

Path to Recovery

CFS ADULT DUAL DIAGNOSIS INTENSIVE OUTPATIENT PROGRAM

Rigorous, evidence-based treatment with flexibility that recognizes individual needs and progress



Client Starting Point		PHASE I Assessment and Treatment Orientation	PHASE II Active Treatment Programming	PHASE III Transitional Care Programming	PHASE IV Aftercare Programming
INDIVIDUAL WORK	<ul style="list-style-type: none"> Individual meetings with assigned mental health counselor and substance abuse counselor Complete Rule 25 or comprehensive assessment 	<ul style="list-style-type: none"> Attend all substance abuse and mental health individual therapy appointments Complete mental health diagnostic within 10 days of beginning phase I Complete mental health psychological testing Schedule psychiatric medication appointments (if needed) 	<ul style="list-style-type: none"> Attend substance abuse and mental health individual therapy appointments as recommended by your provider 	<ul style="list-style-type: none"> Attend substance abuse and mental health individual therapy appointments as recommended by your provider 	<ul style="list-style-type: none"> Attend substance abuse and mental health individual therapy appointments as needed
	Provide Consistent UAs				Provide UAs as directed
GROUP WORK	<ul style="list-style-type: none"> Counselors meet individuals where they are and prepare them to enter a phased treatment plan Team assesses whether client is physically, emotionally, and mentally ready to participate in the group process in a way that benefits themselves and others 	<ul style="list-style-type: none"> Attend 4 days of group programming per week 	<ul style="list-style-type: none"> Attend 3 days of group programming per week 	<ul style="list-style-type: none"> Attend 2 days of group programming per week 	<ul style="list-style-type: none"> No longer attend group programming Eligible to attend voluntary aftercare meetings
	MOVE FORWARD WHEN > <ul style="list-style-type: none"> Client is ready There is an opening in a group 	TO MOVE FORWARD > <ul style="list-style-type: none"> Stable and consistent attendance Active participation in group programming Progress toward goals is evident 	TO MOVE FORWARD > <ul style="list-style-type: none"> Stable and consistent attendance Complete substance abuse story and mental health life story in individual therapy and present during group programming 	TO MOVE FORWARD > <ul style="list-style-type: none"> Stable and consistent attendance Develop recovery maintenance plan 	TO THRIVE!
TYPICAL DURATION 1-2 weeks		TYPICAL DURATION 3-4 weeks, 4 days a week	TYPICAL DURATION 4-6 weeks, 3 days a week	TYPICAL DURATION 3-4 weeks, 2 days a week	TYPICAL DURATION Ongoing as needed

