



# SUBSTANCE USE BENEFITS

Immediate help is available via the 988 Suicide & Crisis Lifeline (call or text 988)

Paul O'Connor, Co-Chairman – Labor      Marie Cardoza Co-Chairman – Management      Wendy Salvatierra, Administrator

**Confidential support for you and your eligible dependents.  
Early support can make a big difference and help is available 24/7.**

## Seeking Help is a Sign of Strength

- Substance use concerns can affect anyone, that’s why getting support early is a proactive step toward protecting your health, family and your job.
- Reaching out is not a sign of weakness. It’s a sign you’re taking control and using the benefits you’ve earned.
- Confidential help is available 24/7 through Optum.

## NYC Snapshot- Why This Matters

- **3,046** New Yorkers died from unintentional drug overdose in **2023** (rate: **44.0 per 100,000** residents).
- Provisional data show **2,192** overdose deaths in **2024** (rate: **31.7 per 100,000**).
- Most fatal overdoses happen in a residence—support and treatment can save lives.

Source: NYC Department of Health and Mental Hygiene, Epi Data Brief No. 142 (2023) and Epi Data Brief No. 150 (2024, provisional).

## Need help now?

**Optum (EAP & Care Support):** (844) 884-1852  
**Substance Use Disorder Helpline:** (855) 780-5955

**Benefits questions?**  
**Fund Office:** (718) 223 – 4313 | Email: info@nypl1f.org

## Your Benefits at a Glance

When you receive care from an **in-network** provider or facility, you pay **nothing** for substance use disorder treatment services (and most mental/behavioral health services), except an occasional \$25 copay for certain office visits.

| Service                                      | In-Network  | Out-of-Network       |
|--|---|----------------------|
| Substance Use Disorder Outpatient Services   | No charge   | 20% after deductible |
| Substance Use Disorder Inpatient Services*   | No charge   | 20% after deductible |
| Mental/Behavioral Health Outpatient Services | Office visit: \$25 copay/visit<br>Other outpatient: no charge | 20% after deductible |
| Mental/Behavioral Health Inpatient Services* | No charge   | 20% after deductible |

\*Important: Benefits may be reduced by 50% up to \$2,500 if you do not obtain pre-authorization for inpatient services.

**BE SURE YOU CONTACT OPTUM BEFORE YOU RECEIVE TREATMENT**

## How to Use Your Benefits

- **Start with the Employee Assistance Program (EAP):** Confidential support for \$0 copay, available 24/7 to you or anyone in your household. You do not need to be enrolled in the medical plan to use EAP services.
- **EAP sessions:** Eligible employees, spouses/dependents and household members can receive up to **6 no-cost sessions** for EAP services.
- **Treatment services through Optum:** Includes outpatient counseling (including virtual visits) and inpatient care, as clinically appropriate.
- **Pre-authorization for inpatient detox/treatment:** Call Optum at (844) 884-1852 to obtain approval so the plan can pay the full benefit amount.

## Confidentiality

Your privacy matters. We are required by applicable federal and state law to maintain the privacy of your health information.

## Additional Treatment Resource

**Hazelden Betty Ford (Referral & Treatment):** (855) 348-7018 (available 24/7)

**Email:** [Hope@HazeldenBettyFord.org](mailto:Hope@HazeldenBettyFord.org)

**Locations:** Chelsea (322 8th Ave, 12th Floor) or Tribeca (282 W Broadway)

**Plumbers Local Union No. 1 Peer Council:**

The Peer Council typically meets from 3:30pm to 5:00pm on the 2<sup>nd</sup> Wednesday of each month at the Union Hall. Visit the Members Only section of Local 1's website for more information and phone numbers to contact the Peer Group Leaders.

## What is SUD?

A substance use disorder (SUD) is a treatable, chronic disease characterized by a cluster of cognitive, behavioral and physiological symptoms indicating that the individual continues using the substance despite significant substance-related problems. In 2022, more than one in six Americans aged 12 or older reported experiencing a SUD.

SUDs can lead to significant problems in all aspects of a person's life. Patterns of symptoms resulting from substance use (drugs or alcohol) can help a doctor diagnose a person with a SUD or SUDs and connect them to appropriate treatment.

## Addiction is a treatable disease

Like many other chronic conditions, treatment is available for substance use disorders. While no single treatment method is right for everyone, recovery is possible and help is available for patients with SUDs.

Evidence-based guidelines can assist doctors with choosing the right treatment options. These guidelines help evaluate a patient's clinical needs and situation to match them with the right level of care, in the most appropriate available setting.

**Plumbers Local Union No. 1 Welfare Fund**  
Fund Office: (718) 223 – 4313 | [info@nypl1f.org](mailto:info@nypl1f.org)

***SOMETIMES LIFE DOESN'T GO ACCORDING TO PLAN***