacon, TriWest, Cigna, Aetna, Malena (NO Blue Cross)	Observation first, minimum is 20	Yes
American Health Services, LLC - Van Nuys	6265 Sepulveda Boulevard, Suite 9 Van Nuys, CA 91411	818-779-0555	Link	11/13/2024	Three	Mon, Wed, Fri: EXACTLY AT 8AM Sat – Sun: Closed	Mon - Fri: 5:30am - 7:30am, 7:40am - 1:00pm Sat - Sun: 7:00am - 10:00am Holidays: 7:00am - 10:00am	Any valid ID	No (Need ID)	Medi-Cal or Cash (need proof of income)	Depends	Yes (but depends on doctor)
American Health Services, LLC - Venice Family Clinic	717 Lincoln Boulevard Venice, CA 90291	310-399-9883	<u>Link</u>	11/15/2024	Twice	Tues & Thurs: 5:00am - 7:00am (doctor not always there Thursdays)	Mon - Fri: 5:00am - 12:30pm Sat - Sun: 9:30am - 11:30am Holidays: 9:30am - 11:30am	Legitimate photo ID	Yes (with picture)	Medi-Cal and Medicare only, cash, no HMO or PPO	30mg, within time can increase it but up to physician	Yes
Addiction Research and Treatment Inc - (ART)/Boyle Heights Clinic	1701 Zonal Avenue Los Angeles, CA 90033	323-223-6298	<u>Link</u>	11/15/2024	Weekdays	Mon - Fri: 5:30am - 12:00pm Sat - Sun: Closed	Mon – Fri: 5:30am – 7:00pm (Door closes at 6:30pm) Sat – Sun: 5:30am – 10:00am (Door closes at 9:30am) Holidays: 5:30am – 9:30am	DL / ID with picture, Insurance card	Yes	Any, Self-pay (\$205/month)	Depends	Depends on provider, need paperwork and 1-on-1 talk
El Dorado Community Service Center	4450 West Century Boulevard Inglewood, CA 90304	310-671-0555	Link	11/19/2024	Three	Mon, Wed: 7:00am - 10:00am Tues: 7:00am - 1:00pm	Mon – Sun: 6:00am – 1:30pm Holidays: 8:30am – 9:30am	California ID, passport, or DL	Yes (with picture)	Medi-Cal, Medicare, Cash sliding scale fee	No max	Yes
vedMark Treatment Centers – Los Angeles	11900 South Avalon Boulevard, Suite 200 Los Angeles, CA 90061	323-282-3181	<u>Link</u>	11/12/2024	Weekdays	Mon - Fri: 8:00am - 1:30pm (preferably before noon) Sat - Sun: Closed	Mon - Fri: 5:30am - 10:00am, 10:30am - 1:30pm Sat - Sun: 6:00am - 10:00am Holidays: 6:00am - 10:00am	ID not required (will admit based on other info on hand, ex: SSN, probation ID, etc)	Yes (with picture)	Medicare, Medi-Cal, private insurances	No max but after 120mg a peak and tock test is done	Yes
Narcotics Prevention Association, Inc.	942 South Atlantic Boulevard Los Angeles, CA 90022	323-263-9700	<u>Link</u>	11/19/2024	Weekdays	Mon - Fri: 5:00am - 2:00pm Sat - Sun: Closed	Mon – Fri: 5:00am – 5:00pm Sat – Sun: 6:00am – 10:00am Holidays: 6:00am – 10:00am	Picture ID until they can get California ID	Yes (with picture)	Medicare, Medi-Cal, no private insurances	Depends	Yes, can match/wi honor with prescription (mus be continuous, no gap)
Tavarua Health Services	8207 Whittier Boulevard Pico Rivera, CA 90660	562-695-0737	<u>Link</u>	11/12/2024	Once	Only Wed: 6:00am – 7:00am	Mon - Fri: 5:00am - 12:30pm Sat - Sun: 6:00am - 8:00am	Anything with a picture (allowed for 14 days before ID required)	Yes (with picture)	Blue Shield, Medicare, Medi-Cal, no private insurances, Self-pay	Doses above 125mg must have EKG done to ensure no abnormalities	Yes, must bring
Aegis Treatment Centers LLC - Pasadena	1450 North Lake Avenue, Suite 150 Pasadena, CA 91104	626-794-1161	<u>Link</u>	08/21/2024	Four	Mon, Thurs: 6:30am - 12:30pm Tues, Fri: 9:00am - 11:30am	Mon - Fri: 6:30am - 10:30am, 11:30am - 2:00pm (3:00pm for admin work/counseling) Holidays: 7:00am - 11:00am	Any photo ID	Yes	Medi-Cal, private insurances with some exceptions, Kaiser	30mg (up to 40mg but at doctor's discretion)	Yes, if transfer
/eterans Affairs Outpatient Clinic, Opiate Treatment Program	351 East Temple Street, Unit 11-C Los Angeles, CA 90012	213-253-2677 x 24274		10/30/2024	Three	Mon: 1:00pm - 2:00pm Wed: 9:00am - 10:00am Fri: 1:00pm - 2:00pm	Mon, Wed, Fri: 6:30am - 10:00am, 11:30am - 2:00pm	Photo ID			Typically 30mg but can uptitrate to 60, 80, 100	Yes
Vestern Pacific Med Corp	4628 San Fernando Rd Glendale, CA 91204	818-240-8843	<u>Link</u>	11/20/2024	Twice	Tues, Wed: 6:00am - 10:30am	Mon - Fri: 5:45am - 1:00pm Sat - Sun: 5:45am - 9:30am Holidays: 7:00am - 8:00am	Picture ID	Yes	Kaiser, Medi-Cal, Medicare Part A+B	Depends, doctor's discretion	Only if they were discharged from another program
Matrix Institute	5220 Washington Blvd, Suite 101 Los Angeles, CA 90016	323-933-9186	<u>Link</u>	12/05/2024	Weekdays	Mon - Fri: 5:00am - 8:00am Sat - Sun: Closed	Mon - Fri: 5:00am - 11:00am, 12:00pm - 2:00pm Sat - Sun: 7:00am - 10:00am Holidays: 7:00am - 10:00am	DL or State ID, Medi-Cal card if applicable, SS card			Normally 30mg, but with a 40-min observation period up to 40mg, more than 40mg possible at doctor's discretion	



Interactive Map

https://examplemethadonemap.weebly.com

Printable Flyers

<u>https://tinyurl.com/lamethadonemaps</u>







Conclusions

- A centralized resource is essential to offer accurate, up-to-date information on available OTPs in Los Angeles.
- Expanded access to OTPs can help ensure that patients with varying schedules, including unhoused individuals and those with limited flexibility, can receive timely methadone treatment.
- Ongoing research can provide valuable insights into how information access affects methadone treatment outcomes and how to identify strategies to improve methadone access.
- Community-based outreach can play a key role in reducing stigma and increasing awareness of methadone treatment options, thereby encouraging more individuals to seek care.

Implications & Limitations

- Limited intake hours disproportionately impact vulnerable populations, including unhoused individuals and those with inflexible schedules.
- Difficulty in accessing accurate intake information and variability among clinics create unnecessary hurdles for patients seeking methadone treatment.
- Greater transparency in clinic policies and database updates is essential for connecting patients with timely, effective care.
- While 26 OTPs were contacted, the sample size is limited, and their locations within a 25-mile radius around UCLA might not capture the full range of OTPs across Los Angeles County.
- The data gathered from the OTPs may not be entirely reliable and may change over time.

References

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