

CUMBERLAND HEIGHTS OUTPATIENT SERVICES
JACKSON
PROGRAM NARRATIVE

Cumberland Heights Outpatient Services in Jackson offers substance use dependency treatment services at 130C Stonebridge Boulevard, Jackson, TN 38305. The office hours are Monday through Friday, 2:00 pm to 9:30 pm. The staff provides alcohol and drug assessments and referrals to the appropriate level of care deemed necessary by the assessment. The center offers intensive outpatient services for adults, Monday, Tuesday, Thursday and Friday, from 6:00 pm to 9:00 pm.

Prior to enrollment in the program patients complete the admission process and receive program orientation including a review of patient expectations, safety guidelines, and program components. During treatment each patient works closely with their counselor/case manager in planning treatment goals and developing an individualized treatment plan. The counselor/case manager coordinates and collaborates with referrals for ancillary health, vocational or psychological needs the patient may have.

The IOP is structured to include individual counseling, experiential learning groups, family education groups, and group counseling. A range of topics is discussed in treatment including, but not limited to medical aspects of addiction, disease progression, family disease, spirituality, recovery tools and relapse prevention. Patients are oriented to the Twelve Steps of Alcoholics/Narcotics Anonymous and participation in local twelve step support groups is required. Patient families are strongly urged to complete the family program. Compliance with abstinence is monitored through the use of random urine drug screens. A patient's length of stay is usually 20 sessions but can be variable based upon the patient's clinical needs and progress. Continuing care services, including onsite aftercare groups, are coordinated onsite for patients after completing the program. In addition, AA/NA meetings are held at multiple locations nearby.

A structured family program is provided once a week for family members of patients. These services are available on site to the family members of Jackson patients from 6:00pm to 9:00pm. Focus of the family program includes education on the disease of addiction, family roles, communication, boundaries, and recovery tools.

Outpatient services are conducted by counseling staff under the supervision of the Executive Director for Community Based Services and IOP Director of Clinical Services. Clinical supervision and/or consultations are also available via the Medical Director of Cumberland Heights, the Chief Clinical Officer, and Associate Clinical Director, as well as from the organization's Quality Management Office

Revised 01/09/07 Butch Glover, 12/1/08 Linda Hazel, 01/10 LH, 07/12 Linda Hazel/Tammy Stone, 1/16 Chad Hughes

Reviewed 02/11 Tammy Stone, 02/12 Tammy Stone, 03/13 Tammy Stone, 2/14 Chad Hughes,