

## PROGRAM DESCRIPTION

The SOAP Program uses a strengths-based approach to draw on the unique gifts and talents of each individual in working toward their own recovery. The same survival skills and creative strengths an individual relied on to sustain their addiction can be redirected in a positive way. The SOAP program provides 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 maladaptive behaviors for healthy ones. It is an ongoing process.

### SOAP 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.
- Toxicology screens as clinically deemed necessary.

## About the Relapse Prevention & Outpatient Program (RPOPS)

Casa Esperanza's RPOPS provides bi-cultural and bilingual outpatient substance abuse treatment services for Latina men and women needing help with their recovery. RPOPS offers an array of services to help individuals achieve their goals.

Our treatment philosophy is based on the American Medical Association's definition of addiction as a chronic, progressive, primary illness affecting the physical, emotional, and spiritual well-being of the individual and the family.

Casa Esperanza provides an integrated continuum of care for individuals with addictive disease and/or dual diagnosis such as addiction with a coexisting depression, anxiety disorder, Posttraumatic Stress Disorder, personality problems and the accompanying emotional and physical problems.

Staff consists of a multidisciplinary team of professionals including a psychiatrist, a nurse practitioner, licensed therapists, certified drug and alcohol counselors and case managers. All staff are highly trained and specialize in behavioral health & addiction treatment.

RPOPS is nationally accredited by the Commission of Rehabilitative Facilities (CARF) and is licensed by the Department of Public Health and the Bureau of Substance Abuse Services.

For more information on the SOAP program, please contact the Soap Manager at 617-445-1123 Ext. 323



## STRUCTURED OUTPATIENT ADDICTIONS PROGRAM (SOAP)



**245 Eustis St.**

**Roxbury, MA 02119**

**Phone: (617) 445-1123**

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### **Group Therapy Offered:**

Group therapy is the cornerstone of change; we believe recovery cannot occur alone. The SOAP programs utilizes the following therapeutic group techniques:

**Psycho-educational Group:** Educates clients about the progression and effects of substance abuse and related behaviors and consequences. It helps clients in early recovery learn about their disorder, recognize roadblocks to recovery, and deepen their understanding of the road to recovery. Clients learn about resources that can be helpful in recovery.

**Skills Group:** Clients develop skills needed to help maintain recovery. This includes learning how to manage stress, communicate effectively, apply for assistance, increase problem solving abilities, practice anger management strategies, etc.

**Cognitive-Behavioral Treatment Group:** The group's focus is on developing awareness to thoughts, beliefs and actions that have grown with the addiction. Clients practice skills to help modify their behavior. Clients learn what conditions stimulate their desire to use, how to avoid such stimuli and how to develop relapse prevention plans to manage these triggers.

**Tasks Group:** Clients are provided with the opportunity to practice skills to gain confidence. Such task group topics may include delivering refusal skills, role playing difficult situations and learning healthy replacement behaviors.

**Self-Help Education:** Clients begin to develop natural supports that will consistently aid in their recovery. This includes learning about peer recovery groups such as AA, NA, Double Trouble, etc.

**Family Education:** Families members are invited to attend this weekly group to learn about addiction, talk their feelings and to start rebuilding relationships that may have been negatively impacted by the clients substance abuse.

### **Process Group:**

This group helps the client manage the trials of everyday life to include interpersonal relationships, depression anxiety, employment, 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.

### **Health & Wellness Group:**

Clients will learn how addiction can lead individuals to neglect their health and wellbeing. Clients will learn to refocus on self care. Clients are encouraged to set wellness goals such as improving nutrition, exercising, making medical appointments, using relaxation techniques and being compliant with medications.

### **Relapse Prevention Planning Group:**

Clients are offered training in goal setting, planning, and self-monitoring. They are instructed in using specific relapse prevention skills during stressful situations and when experiencing cravings for alcohol, or other drugs. Clients learn to set personal goals for their recovery, to conduct self-assessments in key areas in their life and to deal with improved living.



## **PROGRAM INFORMATION**

### **Hours of Operation:**

The Structured Outpatient Addiction Program (SOAP) meets Monday-Friday, during the hours of 10:30am– 2:30 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 has a Substance use Disorder, and can be expected to respond to therapeutic intervention.
2. The client is able and willing to actively participate in at least 20 hours per week of intensive therapy and programming that promotes substance use treatment, relapse prevention, recovery, and cannot be provided in a less intensive level of care.
3. There are significant symptoms that interfere with the client's ability to manage his/her life including daily obligations such as employment, healthcare, housing, family relationships, etc.

**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.