

POLICY MANUAL

Subject: Psycho-education Services

Effective Date: 1/1/03

Initiated By: Tammy Stone
QM Coordinator

Approved By: Billie Alexander Avery
Chief Clinical Officer

Review Dates: 10/08 LH, 07/09 BLA,
03/10 Committee, 02/11 Committee, 04/12 Committee
3/13 Committee, 2/14 Committee, 4/15 Committee

Revision Dates:

POLICY:

Cumberland Heights offers psycho-education services as a part of the treatment process to all patients and family members. Cumberland Heights believes psycho-education is an important part of learning, understanding, maintaining and benefiting from recovery. Each patient shall receive education about the various aspects of addiction and recovery based on his/her individual needs. Effectiveness of the education is monitored by the treatment staff and documented in the record.

PROCEDURE:

1. Patients and family members are educated in the four following **major** topic areas:
 - A. Addiction
 - B. Relationship Dynamics
 - C. Recovery Process
 - D. Relapse Prevention
2. The four major topics cover the following material:
 - A. Addiction
 1. The Disease of Addiction/Withdrawal and Detoxification
 2. Cross Addiction and Secondary Addictions, including Nicotine
 3. Communicable Diseases in the Addicted Population
 4. Co-occurring Disorders and Psychotropic Medications
 - B. Relationship Dynamics
 1. Family Systems and Disease of Addiction
 2. Communication
 3. Healthy Relationships
 4. Spirituality and Recovery
 - C. Recovery Process
 1. Twelve Step Philosophy and Support Systems
 2. Physical Recovery I—Stress Management/Exercise/Sleep
 3. Physical Recovery—Nutrition
 4. Coping with Feelings

(continued)

D. Relapse Prevention

1. The Relapse Cycle
 2. Managing Relapse Signs and Symptoms
 3. Grief Resolution
 4. Anger Management
 5. Trauma Resolution (identification/referral)
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3. Participation and response to psycho-education is documented in the progress notes in the Electronic Medical Record.
 4. Referrals for on going treatment of special needs will be made in the continuing care plan.