

**Program Goals & Objectives
Intensive Outpatient Substance Abuse
Policy and Procedure**

Subject	Number	Date Issued	Date Revised	Date Effective
Program Goals & Objectives	T0019_SUD	4-1-2016	4-1-2016	4-15-2016
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Purpose: This document outlines the program goals and objectives.

Program Goals & Objectives:

The Bright Heart Health Substance Abuse Program Objectives emphasize dealing with urges and triggers, and dealing with feelings and emotions in recovery as well as other emotional behaviors.

All patients entering the program are required to have:

- Medical History and Substance Abuse History
- Psychiatric Evaluation
- Clinical Assessment
- Drug screens conducting at random based on clinical appropriateness: upon entry and monthly at a minimum.

Our program typically spans 10 weeks. Patients will attend 10 hours of therapy a week.

Patients completing the Intensive Outpatient Program should have stabilized in their recovery practices; understand and are able to manage the triggers and emotions related to their addiction; and no longer require ongoing support from an Intensive Outpatient Program or higher level of care.

Additionally, patients will have a set of tools to help them with anger, depression, anxiety, emotions, social interactions, and other aspects to help them in their daily life.

Short-Term Objectives:

- 1) Commit to an action plan directed toward termination of substance use.
- 2) Cooperate with an evaluation by a physician for psychotropic medication.
- 3) Learn and implement communication and problem-solving skills toward achieving goals as evidenced by Weekly Dialectical Behavior Therapy Diary Card scores improving.

- 4) Attend Support Groups (i.e. Alcoholics Anonymous, Narcotics Anonymous, Recovery groups) at least 2 times per week to support sobriety.
- 5) Participate in behavioral significant others' therapy designed to increase the non-substance-using peoples' reinforcement of sobriety and to reduce relationship conflict at least 1 time per month.
- 6) Implement at least 3 relapse prevention strategies for managing possible future situations with high-risk for relapse as evidenced by the written relapse prevention plan weekly evaluation.

Long-Term Goals:

- 1) Patient will accept the fact of chemical dependency and actively participate in a recovery program.
- 2) Patient will acquire the necessary behavioral and cognitive coping skills to maintain long-term sobriety from mood-altering substances of abuse.
- 3) Patient will establish a sustained recovery program that is free from the use of all mood-altering substances unless prescribed and monitored by the physician.