

Research proposal on substance abuse

[Health & Medicine](#), [Addiction](#)



Outpatient Program

The Florida House Experience is an Outpatient Treatment (IOP) Program, with an average stay of 90 days – 6 months – 1 year. Clients who are admitted to Substance Abuse Outpatient programs are normally able to attend treatment 3 to 5 times per week, and maintain employment. Clients who are enrolled in an Outpatient Program can also continue to live at home and function within their day to day environment.

When a therapist refers a client to Outpatient treatment they have either completed an inpatient program, or their addiction / alcoholism is considered manageable by first attempting outpatient, in a less structured environment by attending treatment and living at home. There are several requirements in which a client must uphold in order to remain active and show progress in outpatient treatment.

Requirements for outpatient:

- Clients are not allowed over one unexcused absence
- Clients must attend AA or NA meetings in addition to treatment
- Clients must obtain a sponsor within 30 days of enrolling in treatment
- Clients are required to submit to at random urine testing
- In addition to attending AA/NA meetings clients must attend at least 3-5 meetings per week
- Clients must attend all scheduled group and individual sessions
- Clients must meet all financial obligations for treatment
- Not abiding by nor fully participating in treatment could result in discharge from Outpatient treatment

Inpatient Program

Chemical Addictions Program (CAPS) in Montgomery, Alabama is an inpatient treatment program for men and women. Inpatient treatment programs are more structured than outpatient programs; in that, clients actually live at the facility, meals are provided, the average length of stay is 28 days some clients may be required to stay longer if advised by treatment team, strict schedules are in place at an inpatient program, such as; groups, individual sessions, free time, and if needed phones are available for calling family members, there is also a curfew for bedtime.

Outpatient treatment programs are really designed for the client who works, goes to school, has a family, wants to try to maintain some structure and balance with treatment, family, and continue their day to day living. Some clients begin outpatient treatment but find it overwhelming to balance treatment, employment, family, day to day issues, at that point their therapist will step them down to inpatient treatment.

Coping skills are an excellent asset to learn in inpatient treatment. Inpatient treatment offers services that wouldn't be found in outpatient treatment due to the daily meeting of inpatient treatment as opposed to 3-4 times per week with outpatient. Therapist are available all day every day at inpatient, after the therapist leave for the day, at inpatient treatment, an addiction's tech will work from 3-4pm to 7am.

References

Chemical Addictions Program (CAPS) 2012. Substance Abuse Inpatient Treatment Program.

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

<https://assignbuster.com/research-proposal-on-substance-abuse/>

The Florida House Experience, 2013. Substance Abuse Outpatient Treatment Program.

www.floridahouseexperience.com