

Substance Use Disorder Outpatient Treatment Programs

Patient Handbook



WELCOME TO Noble Community Clinics!

Our Mission

To ensure access to high quality integrated healthcare and promote the well-being of our patients, staff, and communities.

Welcome to Noble Community Clinics. As an organization, we are happy to serve you in the best way possible. At Noble we understand the strength and courage it takes to reach out and ask for help, which is why we take our programming seriously and ensure that it can meet the needs of our patients. Our staff come with experience helping those with substance use disorders (SUD) as well as co-occurring disorders (COD). Our Outpatient Program (OP) and Intensive Outpatient Program (IOP) are trauma-informed person-centered. Providers understand the dynamics of addiction and will partner with individuals to develop and sustain recovery goals.

Outpatient Program (OP): is a psychoeducational group program in which your counselor leads group discussions, provides content/handouts, and each participant is encouraged to share their experiences. The sessions are structured, thoughtful, educational, and utilize evidence-based treatment options to address addiction and develop recovery skills. The group setting enables you to hear others' experiences and gain insight into your personal recovery needs.

Office Location:



Wautoma

400 S. Townline
Wautoma, WI. 54982

Beaver Dam

1701 N. Spring Street, Beaver
Dam, WI 53916

Stevens Point

3125 Main Street, Stevens
Point, WI 54481

Friendship

302 W Lake Street Friendship,
WI 53934

Intensive Outpatient Program (IOP): is a more intense and structured group therapy program in which your counselor leads group discussions and each participant is encouraged to share their experiences. The sessions are structured, thoughtful, educational, and utilize evidence-based treatment options to target in helping you process and identifying what you will need to develop and sustain a recovery plan. The group setting enables you to hear others' experiences and gain insight into your personal recovery needs.



Office Location:

Noble Community Clinics
302 W. Lake Street
Friendship, WI. 53934

Treatment Philosophy



At Noble, we recognize that some individuals seek treatment voluntarily, while others may be required to (through the legal system or human services, for example). Regardless of what brings someone to Noble, your life has been impacted by addiction and we are here to help.

Noble believes everyone who comes to our program is unique and deserves exceptional care. Therefore, the clinical services you receive will be personalized to meet your needs.

Noble's OP and IOP programs provide treatment through the perspective of 'harm reduction' meaning that non-judgmental care is provided with the aim to minimize dangerous behaviors and meet people where they are in their desire to change. This involves providers using directive techniques, collaborating with patients through shared decision making, and maintaining accountability for actions.

Treatment Services Offered

Biopsychosocial Assessments

The first step in accessing for treatment through Noble is to complete a comprehensive assessment. This involves meeting with a clinical professional who will evaluate an individual's specific strengths and needs. Assessments can be scheduled by calling the call center and/or clinic.

Outpatient Program (OP) Services

Outpatient treatment programs provide multiple evidence-based formats of treatment. These services are conducted individually and/or in a group setting. The program strives to be patient-centered and provides personalized care that reflects the patient's preferences and needs. Outpatient services are provided both individually and group, and this is determined between the individual and their counselor.

Noble's groups are developed from an evidence-based approach utilizing the psychoeducational material that encompasses concept with stages of change, motivational interviewing, early recovery skills, and relapse prevention. In conjunction with the handouts and material the groups will engage in group dynamic exercises and activities. It is driven to be a trauma-informed and person-centered perspective with a self-paced element because Noble understands patient's recovery plans are unique to their needs.

Intensive Outpatient Services (IOP)

Intensive outpatient treatment is an evidence-based program utilizing the Matrix Model Curriculum and additional recovery content, exercises, and activities. It is driven to be a person-centered approach with a self-paced element because Noble understands patient's recovery plans are unique to their needs. The program is scheduled for 10-weeks at 3x/week for 3 hrs. per group and is held on Mondays, Wednesdays, and Thursdays from 9am to 12pm. Progress depends on you and your active participation in the requirements of the program.

Case Management

Case management services are provided by mental health providers and are designed to assist with identifying and accessing additional community resources. Case management can help with referrals and links to community resources, such as support groups, medical care, employment services, housing, etc. Providers will use some of the time during regular meetings to conduct case management (as needed) and offer support as you work toward recovery goals.

