NORTHERN NEVADA ADULT MENTAL HEALTH
POLICY AND PROCEDURE

SUBJECT: HEARTS INTENSIVE OUTPATIENT PROGRAM

NUMBER: NN-PC-PL-20

ORIGINAL DATE: 04/03/08

REVIEW/REVISE DATE: 1/20/11

APPROVAL: ______Rosalyne Reynolds {s}, Agency Director

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I. PURPOSE

The purpose of this policy is to delineate the duties, responsibilities and scope of services provided by the HEARTS Intensive Outpatient Program to Northern Nevada Adult Mental Health Services (NNAMHS) consumers.

II. POLICY

It is the policy of NNAMHS to assist consumers to obtain and sustain abstinence from alcohol and other drugs while gaining and maintaining mental health stability.
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III. REFERENCES

MHDS Policy #4.071 – Serving Consumers with Co-Occurring Mental Health and Substance Abuse Disorders

NNAMHS Policy NN-PC-AS-01 – Assessments

NNAMHS Policy NN-PC-PL-02 – Outpatient Service Plan

IV. PROCEDURES

A. The HEARTS Program is staffed by Licensed Alcohol and Drug Counselors (LADC) and/or Qualified Mental Health Professionals (QMHP), with training in the areas of mental health and substance abuse. A licensed Registered Nurse has been assigned to the program to conduct health screenings and to provide medication monitoring and education. The HEARTS Program will be appropriately staffed.

B. All consumers will receive a substance abuse assessment and treatment plan to address co-occurring substance abuse and mental health disorders. The treatment plan will be revised as necessary to reflect changes in the consumer's functioning and goals.

C. HEARTS areas of treatment will include, but are not limited to the following:

1. Chemical Addiction

a. Assessment

b. Treatment Planning

c. Stages of Change and Motivational Enhancement Strategies

d. Identification of Relapse Triggers

e. Relapse Prevention

f. Drug and Alcohol Education

g. Leisure Skill Building

h. Family Involvement

2. Psychiatric

a. Medication Management

b. Medication Monitoring

c. Illness and Symptom Management

d. Recovery Education

e. Dialectical Behavioral Therapy

f. Crisis Management

B. Assessment Procedure:

i. During the intake/assessment, the Addictive Behavior Assessment will be completed.

ii. The following items will be included in the Addictive Behavior Assessment:

1. Identifying Information

2. Presenting Concerns

3. Social/Family History

4. Psychosocial Problems

5. Addiction History

6. World Views/Interests

7. Living Situation/Employment/Military
8. Legal Problems
9. Anger/Aggression
10. Abuse Trauma
11. Suicide /Self Harm
12. Strengths/Weaknesses
13. Substance Abuse Diagnosis
14. Disposition/Treatment Recommendation

i. A progress note will be entered into the record, documenting completion of the Addictive Behavior Assessment and the findings.

ii. During the intake/assessment, the Nursing Initial Assessment will be reviewed. If the Nursing Initial Assessment was last completed more than one year ago, a new nursing assessment will be completed.

C. Treatment Plan

i. The HEARTS counselor will assist the consumer in developing a written substance abuse treatment plan in accordance with NNAMHS policy.

ii. A treatment plan addressing chemical addiction will be completed by the HEARTS counselor within ten (10) working days of completion of the initial assessment.

iii. The HEARTS treatment plan will be reviewed with the consumer and updated every thirty (30) days while the consumer participates in the program.

D. Criteria for Discharge

i. The length of stay in HEARTS is not time-limited; rather, it is based upon provision of care to assist the consumer in obtaining abstinence from the use of alcohol and other drugs, and mental health stability.

ii. The following are guidelines for criteria for closing consumers to HEARTS:

a. Consumer is unavailable for services due to moving out of the service area.

b. There has been no contact with the consumer for 90-days despite documented efforts to locate and contact the consumer.

c. Death of a consumer.

d. The consumer requests to be closed to HEARTS. All efforts will be extended to ensure continuity of care to the next service provider.

e. Transfer of consumer to another level of care, i.e. Stars (outpatient co-occurring disorders group), residential substance abuse treatment, and/or detoxification.

iii. All HEARTS case closures shall be documented in a progress note stating the reason for closure, goals attained, referrals made, and plan for follow-up on referrals.