




Managing the Addicted Client

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Assessment

The procedures by which a counselor or program identifies and evaluates a clients strength, weaknesses, problems and needs for the development of a treatment plan.

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- Gathering relevant history from client, including but not limited to alcohol and other drug abuse.
 - Identify methods and procedures for obtaining corroborative information from significant sources regarding the client's alcohol and other drug abuse.

(psycho-social)

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- Identify appropriate assessment tools. (psycho-social, psych-evaluation, nursing assessment, MMPI)
 - Explain to the client the rationale for the use of assessment technique in order to facilitate understanding.
 - Develop a diagnostic evaluation of the client's substance abuse and any co-existing conditions based on the results of all assessments in order to provide an integrated approach to treatment planning based on the client's strengths, weaknesses and identified problems and needs.



The counselor should cite areas of client history such as substance abuse history, social history, legal history, medical history, family history, education, psychiatric and relationship history.



Orientation

Describing to the client the general goals of the program, rules governing client conduct and infractions that can lead to disciplinary action or discharge from the program, the hours during which services are available, treatment costs to be borne by the client, if any, and client rights.





- Provide an overview to the client by describing program goals and objectives for client care.
- Provide an overview to the client by describing program rules and client obligations and rights.
- Provide an overview to the client of program operations.




Treatment Planning

Process by which the counselor and the client identify and rank problems needing resolution; establish and agree upon immediate and long-term goals; and decide upon a treatment process and the resources to be utilized.

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- Explain assessment results to the client in an understandable manner.
 - Identify and rank problems based on individual client needs in the written treatment plan.
 - Formulate immediate and long-term goals using behavioral terms in the written treatment plan.



There should be some indicator that the client understands the results of the assessment, and that problems were prioritized and individualized for that particular client's needs. The counselor should also differentiate between short and long-term goals.





The counselor should identify resources within and outside the agency which will assist the client in addressing the problems on the treatment plan.




Counseling

The utilization of special skills to assist individuals, families or groups in achieving objectives through exploration of a problem and its ramifications; examination of attitudes and feelings; consideration of alternative solutions and decision-making.

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- Select the counseling techniques that apply.
 - Apply techniques to assist the client, group and/or family in exploring problems and ramifications.
 - Apply techniques to assist the client, group and/or family in examining the client's behavior, attitudes and feelings if appropriate in the treatment setting.

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- Individualize counseling in accordance with cultural, gender and lifestyle differences.
 - Interact with the client in an appropriate therapeutic manner.
 - Elicit solutions and decisions from the client.
 - Implement the treatment plan.




The counselor should evidence that the culture, gender and lifestyle differences of the client were taken into account and that lifestyle issues may also include being a single parent, working 3rd shift or particular occupational hazards, religion, etc.



Case Management

The activities which bring services, agencies, resources and people together within a planned framework of action toward the achievement of established treatment goals. It may also involve liaison activities and development of collateral contacts.



The core function of case management is to coordinate and insure continuity of all the services provided to the client both within and outside the agency.



- Coordinate services for client care.
- Explain the rationale of case management activities to the client.



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