

Programs under Adult Outpatient:

Our outpatient services provide substance abuse and mental health treatment for individuals living and working in their own communities. Individuals with addiction problems are helped to learn to live without mind-altering substances through treatment, which increases coping skills and focuses on changed behavior. The approach to care is strength-based and solution-focused, with the goal of developing skills and accomplishing health. Treatment services are provided by a professional, culturally sensitive staff. To accommodate different schedules, services are offered during day and evening hours. Treatment includes assessment, group treatment and psycho-educational sessions for individuals with substance abuse, mental health disorders and co-occurring disorders.

Intensive Outpatient Program (IOP)

Intensive Outpatient Program (IOP) is co-occurring enhanced and consists of 3 hours of treatment per day, up to 5 days per week for individuals who require this concentrated treatment level, including:

- ✓ Group Therapy
- ✓ Educational Sessions
- ✓ Family Involvement
- ✓ Medication Management
- ✓ Drug Screening

Outpatient Program (OP)

Outpatient treatment is also co-occurring enhanced care. These groups consist of at least 1 hour of treatment per week. This may include:

- ✓ Educational Groups
- ✓ Drug Testing
- ✓ Medication Management
- ✓ Referral to Community Resources
- ✓ Group topics: Relapse Prevention, Anger Management, Risk Reduction, Early Intervention, Women's Trauma , Cognitive Behavioral , Co-Occurring treatment, Men's Support, Life Skills

OASIS (Opioid Addiction Suboxone Intervention Services)

A Program of **StayWell Health Center**, In Partnership with Wellmore Behavioral Health. OASIS is a Medication Assistance Treatment program. Clients are prescribed Suboxone to help in their recovery from Opioid Use Disorder. This program includes;

- ✓ Relapse prevention group therapy
- ✓ Sessions with a Recovery Coach
- ✓ Medication Management
- ✓ Family involvement

Case Management (Region 5)

Case Management targets the needs of substance abusing clients who are prone to chronic relapse and repeated use of community acute care services. Our goal is to guide clients through the sometimes bewildering maze of recovery supports and services available to them. Our approach emphasizes respect for the client and efforts to promote independence and self-empowerment. Our case managers assist and advocate for clients, serving as liaisons with service and treatment providers and providing practical and logistical assistance as needed. In this process, we may help clients in obtaining housing and in connecting with supports such as the Department of Social Services and the Social Security system. We help clients resolve legal difficulties and work closely with the Courts, public defenders and probation and parole officers. We coordinate closely with other service providers working with the clients, including clinical treatment staff and psychiatric providers. We encourage and assist clients in remaining compliant with clinical treatment recommendations and medication maintenance regimens. The effect of our interventions and collaboration with clients is to reduce social stressors and other obstacles to recovery. They begin to look forward to achieving life goals, including further education and vocational and technical skills training. We stand ready to assist with referrals for:

- ✓ Case management services
- ✓ Referral to treatment
- ✓ Linkage to community supports