

CUMBERLAND HEIGHTS OUTPATIENT SERVICES
SUMNER COUNTY

PROGRAM NARRATIVE

Cumberland Heights Outpatient Services in Sumner County offers a range of substance use disorder treatment services at 1531 Hunt Club Blvd, Suite 300, Gallatin, TN 37066. The facility's hours of operation are Monday through Friday, 8:00am to 9:00pm. The center offers intensive outpatient services for adults Monday, Tuesday, Thursday, and Friday, 9:00am to 9:00 pm.

Prior to enrollment in the program, all patients complete the admission process and receive 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 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.

Adolescent services require that a parent or guardian attend the orientation on the first day. The adolescent intensive outpatient program length of stay is usually 24 sessions but can be variable based upon the patient's clinical needs and progress.

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 Sumner County patients. 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 the IOP Director of Clinical Services. Clinical supervision and/or consultations are also available via the Medical Director of Cumberland Heights, Chief Clinical Officer, and Associate Clinical Director as well as from the organization's Quality Management Office.