

**Program Activities
Intensive Outpatient Substance Abuse & Medication-Assisted Treatment
Policy and Procedure**

Subject	Number	Date Issued	Date Revised	Date Effective
Program Activities	T0020_SUD MAT	4-1-2016	4-1-2016	4-15-2016
Originated By:		Approved By:		
Lois Zsarnay		Jonathan Ciampi		

Purpose: This document outlines the program description and activities.

Program Description:

Bright Heart Health offers Intensive Outpatient Program for Substance Abuse and Medication-Assisted Treatment for Opioid Dependence. Patients are assigned a treatment team who provides therapy, treatment, education and support needed to address both addiction and co-occurring mental health issues. Patients attend group therapy sessions and individual therapy with a master’s level, licensed clinician. All patients receive an individualized treatment plan that is reevaluated and updated throughout treatment to provide personalized care.

The Bright Heart Health program is designed for those who:

- Do not require the structure of 24 hour residential care or partial hospitalization.
- Require more structure and treatment than an outpatient or individual therapist may provide.
- Are transitioning as a step-down from residential or partial hospitalization programs.
- Have employment, family or school commitments.
- Have stabilized in recovery practices and are seeking ongoing support.
- Require medication to manage opioid withdrawal.

Program Activities:

Psychoeducational groups

These groups provide a supportive environment in which clients learn about substance dependence and its consequences. They feature:

- Low-key rather than emotionally intense environments.
- Self-esteem building exercises.
- Values, beliefs and spirituality to promote congruency with their actions.
- Rational problem solving mechanisms to alter dysfunctional beliefs and thinking patterns.
- Various forms of relapse prevention and skills training. Didactic components often are supplemented by videos or slides to accommodate different learning styles.

- Education on Physical Effects of Drug and Alcohol Consumption. Clients will be given handouts and led in discussion of how the drug/alcohol impacts their physical health both short term and longer term.
- Self-Assessment of Alcohol & Drug Use. Clients will be encouraged to be honest with themselves around their drug/alcohol usage via a standardized questionnaire
- Experiential exercises. Utilizing various mediums (i.e. music, art, movement, etc.) to help clients to experience their feelings.

Skills-development groups

These groups offer clients the opportunity to practice specific behaviors in the safety of the treatment setting. Common types of skills training include:

- **Dialectical Behavioral Therapy.** DBT will be used throughout the treatment process to help the clients learn skills for Emotion Regulation, Distress Tolerance, Mindfulness and Interpersonal Effectiveness. These skills will be reinforced through the use of the DBT Diary Card the clients will fill out on a daily basis.
- **Cognitive Behavioral Therapy.** CBT will be used early in and throughout the treatment process whenever the therapist feels it is important to examine a client's inaccurate or unproductive thinking that could lead to risky or negative behaviors. CBT skills will be used to help clients recognize the situations in which they are likely to use substances, find ways of avoiding those situations, and cope more effectively with the variety of situations, feelings, and behaviors related to their substance abuse.
- **Drug or alcohol refusal training.** Clients act out scenarios in which they are invited to use substances and role play their responses.
- **Relapse prevention techniques.** Using relapse prevention materials, clients analyze one another's personal triggers and high-risk situations for substance use and determine ways to manage or avoid them.
- **Assertiveness training.** Clients learn the differences among assertive, aggressive, and passive behaviors and practice being assertive in different situations.
- **Stress management.** Clients identify situations that cause stress and learn a variety of techniques to respond to stress.
- **Life Skills.** Rotating topics such as nutrition in recovery, financial management, setting healthy boundaries and self-care.

Support groups (e.g., process-oriented recovery groups)

These groups include clients in the same recovery stage—usually a middle to late phase of treatment—who are working on similar problems. Members focus on immediate issues and on:

- Pragmatic ways to change negative thinking, emotions, and behavior
- Learning and trying new ways of relating to others
- Tolerating or resolving conflict without resorting to violence or substance use
- Looking at how members' actions affect others and the function of the group

Interpersonal process groups

- **Single-interest groups.** These groups—usually organized at a later stage of treatment—focus on an issue of particular significance to and sensitivity for group members. The

issues include gender issues, sexual orientation, criminal offense, and histories of physical and sexual abuse.

- **Family or couples groups.** These groups assist clients’ relatives and other significant individuals in learning about the detrimental effects of substance use on relationships and how these effects can be ameliorated or resolved.

Individual Therapy

- Cognitive Behavioral Therapy. Helping the client challenge possible cognitive distortions that can lead to substance abuse.
- Handouts, Journaling, Work Packets (DBT Diary Cards), Outside Support Meetings will also be provided.

IOP SUD SCHEDULE

Sample Schedule
Intensive Outpatient Program

Monday	Tuesday	Wednesday	Thursday	Friday
Check In <i>15 minutes</i>	Check In <i>15 minutes</i>	Check In <i>15 minutes</i>	Private Session scheduled with Primary Therapist <i>60 minutes</i>	Online Support Group (Optional) <i>60 minutes</i>
Process Group <i>30 minutes</i>	Stress Management <i>60 minutes</i>	Cognitive Behavioral Therapy <i>90 minutes</i>		Online Handouts, Journaling and Work packets <i>60 minutes</i>
Dialectical Behavioral Therapy <i>90 minutes</i>				
	Break <i>15 minutes</i>			
	Coping Skills <i>60 minutes</i>	Break <i>15 minutes</i>		
Break <i>15 minutes</i>		Stages of Recovery <i>60 minutes</i>		
Relapse Prevention Group <i>45 minutes</i>	Healthy Relationships <i>30 Minutes</i>			

MEDICATION-ASSISTED TREATMENT SCHEDULE

Therapy Schedule

Months 1-6	Months 6-12	Ongoing
Sessions per Week	Sessions per 2 weeks	
1 Group Sessions Process Group <i>60 minutes</i> DBT/Relapse Prevention/Stress Management/Stages of Recovery/Healthy Relationships/Coping Skills <i>60 minutes</i>	1 Group Sessions Process Group <i>60 minutes</i> DBT/Relapse Prevention/Stress Management/Stages of Recovery/Healthy Relationships/Coping Skills <i>60 minutes</i>	Support Groups
Individual Therapy <i>50-60 minutes</i>	Individual Therapy <i>50-60 minutes</i>	