



CHEMICAL DEPENDENCY SERVICES INTENSIVE OUTPATIENT PROGRAM (C.D.S. I.O.P.)

Patient name: _____ *MR#:* _____ *Start Date:* _____

- **12-STEP MEETING AGREEMENT: ATTEND AT LEAST TWO 12-STEP MEETINGS PER WEEK _____**
- **PHASE ONE: THE EARLY RECOVERY PROGRAM. Eight weeks of attendance, three nights per week.**

MONDAY	WEDNESDAY	THURSDAY
<p><i>Successful Recovery Class</i> 5:15-6:15 p.m. Room H</p> <p><i>Coed Recovery Group</i> 6:30-7:45 p.m.</p>	<p><i>Substance Abuse Education Class</i> 5:15-6:15 p.m.</p> <p><i>Men's/Women's Group</i> 6:30-7:45 p.m.</p>	<p><i>Mindful Recovery Class</i> 5:15-6:15 p.m.</p> <p><i>Men's/Women's Group</i> 6:30-7:45 p.m.</p>

Your Therapist is:

WOMEN

0-33 Sharman Cippa L.C.S.W. 571-3756
 34-66 Jo Ellen Ottenberg, L.C.S.W. 571-3750
 67-99 Jennifer McKenzie, L.C.S.W. 571-3814

MEN

0-50 Bill McCausland, Ph.D. 571-3718
 51-99 Jim Badiner, L.C.S.W. 571-3751

- **PHASE TWO: THE LONG TERM RECOVERY GROUP. Once weekly for 16 months.**

Date: _____ *Intake Therapist:* _____ *Patient Signature:* _____

SEE PROGRAM AGREEMENT (OVER)



C.D.S. PROGRAM AGREEMENT

1. Attend at least two 12-Step meetings per week and log your attendance in the C.D.S. Workbook.
2. Commit to attend each C.D.S. group and log your attendance in the C.D.S. Workbook. Call if you are unable to attend (571-4599).
3. Register with the receptionist each time you come to the program.
4. Absolute commitment to abstinence. This includes non-alcoholic beer (low alcoholic beer) and non-alcoholic wine; prescription and over-the-counter drugs that may produce dependence or stimulate cravings (see Appendix Two of the C.D.S. Workbook). Discuss any questions.
5. In the 5th and 7th weeks of the program complete your Transition Plan and Chemical Use History.
6. Group guidelines:
 - No side conversations.
 - Don't leave group once it has started. For example, use the bathroom before and after group.
 - Arrange your schedule to attend the entire group and arrive on time.
 - Turn off cell phones and pagers during group.
7. Outside relationships with group members should be recovery-related, that is, no sexual or financial entanglements.
8. Maintain confidentiality of other group members. Staff has some exceptions to confidentiality: child and elder abuse reporting, and dangerousness to self or others.
9. Sexist, political, racist, and homophobic statements or jokes are unacceptable.
10. No rude, abusive, derogatory, threatening, destructive, or violent behavior. No weapons allowed.
11. Random drug testing is part of the program.

**CDC DAILY PLANNER - WRITE IN YOUR 12 - STEP MEETINGS
 PLAN YOUR TIME - PLAN YOUR RECOVERY**

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Week 1		CDS		CDS	CDS	
Date:		5:15-7:45		5:15-7:45	5:15-7:45	
Week 2		CDS		CDS	CDS	
Date:		5:15-7:45		5:15-7:45	5:15-7:45	
Week 3		CDS		CDS	CDS	
Date:		5:15-7:45		5:15-7:45	5:15-7:45	
Week 4		CDS		CDS	CDS	
Date:		5:15-7:45		5:15-7:45	5:15-7:45	
Week 5		CDS		CDS	CDS	
Date:		5:15-7:45		5:15-7:45	5:15-7:45	
Week 6		CDS		CDS	CDS	
Date:		5:15-7:45		5:15-7:45	5:15-7:45	
Week 7		CDS		CDS	CDS	
Date:		5:15-7:45		5:15-7:45	5:15-7:45	
Week 8		CDS		CDS	CDS	
Date:		5:15-7:45		5:15-7:45	5:15-7:45	
Additional Week		CDS		CDS	CDS	
Date:		5:15-7:45		5:15-7:45	5:15-7:45	