

## PROGRAM DESCRIPTION

The SOAP clinical team's primary goal is to provide a safe therapeutic environment, conducive to positive growth and change, for their clients. Upon completion of the SOAP, participant's 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, self-caring, and functional adults in recovery. Recovery is understood as a process of changing behaviors that SOAP staff instills in their clients.

Program services include:

- Psychosocial evaluation, monitoring and treatment
- Behavioral assessment, treatment and recovery planning
- Group and individual counseling on substance abuse topics
- Aftercare and discharge planning
- Family therapy when determined it is necessary as part of the clients treatment plan.

In addition, Arbour Counseling Services, Malden has contracted services for drug testing protocols including high-volume urine screening with results in 24 hours. Screening technology can identify any of 17 drugs, making it one of the most comprehensive approaches available. This service will be provided when determined it is medically necessary as part of the client's treatment plan.

## 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*

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**Easy Access to Quality Mental Health Services**

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

## SPECIFIC GROUPS INCLUDE:

**Skills Development 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.

**Cognitive-Behavioral Group:** Conceptualizes dependency as a learned behavior that is subject to modification through various interventions including, identification of conditioned stimuli associated with specific addictive behaviors, avoidance of such stimuli, development of enhanced contingency management strategies, and response-desensitization.

**Psychoeducational Group:** Helps clients incorporate information which will help them establish and maintain abstinence and guide them to more productive choices in their lives. These groups will also be used to counteract clients' denial about their substance abuse, increase their sense of commitment to continued treatment, effect changes in maladaptive behaviors, and support behaviors conducive to their recovery.

**Role-Play Exercise Group:** Provides clients with opportunities to gain insights into their unhealthy behaviors and ways of thinking, practice healthy behaviors, and apply important recovery concepts through role-play exercises.

**Self-Help Education:** Encourages clients to utilize specific intervention skills, such as implementing stress management techniques, and eliciting social supports (i.e. recovery groups such as AA, NA, or

one of the more recently established secular groups such as Rational Recovery, and Dual Recovery). The primary goal is to ensure that, as an adjunct to treatment, clients have abstinent role models to help them cope during high-risk times and can provide a form of ongoing support.

**Social and Emotional Well-Being Group:** Focuses on such areas as depression, anxiety, fear, anger/hostility, and guilt/shame. There will also be discussions of how these topics relate to emotional problems and drug abuse. Topics covered will include interactions with friends and relationships with family and significant others.

**Meditation and Relapse Prevention Planning Group:** Encourages clients to use visualization, self-assessment, goal setting, planning, and self-monitoring. Clients will be offered training in relaxation techniques, goal setting, planning, and self-monitoring. They will be instructed in using relaxation exercises to help them intervene in stressful situations and during instances when they experience cravings for alcohol, or other drugs. Clients will learn to set personal goals for their recovery, to conduct self-assessments in key areas in their life, to deal with life improvements, and to practice life skills, such as, being a productive member of society without the use of drugs or alcohol.

## PROGRAM INFORMATION

**Hours of Operation:** The SOAP meets Monday-Friday, during the hours of 9:00-4:00 p.m. Length of treatment is tailored to meet the needs and goals of individual clients.

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

1. 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.
2. The client's GAF score should be within the range of 31-60.
3. There are significant symptoms that interfere with the client's ability to fulfill major role obligations, repeated use in situations in which it is physically hazardous, multiple legal problems, and recurrent social and interpersonal problems.

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

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