

## PROGRAM DESCRIPTION

The SOAP services are provided to meet the specific treatment needs of the substance abusing and substance dependent population. Services are provided to all individuals seeking treatment who are eligible and appropriate as noted in our admission requirements. The SOAP clinical team's primary goal is to provide a safe, therapeutic environment conducive to positive growth and change. Counseling and other support services are offered to our clients and designed to address issues and concerns relevant to recovery maintenance, positive reintegration into society, and the reduction of harm to physical and emotional health. Upon completion of the program, participant's leave with heightened levels of self-awareness about their addiction as well as coping and relapse prevention skills to help one become an independent functioning adult in recovery.

Services included but not limited to:

- Individual, family and group therapy
- Medication management, including Suboxone maintenance
- Referral to alternative levels of care
- Aftercare and discharge planning
- Behavioral assessment, treatment and recovery planning

In addition, Arbour Counseling Services, Malden offers contracted services for drug testing protocols including high-volume urine screening with results in 48 hours. This service will be provided when determined it is medically necessary as part of the client's treatment plan. The goal of the program is to assist in achieving a lifestyle free of the abuse and/or dependence of substances while becoming socially rehabilitated and reintegrated into their family and community.

## ABOUT THE COVER

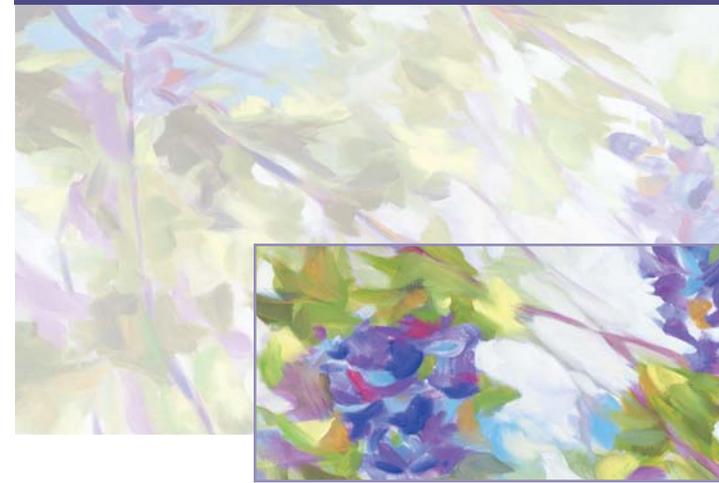
In all its beauty, the arbour is a symbol of comfort and hope, safety and shelter.

## ABOUT ARBOUR COUNSELING SERVICES, MALDEN

The Malden Center offers individual, couple, family and group counseling for all ages. In addition, staff provides emergency assessments and responsive assistance in times of crisis. A wide range of counseling issues including anxiety, depression and stress-related issues are addressed. We also specialize in services for adolescents including school-based programs and developmental disabilities. The Center is licensed by the Department of Public Health and the Bureau of Substance Abuse Services.

Arbour Counseling Services, Malden, has staff including an MD who specializes in substance recovery and who will be available to all SOAP clients if needed. In addition, there is a Nurse Practitioner on staff who specializes in addiction treatment. For more information on the SOAP program, please contact the Program Manager at 781-322-1503.

Arbour Counseling Services accepts most forms of insurance including Massachusetts Behavioral Health Partnership. Self-pay arrangements are also available. The center is handicap accessible and convenient to public transportation. The Center can be accessed via Route 93 to Route 60 Malden Exit. Take Route 60 to Malden Square. Take a left onto Main Street. Take the first left off Main Street onto Pleasant Street. The Center is located at the corner of Pleasant and Main Streets.



## STRUCTURED OUTPATIENT ADDICTIONS PROGRAM (SOAP)



ARBOUR  
COUNSELING SERVICES  
*A Division Of Arbour Health System*

6 Pleasant Street, 6th Floor • Malden, MA 02148

Phone: (781) 322-1503 • Fax: (781) 322-0138

**Easy Access to Quality Mental Health Services**

[www.arbourhealth.com](http://www.arbourhealth.com)



## GROUP PROGRAMMING

At Arbour Counseling Services, Malden, group work provides an abundance of support and resources from trained professionals, along with a chance to connect with peers who face the same challenges of addiction.

Specific group topics include:

- Psychoeducational and Community Resources
- Relationships in Recovery and Co-dependency
- Dual Diagnosis
- Self-Esteem and Stress Management
- Relapse Prevention and Life Skills

The SOAP groups provide clients with resources on health risks, symptomatology, prevention and safety planning. Along with educational material, these groups will offer clients a chance to learn relaxation techniques, self monitoring and distress tolerance skills, and focus on areas such as anxiety, depression, guilt/shame and anger management.



The program works to counteract one's denial about their substance abuse and increase a sense of commitment to recovery. Arbour Counseling Services, Malden encourages clients to utilize specific intervention skills to elicit social supports such as community resources, 12-step programming, after hour hotlines and AA/NA affiliations. The goal is to help clients incorporate information which will aid in the establishment and maintenance of abstinence. Clients are taught to make more productive choices in replacement of maladaptive behaviors, while implementing the use of healthy supports conducive to recovery and health.



## PROGRAM INFORMATION

**Hours of Operation:** The SOAP meets Monday-Friday for three-and-a-half hours a day. Morning, afternoon and evening tracks are now available. Length of treatment is tailored to meet the requirements and goals of individual clients with a general time frame of five weeks.

**Admission Criteria:** All of the following criteria are necessary for admission:

- The client demonstrates symptomatology consistent with a DSM-IV-TR of Substance use disorder diagnosis, which requires and can reasonably be expected to respond to therapeutic intervention. Evaluation will include an assessment of substance use issues.
- Exhibits significant symptoms that interfere with the client's ability to fulfill major role obligations
- Continued substance use despite recurrent social, interpersonal and/or legal problems
- Repeated substance use in situations which it is physically hazardous

**Exclusionary Criteria:** Any of the following criteria is sufficient for exclusion from this level of care:

- The client does not have a primary substance abuse diagnosis or is not at risk of developing one
- The client has medical conditions or impairments that would prevent utilization of services
- The client requires a level of structure and supervision beyond the scope of the program
- The client is under the age of 18 years old

