

# GEARS

Guide

Engage

Assess

Realign

Support



## Founder, CEO's Message



*Andrea Brown MS, LAC, DVAP,  
SAP, EMDR*

"Our team is determined to address the long standing barriers to treatment. We strive to provide a unique, tailored, and compassionate experience to address problematic patterns. Every Client deserves to see their possibilities."

If everyday life becomes unmanageable due to substance use, unresolved emotional trauma, uncomfortable mood disorders, or compulsive behaviors, treatment should be considered.

If dysfunctional behaviors have had a negative effect on your job, relationships, finances, and health, incorporating and increased level of support, including clinical guidance, should be considered.

Placement in this program is based on assessments and behaviors that indicate a client is likely to benefit from, and have a higher level of success, when engaged in a higher level of intensive treatment. EOP (Enhanced Outpatient Program) clinical focus may include **individual therapy, MRT, DBT, Relapse Prevention, Seeking Safety, and More**. Level II Education will not be covered in this curriculum.

**All Enhanced Outpatient Therapy are approved by the Behavioral Health Administration (BHA)**

**Client Responsibilities:**

- Confidentiality - What happens in group, stays in group
- Privacy (The Stop Rule) - If asked to participate in an activity that is uncomfortable, you have the right to pass
- Dignity - No hazing, humiliation, or abuse in any way, will be allowed or tolerated in this program
- Violence or Intimidation - Any harm toward persons or property will result in being asked to leave the group
- Alcohol or other Drugs - Sobriety is required to attend. If the facilitator has reason to believe that a client is under the influence, removal from the group will occur
- Exclusive Relations - Dating or intimate partnerships between group members will not be permitted
- Gossip - Secret grudges / hearsay will not be allowed in the group. Such behavior is very destructive to a safe environment
- Attendance - Every group must be attended unless an emergency arises. The facilitator shall be notified ahead of time that the client will not be in attendance. (Work schedule is not a qualifying emergency). If a client has three unexcused absences, continued participation will be discussed
- Internet Connectivity - Strong internet connectivity is required. Lost connection due to internet may be considered an unexcused absence
- Responsibilities - It is the responsibility of the facilitator to enforce the responsibilities and regulations of the group. However, clients in attendance, at any time, may propose any procedures or guidelines for the group to consider as possible contribution or alteration
- Termination - Clients will make a commitment to not leave the group unexpectedly without closure to the other attendees. This process allows for clients to say goodbye and provide support to one another as necessary

## Our Mission and Approach

The Extended Enhanced Outpatient Program provides intensive support to those with mental health, substance abuse, or identified co-occurring disorders. The primary model of support is group therapy which includes a mix of insight-oriented groups, psycho-educational groups, skill building groups. Individuals are active members of their care and choose which groups to attend, their individual needs, and personal preferences.

Our approach is based on the models and principles of wellness, recovery, and resiliency with individuals taking an active role in the development of his/her recovery goals. We acknowledge each person has unique strengths and abilities, and provide individualized plans of care tailored to meet the goals identified by each person.





Your success and wellness depends on you, but never needs to be managed alone. Attendance to both groups weekly is mandatory. The team here at Slopeside strive to provide you the treatment you deserve with unconditional respect and positive regard. This person-centered treatment requires that the Client take their treatment and care as seriously as we do.

Allowing yourself to meet your full potential as productive individuals with regard to your mental health and substance use behaviors is the goal that this group, along with your participation, is designed to provide!!

*They tried to bury us, but didn't know we were seeds..... ~~~~~ Dinos Christianopolos*