

EXCLUSION 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

ACCESSING SERVICES

The SA IOP/SOAP is open five days a week, Monday through Friday. Group sessions are during the day, 10:00 a.m. to 1:00 p.m., or in the evening 5:00 p.m. to 8:00 p.m. Client must choose either the morning or evening program. Clients are expected to attend three days a week. Case management is provided for 30 minutes with program staff either before or after the group. Length of treatment is tailored to meet the needs and goals of individual participants.

Arbour Counseling Services accepts Massachusetts Behavioral Health Partnership, BMC HealthNet, Cenpatico, Fallon, Neighborhood Health Plan, Tufts Health Plan Commercial and Public, Blue Cross Blue Shield, United Behavioral Health, Harvard Pilgrim Health Care and other insurances. Self-pay arrangements are also available.

ABOUT THE COVER

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

Arbour Counseling Services is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), and is licensed by the Massachusetts Department of Public Health. The SOAP is licensed by the Department of Public Health's Bureau of Substance Abuse Services (BSAS).

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STRUCTURED OUTPATIENT ADDICTIONS PROGRAM

Woburn, Massachusetts



**ARBOUR
COUNSELING SERVICES**

A Division Of Arbour Health System

Easy Access to Quality Mental Health Services

www.arbourhealth.com



PROGRAM DESCRIPTION

The Structured Outpatient Addictions Program (SOAP) or Substance Abuse Intensive Outpatient Program (SA IOP) is offered as part of the continuum of care for 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, case management 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.

To schedule an evaluation, please call Arbour Counseling Services, Woburn at 781-932-8114 x358.

PROGRAM COMPONENTS

- Bio-psychosocial evaluation
- Individual and group therapy
- Family education (with client permission) and consultation
- Case management
- Contact with primary care clinician (PCC)
- Behavioral assessment, treatment and recovery planning
- Each patient has an individualized plan designed to meet their specific needs
- Identification of community and social support systems
- Relapse prevention education, including structuring of time outside the program

- Linkages to outpatient or other Medication Assisted Treatment (MAT) programs such as Suboxone Maintenance
- Referral to aftercare as part of discharge planning

GROUP PROGRAMMING

At Arbour Counseling Services, group therapy provides a support and resources from trained professionals, along with a chance to connect with peers who face the same challenges of addiction. Group topics may include:

- Psychoeducational and Community Resources
- Relationships in Recovery and Co-dependency
- Early Recovery Skill Building
- 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 goal of the program is to assist in achieving a lifestyle free of dependence on substances as well as socially rehabilitated.

ADMISSION CRITERIA

The following criteria must be met for admission.

- The client demonstrates symptomatology consistent with a DSM-5 of Substance Use Disorder diagnosis, which requires and can reasonably be expected to respond to therapeutic intervention
- 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

