

52-3 District Court Counseling Guide

You were ordered to attend the following:

___ Intensive Outpatient Treatment (IOP)

___ Outpatient substance abuse counseling

___ Mental Health Treatment

___ Relapse Prevention

___ Evaluation (i.e substance abuse, mental health, psychological, psychiatric) and follow all recommendations.

___ Other treatment (i.e trauma, grief, inpatient/residential, halfway house, ¾ house, Medication-Assisted Treatment (MAT), _____)

You may choose any licensed and qualified therapist to treat you. If your Probation Officer is not familiar with your therapist, they will require verification of their license. Since you are on probation, it is required that your Probation Officer receive a monthly counseling report **on agency letterhead every 30 days.** It is the responsibility of the defendant (person on probation) to make sure Probation receives an updated treatment report every 30 days or you risk a violation of your probation. The therapist you chose must be versed in the type of counseling you are ordered to attend. The therapist can decide on the frequency and duration of sessions, however, you are required to make a treatment plan and complete all your treatment goals before your therapy can be completed. Once it is completed, your Probation Officer will need a completion report. If, at any time, there are mitigating factors that your Probation Officer feels may require adjustment to your treatment plan or further treatment, they may dictate such.

If you have health insurance, call the number on the back of your insurance card to find a provider that is covered under your insurance.

If you do not have health insurance, you can ask providers if they offer a sliding fee scale. This is a reduced fee, depending on your income, set by the therapeutic provider.

Oakland County Resident Resources:

OCHN ACCESS:

Medicaid/uninsured/underinsured individuals may contact ACCESS to be evaluated for qualification of Detoxification/Residential Treatment/Medication Assisted Treatment or for a referral to outpatient services. 248-464-6363 or 248-858-5200

Common Ground:

-Emergency assessments and authorizations for psychiatric care: 800-231-1127 (24/7 crisis line)

-Substance Abuse expedited screening for ACCESS and services within 24 hours and all other services: 248-456-8150

211 is a 24/7 local resource number that can help guide you to find different resources you may need in Southeast Michigan (housing, shelter, financial assistance, etc). Dial 2-1-1 or 800-552-1183

Macomb County Residents:

You may call Macomb County ACCESS for an evaluation and based on your responses, you may be eligible for services and/or a referral. ACCESS number: 855-996-2264

The following are definitions of the types of counseling:

Inpatient/residential treatment: Treatment in a setting that is connected to a hospital or a hospital-type setting where a person stays for a few days or weeks. Treatment in a setting in which both staff and peers can help with treatment. It provides more structure and more intensive services than outpatient treatment. Participants live in the treatment facility. Residential treatment is long term, typically lasting from 1 month to more than 1 year.

Halfway house or ¾ housing: A place to live for people recovering from substance use disorders. Usually, several people in recovery live together with limited or no supervision by a counselor.

Intensive Outpatient substance abuse counseling: IOPs allow patients to continue their “normal” daily lives while undergoing treatment. They are similar in intensity to inpatient or residential programs but do not require patients to live on-site at the treatment facility. Programs must be at least nine hours to be considered intensive. Therapy sessions might last three hours at a time, three to five days a week.

Outpatient substance abuse treatment: Treatment provided at a facility. The services vary but do not include overnight accommodation. Sometimes it is prescribed after inpatient treatment.

Medication-assisted treatment (MAT) is the use of medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders.

Mental health treatment: Psychotherapy is the therapeutic treatment of mental illness provided by a trained mental health professional. Psychotherapy explores thoughts, feelings, and behaviors, and seeks to improve an individual’s well-being.

Relapse Prevention: Any strategy or activity that helps keep a person in recovery from drinking alcohol or using drugs again. It may include developing new coping responses; changing beliefs and expectations; and changing personal habits, lifestyles, and schedules.

Evaluation: (i.e. substance abuse, mental health, psychological, or psychiatric): A professional provider evaluates on the topic ordered and makes recommendations on further treatment and why. **This is not substance abuse or mental health counseling and will not qualify if substance abuse or mental health counseling is ordered. This only applies if an Evaluation is recommended.**

Treatment plan: A plan that provides a blueprint for treatment. It describes the problems being addressed, the treatment’s goals, and the specific steps that both the treatment professionals and the person in treatment will take.