

# Chapter 29

## Treatment Settings

# Detox programs

- Are not a form of treatment
- Designed to assist those with SUD to safely undergo withdrawal
- First question to address if detox is needed for the individual
- If decide it is, the next step is to determine if detox best done in or outpatient basis

# An introduction to outpatient treatment

- The outpatient substance abuse rehabilitation program might best be defined as
  - A formal treatment program involving one or more rehabilitation professionals
  - Designed to help the person with a SUD develop and maintain a recovery program
  - Which will utilize a variety of treatment approaches
  - Which is designed to do so on an outpatient basis
  - Outpatient programs are quite popular

# Components of Outpatient Treatment

- Will often utilize both individual and group therapy formats to help the clients address their SUD with ancillary treatment services in the form of assertiveness training, marital and family therapy and vocational counseling etc...
- Most outpatient treatment programs follow a 12 step format and the client is expected to attend regular sessions.
- Abstinence is a prerequisite for participation in outpatient treatment

# An introduction to outpatient treatment

- Varieties of outpatient rehabilitation programs
  - DWI school
  - Individual rehabilitation counseling
  - Short-term outpatient programs
  - Intensive short-term outpatient programs
  - Intensive long-term outpatient programs

# An introduction to outpatient treatment

- Advantages of outpatient rehabilitation
  - Far less expensive than inpatient treatment
  - Avoid the need to remove the individual from their daily environment
- Disadvantage of outpatient treatment programs
  - Likely to relapse
  - Do not offer the same degree of structure as in a residential setting
  - Family may be enabling

# Introduction to residential programs

- Definition
  - These programs provide treatment and staff on duty 24 hours a day
  - More intensive focus on individual recovery
  - Most have strong 12-step group orientation
- Hospital-based residential treatment
  - Extended stays less common with managed care
  - Goal to stabilize client until they are ready to switch to outpatient
- Therapeutic communities

# Is there a legitimate need for inpatient treatment

- Advantages of inpatient treatment
  - Those referred to residential programs are usually assessed to need more comprehensive care
  - Focus on intensive focus on environment, often teaching refusal skills
  - More likely to be able to detect relapses
- Disadvantages of residential treatment
  - Some become revolving door with the same patients checking in and out repeatedly
  - Usually stratified by need

# Aftercare Programs

- Aftercare programs are recommended
- Such programs have been shown to significantly contribute to client abstinence rates
- Rehabilitation does not end with discharge
- Aftercare programs are usually carried out in a group setting

# Aftercare Programs

- Partial hospitalization options
- Halfway houses
  - Small population
  - Short stay
  - Emphasis on community support
  - Small staff
  - Expectation of total abstinence
- Sober houses