

**Program Description
Intensive Outpatient Substance Abuse
Policy and Procedure**

Subject	Number	Date Issued	Date Revised	Date Effective
Program Description	T0018_SUD	4-1-2016	4-1-2016	4-15-2016
Originated By:		Approved By:		
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Purpose: This document summarizes the program description and activities.

Program Description:

Bright Heart Health provides substance abuse treatment program for Intensive Outpatient care. Patients are treated by therapists and other experts through group therapy and individual counseling sessions.

With Bright Heart Health, patients have access to life-saving treatment for addictions to alcohol and/or drugs. Bright Heart adheres strictly to federal HIPAA regulations and holds the highest ethical and technological standards regarding client privacy.

All Bright Heart clinicians experienced in treating addiction, and extremely dedicated to the treatment of substance abuse. Bright Heart Health provides the highest standard of care, designed to meet a patient’s specific needs.

Bright Heart Health is targeting male and female substance abuse patients older than age 17 and ambulatory. Bright Heart Health meets the ASAM guidelines for Intensive Outpatient treatment:

- Not experiencing or at risk of acute withdrawal
- Stable serious or chronic medical conditions
- May have emotional, behavioral or cognitive conditions or complications
- Individuals who agree to participate in treatment but are ambivalent about it
- Less intensive levels of care have not been successful
- Individuals whose recovery environment is not supportive or have limited contacts with non-substance abusing peers and family members

Bright Heart Health provides 10 hours of treatment services per week. Individuals participate in 9 hours of group therapy and 1 hour of individual counseling per week. Bright Heart Health services are designed for individuals as a step up from outpatient therapy or a step down from residential or partial hospitalization.