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## POLICY AND PROCEDURE

### OUTPATIENT INDIVIDUAL THERAPY

ADD003

#### 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. 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.

Individual – 1 hour sessions

Group – 2 hour sessions

Family Therapy – 1 hour session

#### 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 concurring 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.

#### 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.



Date: 11/12/18

CHIEF EXECUTIVE OFFICER



Date: 11-12-18

CHAIR, BOARD OF DIRECTORS

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