

**CHEMICAL DEPENDENCY INTENSIVE PATIENT ORIENTATION
OUTPATIENT PROGRAM SERVICES
LIVING WITH PAIN – COMPLIANT, CLEAN, AND SOBER**

The Richardson Regional Medical Center Living With Pain – Compliant, Clean, and Sober Program is a chemical abuse/dependency recovery service for the chronic pain sufferer. The service is a group counseling education and skills training program for 1) Education to Substance Abuse/Dependence Disease concept, progression, and management 2) Education and skills training for sobriety maintenance 3) Education and skills training for relapse prevention 4) Sober living skills 5) Education to medical reliance concepts and medication compliance and 6) Education and skills training for chemical free chronic pain management techniques. The program is designed to promote recovery and compliance in the least restrictive environment. The full program consists of twenty-six (26) three (3) hour sessions: eighteen (18) sessions specific to patient recovery/compliance education and skills training and eight (8) sessions specific to family system recovery education and skills training. Early morning and evening hours are often difficult times for the chronic pain sufferer therefore this program is provided during the mid-afternoon hours as follows:

TUESDAYS
1:00pm-4:00pm
Patient group

THURSDAYS
1:00pm-4:00pm
Patient group

FRIDAYS
1:00pm-4:00pm
Family group

The program supports the 12 Step Philosophy and patients are expected to attend AA and/or NA on alternate days (pain level permitting) and secure a “sponsor”. The patient is expected to make a sincere effort to attend all scheduled treatment sessions and AA/NA meetings. The patient will also be encouraged to become involved in an appropriate chronic pain support group. Any necessary absences need to be reported PRIOR to treatment session meeting times by calling 972-498-4857 (voice mail) leaving notification of and reason for absence. Three (3) consecutive absences will result in discharge from the program. Sporadic attendance will also result in discharge.

An important portion of recovery for the abusing/noncompliant/addicted individual is a supportive, structured and goal directed environment. Weekly sessions for the family, significant other, or supportive friends are offered as an ongoing part of the curriculum. All sessions for patients and families will maintain a structured protocol:

(SEE REVERSE SIDE)

PATIENT SESSIONS (3 hours)
Individual measurements (30 minutes)
Self disclosure/feedback (30 minutes)
Break (15 minutes)
Education/skills training (45 minutes)
Break (15 minutes)
Education/skills training (45 minutes)

FAMILY SESSIONS (3 hours)
Individual measurements (30 minutes)
Self disclosure/feedback (30 minutes)
Break (15 minutes)
Education/skills training (45 minutes)
Break (15 minutes)
Education/skills training (45 minutes)

While medical reliance on medications is understood, this is a program of total abstinence from alcohol and any medications/drugs which are not physician prescribed/approved. Any relapse will be addressed by the treatment team to consider the appropriateness of continuation at this level of care.

NEED FOR INDIVIDUAL AND/OR FAMILY THERAPY:

Patients presenting need for individual and/or family-marital therapy in conjunction with this program will be referred to appropriate resources. Individual therapy assignments or recommendations may be discussed with the program facilitator and/or your physician.

POINTS FOR CONSIDERATION:

- Absences – participant is expected to call the program facilitator PRIOR to meeting time with notification of and reason for any absence – call 972-498-4857 which is a twenty-four hour voice mail
- Participant is asked to advise the program facilitator and/or physician if they decide to leave the program against medical advice
- Participant may request a conference at any time with the facilitator to discuss programmatic requirements. The program encourages open communication, direct questions, and any interaction that may be helpful in facilitating the individual's recovery, medication compliance, and pain management skills/abilities
- Failure to comply with treatment recommendations and/or repeated relapse may result in the patient's referral to more intensive treatment options
- All participants must sign a Patient Treatment Agreement in order to participate in the program