

SUSTAINABLE RECOVERY

Individual case management services for long term recovery from chemical dependency

SUSTAINABLE: the capacity to maintain a certain process or state indefinitely.

Sustained recovery from alcohol and drug addiction is possible when the chronic nature of the condition is understood; services for mental, physical and spiritual health are coordinated; and the principles and practices of a recovery program are incorporated into daily living. The highest rates of success in recovery programs are for those that require accountability over a sustained period of time. A primary treatment program is effective in getting a person started in the right direction but sustaining recovery requires an on-going change in behaviors, attitudes, and living skills. Lehmann Consulting offers individualized recovery case management services to achieve a solid basis for sustainable recovery. We partner with clients, their families, employers and other professional service providers to build this foundation.

Program Elements

Each person's program is individually developed according to their needs and circumstances. The first 12 months of recovery are when most relapse occurs, with the highest rates within the first 90 to 180 days following primary treatment. Each program takes this developmental timeline into account, as well as individual history, treatment experience, and other needs and conditions. Program elements include:

- ▶ Initial comprehensive needs assessment and planning. This includes review of continuing care recommendations and consultation with primary treatment providers, mental health providers and other health care professionals. Legal, employment and business requirements and concerns are also reviewed.
- ▶ Support for the transition from primary treatment to home and returning to life and work in the "real" world.
- ▶ Development of an individual recovery plan with goals and strategies to reach them. This may include areas as diverse as personal finance, spiritual development, and building healthy relationships. Sober living skills are needed in all aspects of daily life.
- ▶ Regular individual "check-ups" with a licensed chemical dependency counselor, beginning with a weekly or twice weekly schedule with longer intervals as the period of sobriety increases. These counseling sessions are intended to address difficulties as they arise and to review progress toward goals.
- ▶ Relapse prevention and relapse intervention services to interrupt the relapse cycle as quickly as possible.
- ▶ Referrals and consultations as needed for mental health concerns, medical issues, and spiritual matters.
- ▶ Quarterly family and/or partner meetings to discuss support needs for those close to the person of concern as well as to review their progress. Referrals for support services for family members.
- ▶ Random testing unless otherwise required by another agency or monitoring program.

Costs & Benefits

Costs vary according to the individual program requirements. Typically this is \$500-\$750 per month. All service and payment terms are clearly spelled out in advance in a written service agreement. If you are concerned about affordability, consider the high cost of additional treatment, legal and employment problems and health issues. Utilizing recovery case management services can be very cost effective.

For families, our recovery case management services can relieve the burden and stress of a loved one's return home. Employers can provide additional support and monitoring for valued employees. For individuals, we provide critical support and guidance during early recovery. Please call to discuss how we may be of assistance to you.