

Green Apple Counseling

1500 10th Ave S. Ste 200 Great Falls MT, 59405 Phone: 406-866-0350

POLICY: ADDICTION TREATMENT

PURPOSE: To ensure that clients are receiving appropriate services for chemical dependency treatment

Intensive Outpatient Services:

- The Counselor will conduct an initial assessment of the client's status based on the most current revised American Society of Addiction Medicine, Patient Placement Criteria.
 - A diagnosis is determined, and an appropriate level of care is defined.
 - If necessary, the client may be referred to a higher level of care.
- One individual session a week - 1 hour
 - Client may request more one-on-one sessions if needed.
- Four group sessions a week - 2 hours
- One or more family therapy sessions - 1.5 hours- If necessary
- Intensive outpatient services will run on a 12-week schedule, however if it is in the best interest of the client and the clinical team agrees this may be reduced or extended order to meet optimal outcome.
- Meet with Support services weekly

Outpatient Individual Therapy:

- The Counselor will conduct an initial assessment of the client's status based on the most current revised American Society of Addiction Medicine, Patient Placement Criteria.
 - A diagnosis is determined, and an appropriate level of care is defined.
 - If necessary, the client may be referred to a higher level of care.
- During the process of therapy, a client will develop a treatment plan based on his or her goals.

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- The role of the counselor is to use evidence-based interventions to enhance motivation and commitment, as well as to guide, support and direct the client to attain measurable objectives that support recovery.
- A primary format for outpatient therapy is individual, group, and family therapy.
- One Individual weekly – 1-hour sessions
- One-on-one sessions will begin with one weekly at this level of care moving to biweekly prior to completion of program.
- One to two group sessions a week – 2-hour sessions
- Family Therapy – A 1-hour session during treatment
- Meet with Support services weekly
- Outpatient services will run on a 12-week schedule, however if it is in the best interest of the client and the clinical team agrees this may be reduced or extended order to meet optimal outcome.

Outpatient Therapy for Individuals with a Co-occurring Diagnosis

- Co-occurring programming is designed to treat individuals with substance use disorders whose attempts at recovery are complicated by additional mental health issues. Clients who are identified as individuals who have a Co-occurring mental health disorder, along with a substance use disorder (SUD) will be referred to the appropriate mental health provider to assess and treat the co-occurring diagnosis while continuing treatment for the SUD with the license addiction counselor (LAC). The LAC and the mental health provider will collaborate to provide adequate treatment for the client. If needed client will be required to sign any release of information forms needed to ensure collaboration and coordination of care.

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Alternative services:

- If it is in the best interest of the client and the clinical to increase his schedule utilizing various groups sessions may be utilized in order to better assist the client and the abstaining from further use of mood-altering chemicals.

Outpatient Addiction Education Series

- Education services are offered to individuals when the existing information does not support a treatment recommendation. Topics covered include the effects of alcohol and other drugs on the body, the signs of substance abuse and the symptoms of substance dependency.