



TATUM & ASSOCIATES
BEHAVIORAL HEALTHCARE

HEAL. HOPE. RECOVER.

The success of this program is measured by client reaching 80% of treatment goals as identified on the Assessment & Treatment Plan. Program success is measured by identification of completion of 80% of treatment goals identified on the Assessment & Treatment Plan Report. The score is recorded on the Discharge Report. A Counselor Survey Form is also utilized to measure the improvement from the client perspective.

This program consists of 4 phases and an aftercare component:

Phase I: 12 weeks

- Substance Abuse Assessment
- 29.5 hours of group sessions; 5.5 hours of educational material; 24 hours of therapeutic process
- 3 family group sessions
- Session I MET/CBT5 Individual session
- Session II MET/CBT5 Individual session
- Session III MET/CBT5 Group session
- Session IV MET/CBT5 Group session
- Session V MET/CBT5 Group session
- Individual counseling and/or skill building and educational sessions as needed
- Individual family sessions as needed
- 6 hours of professional consultation

Clients are ready to advance to the second phase when:

- Client has maintained a reasonable timeframe of sobriety (relapse is a part of recovery)
- Client has attended and participated in the majority of group sessions (exception when absence approved by probation officer)
- Family members have attended and participated in at least 2 family group sessions (exception when absence approved by probation officer)
- Client has successfully completed the MET/CBT 5 program
- Client has attended all court hearings (exception when absence approved or has consequence by probation officer)

Phase II: 12 weeks

- 3 family group sessions
- 34 hours of group sessions; 10 hours of educational material; 24 hours of therapeutic process
- Individual family sessions as needed
- Individual counseling and/or skill building and educational sessions as needed
- 6 hours of professional consultation

Clients are ready to advance to the third phase when:



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- Client has maintained a reasonable timeframe of sobriety (relapse is a part of recovery)
- Client has attended and participated in the majority of group sessions (exception when absence approved by probation officer)
- Family members have attended and participated in at least 2 family group sessions (exception when absence approved by probation officer)
- Client has successfully completed 4 or more modules in skill building program as demonstrated by passing appropriate posttests

Phase III: 12 weeks

- 2 family group sessions
- 34 hours of group sessions: 10 hours of educational material; 24 hours of therapeutic process
- Individual family session as needed
- Individual counseling and/or skill building and educational sessions as needed
- 4 hours of professional consultation

Client is ready to advance to the fourth phase when:

- Client has maintained a reasonable timeframe of sobriety (relapse is a part of recovery)
- Client has attended and participated in the majority of group sessions (exception when absence approved by probation officer)
- Family members have attended and participated in at least 2 family group sessions (exception when absence approved by probation officer)
- Client has successfully completed all modules in skill building program as demonstrated by passing appropriate posttests
- Client has successfully completed at least 3 additional treatment goals as decided by Drug Court staff
- Client has attended all court hearings (exception when absence approved or has consequence by probation officer)

Phase IV: 12 weeks

- 1 family group session
- 13.5 hours of group sessions: 4.5 hours of educational material; 9 hours of therapeutic process
- Individual family session as needed
- Individual counseling and/or skill building and educational sessions as needed
- .5 hour of professional consultation

Client is ready for graduation from program and aftercare when:



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- Client has maintained a reasonable timeframe of sobriety (relapse is a part of recovery)
- Client has attended and participated in the majority of group sessions (exception when absence approved by probation officer)
- Family members have attended and participated in at least 2 family group sessions (exception when absence approved by probation officer)
- Client has successfully completed all modules in skill building program as demonstrated by passing appropriate posttests
- Client has successfully completed at least 80% of all treatment goals as decided by referring agency or program guidelines
- Client has attended all court hearings (exception when absence approved or has consequence by legal entity)

Aftercare: 8 weeks

- .5 consultation
- 2 group sessions

Descriptions of program components:

MET/CBT 5 is a brief five-session treatment intervention for adolescents with cannabis use disorders presenting for outpatient treatment. It combines two sessions of motivational enhancement therapy provided individually and three sessions of cognitive behavioral therapy provided in a group format.

The Substance Abuse Assessment is a comprehensive assessment that covers a comprehensive evaluation of the youth's substance abuse through the assessment of clients personal, educational, cultural, and social environments. Including but not limited to current problem(s), social functioning, family history, educational & employment history, medical history, behavioral issues and mental status. It includes an intake & assessment session for the purpose of gathering information for a Substance Abuse Assessment Report. **The intake criterions for participants are:**

- Client is currently on probation for drug & alcohol related charges and/or client unable to abstain from alcohol and drug use as shown by regular urinalysis testing
- Client is at moderate to high risk for continued use/abuse
- Client parent(s) are willing to commit to program requirements
- Probation Officer and/or Drug Court staff court order client into program

The group sessions are flexible due to the characteristic profile of moderate to high risk level of client base. Ideally they will consist of 1.5 hour sessions broken down to; 15 minute educational and 75 minute therapeutic process. (it should be noted much skill building and educational opportunities present during the therapeutic process). This is only a suggested model for the



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professional providing the service. They may choose to have one to two sessions per month for skill building and/or educational utilized in an individual session and the group totally therapeutic. Each client has an individualized treatment plan and all components are to be achieved for successful program completion.

The two manuals utilized for the program are first the skill building portion the program uses “How to Empower Adolescents and Young Adults”. The program consists of eight unique modules designed to give clients skills in the specific areas of empowerment, self-worth, decision/goal setting, communication, problem/conflict resolution, relationships, emotional control and parental skills. This program is a dynamic and assertive approach to therapy. It is a cognitive/behavioral model designed to teach clients how to take control of their lives. Participants become empowered, take responsibility for their actions, and develop a powerful sense of self-worth. The manual is comprised of explanations, examples, exercises and worksheets. Second the participants also receive instruction from “Drug Court A Program of Positive Values and Personal Responsibility”. This program clearly defines eight of the most common thinking errors of the substance abuser. The professionals who provide this service are educated and have much experience in this field and bring their array of skills and expertise to their clients.

The family group session component utilizes a cognitive behavioral therapeutic approach. This is for the purpose of identifying dysfunctional thinking and dysfunctional behavior patterns. The process is to achieve a healthier mode of thinking and positive behavior changes. The goal is for improvement of family relationships. The family sessions are conducted on a monthly basis and occur throughout the program. The “How to Empower Adolescents & Young Adults” program also has a parental module. It illustrates concepts for discipline techniques and how to best manage an adolescent child. This session also provides education to parents about the serious risks and public health problems caused by the abuse of alcohol and controlled substances.

Individual family sessions are built into the program. One session is conducted at the beginning of the program to allow for the therapeutic treatment plan, presentation of client’s rights and to obtain consent to treat. Other meetings are conducted throughout the program as needed. And a final session allows for a comprehensive discharge and construction of an aftercare plan. The participants will also be given the opportunity to complete the Counseling Satisfaction Form.

Individual counseling sessions are provides on an as needed basis for each participant. These may be used for skill building and educational portions of the program. It also allows time to address sensitive issues inappropriate in the group process. They allow for a better therapeutic relationship between counselor and client.