

**EXCLUSIONARY CRITERIA:** Any of the following criteria is sufficient for exclusion from this level of care:

- The client is a danger to self, or others; or sufficient impairment exists that a more intensive level of service is required.
- The client has medical conditions or impairments that would prevent utilization of services, or is not stabilized on medications.
- The client requires a level of structure and supervision beyond the scope of the program.



## ABOUT ARBOUR COUNSELING SERVICES, NORWELL

The Norwell Center offers individual, couple, family and group counseling for all ages. In addition, staff provides emergency assessments and responsive assistance in times of crises. A wide range of mental health issues including anxiety, depression and stress-related conditions are addressed by staff members who are cross-trained in working with individuals with co-occurring addiction disorders. We also specialize in services for children and adolescents including school-based programs and with individuals diagnosed with autism spectrum disorders. The Center is licensed by the Department of Public Health and the Bureau of Substance Abuse Services.

## SUBSTANCE ABUSE INTENSIVE OUTPATIENT SERVICES (SA IOP)



**ARBOUR  
COUNSELING SERVICES**  
*A Division Of Arbour Health System*

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Phone: (781) 871-6550

*Easy Access to Quality Mental Health Services*  
[www.arbourhealth.com](http://www.arbourhealth.com)

## ABOUT THE COVER

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



## PROGRAM DESCRIPTION

The Substance Abuse Intensive Outpatient Program clinical team's primary goal is to provide clients with a safe, therapeutic environment conducive to positive growth and change. Upon completion of the SA IOP, participants leave with heightened levels of self-awareness about their addiction, solid relapse prevention skills, and a toolbox of coping skills that will help them to become more independent, selfcaring, and functional adults in recovery.

## PROGRAM COMPONENTS

- Psychosocial evaluation
- Relapse prevention planning
- Group and individual counseling
- Family therapy, case-management, referral as needed
- Random toxicological screenings
- Medical and psychiatric consultation and services as needed
- Medication assisted treatment as needed
- Aftercare and discharge planning

## SKILLS GROUPS

**RELAPSE PREVENTION GROUP:** Cultivates skills that clients will need to achieve and maintain abstinence. These skills may either be directly related to their substance use or may apply to broader areas relevant to our clients' continued sobriety such as ways to manage anger, solve problems, or relax.

**EARLY RECOVERY SKILL BUILDING GROUP:** Teaches clients an essential set of skills for establishing abstinence from drugs and alcohol, including the use of self-help and professional services.

**RECOVERY SUPPORT GROUP:** Provides program participants the arena in which to share information about relapse prevention and receive assistance in coping with the issues of recovery and relapse avoidance.

## PROGRAM INFORMATION

**HOURS OF OPERATION:** The SA IOP meets Monday-Friday, during the hours of 1:00-4:30 p.m. Length of treatment is tailored to meet the needs and goals of individual participants.

This program is known by different names, depending on your insurance provider. For most commercial insurances, the program is called Substance Abuse Intensive Outpatient Services, while MassHealth/MCOs typically refer to it as Structured Outpatient Addictions Program (SOAP).

Arbour Counseling Services, Norwell's staff includes a psychiatrist, a physician and a nurse practitioner who specialize in addiction recovery and are available to all SA IOP participants if needed. For more information on the SA IOP program, please contact the Program Manager at 781-871-6550, X26.

Arbour Counseling Services accepts most forms of insurance. Self-pay arrangements are also available. Please call for more information.

## ADMISSION CRITERIA

All of the following criteria are necessary for admission:

- The client demonstrates symptomatology consistent with a DSM-IV (or current version) 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.
- The client's GAF score should be within the range of 31-60.
- There are significant symptoms that interfere with the client's ability to fulfill major role obligations such as: repeated use in situations in which it is physically hazardous, multiple legal problems, and recurrent social and interpersonal problems.