Medication-Assisted Treatment (MAT)

Noble's MAT program follows a structured, evidence-based clinical process to ensure individuals receive safe and helpful medication to augment treatment and meet recovery goals related to their substance use disorder. The MAT program encompasses the following steps:

Step 1: Intake/prescreen assessment

Step 2: Clinical Consultation with treatment team to determine appropriateness

Step 3: Substance use assessment

Step 4: Physician/Provider health exam

Step 5: Induction of Anti-craving medication

Step 6: Start of clinical treatment (this could include individual and/or group)

Step 7: Maintenance stage of medication

Step 8: Medication taper when determine as appropriate and ready



Consent For Treatment, Admission/Exclusion Criteria, and Group Rules



Consent To Treatment

All patients must provide a signed consent to treatment upon admission to the outpatient program. The consent will be reviewed with the patient during the initial assessment.

Admission

Noble serves a diverse population and prospective patients do not need to be connected to any specific group or have special status to engage in treatment. All patients, whether self-referred or referred by another entity, can seek services at Noble.

Noble holds patients accountable and each patient must agree to these admission criteria for the OP:

- Random urine drug screens (Mandatory: 1 urine drug screen at the start of treatment and 1 urine drug screen before discharge from the program)
- Work on treatment plan goals with your counselor
- Consistent attendance
- Being on time, must call 24 hours in advance if you're going to your session or group
- Given only 2 approved misses when participating in groups
- Participate and complete therapy/homework assignments

Noble holds patients accountable and each patient must agree to these admission criteria for the IOP:

- 10-week program
- 3x per week, each group 3 hrs.
- Weekly individual session
- Weekly urine drug screens
- Work on treatment plan goals with your counselor
- Consistent attendance
- Being on-time, must call 24-hours in advance if you're going to miss group.
- Given only 2 approved misses throughout the 10-week program
- Participate and complete therapy/homework assignments.



Exclusion Criteria

Individuals seeking treatment will complete an initial assessment with a provider to determine the appropriate treatment plan. If during the assessment process, the counselor determines that a higher level of care than OP is needed, you will be referred to our IOP. If a higher-level of care than IOP is recommended, you will be referred to an appropriate service, agency, or provider, with the option to re-apply to the program when IOP treatment is appropriate.

Transition and Discharge Criteria

Treatment is not meant to be indefinite but tailored to meet specific recovery goals personalized for everyone. When those goals are met, an individual will have completed their treatment plan and graduate from services. This is commonly referred to as being discharged. Transition planning involves planning for the discharge process and ensuring this is a successful transition. Transition planning will start at the beginning of treatment and be considered throughout the treatment program. It is important to understand that transition and discharge criteria vary from person to person and are based on each individual's needs and stabilization in their recovery.

Group Rules

Patient who attends the OP or IOP groups understand and accept that they **MUST** adhere to the following group rules:

1. Attend every group. If you are going to miss must call 24 hours in advance
2. Arrive to group sessions on time
3. Listen carefully and respectfully to your counselor and peers
4. Be supportive of your group members. If you disagree with someone, be polite when you speak to him and her.
5. Actively participate in groups
6. Understand you shouldn't come to group under the influence
7. Be open and honest
8. Respect confidentiality- don't speak about other group members disclosures outside the group and in the community
9. Complete your treatment assignments on time
10. Be respectful of the group room and not property damage
11. No smoking is allowed in the facility or on Noble property/ or at the designated site if we have one.
12. All weapons of any type are prohibited on Noble property
13. No threats or actions of violence or physical aggression will be allowed.
14. Mandatory weekly drug screen.

Patient Rights

Noble believes that every patient has the right to be treated with dignity and respect. Noble provides services to anyone regardless of their culture, age, gender, sexual orientation, spiritual beliefs, economic status, physical or mental ability, and language.

As a patient being served by Noble, the following rights will be upheld:

- Free of any form of abuse, retaliation, or humiliation
- Fully informed of the services to be provided, right to consent to services, and the right to refuse services
- Active participant in treatment plan goals
- Confidential information may not be released without your written consent
- Have family involved in treatment process when appropriate
- Active participation in discharge planning

Patient Responsibilities

- Provide Noble staff with accurate information related to your treatment needs and reason for referral.
- Attend and comply with all scheduled sessions and recommendations.
- Contact your provider or Noble staff if a scheduling change is needed.
- Follow all of Noble's rules and guidelines that are set for programming.
- Update Noble with any changes to contact information, including address, and telephone number.
- If you decide to end treatment at Noble for any reason, please inform your counselor or Noble staff as soon as possible.