



River City Counseling Group

River City Comprehensive Counseling Services • River City Integrative Counseling • River City Residential Services

Office:
2604 North Parham Rd
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PO Box 2549
Glen Allen, VA 23059

Program and Client Handbook

Introduction

Philosophical Evolution, Mission, and Vision – 12 VAC 35-105-570

River City Comprehensive Counseling Services, Inc. (RCCCS) was established in 2009 and has been committed to providing quality behavioral health services for individuals ages 5 to older adults who experience emotional, mental, behavioral, and/or substance abuse conditions that negatively impact their lives. Our comprehensive, structured programs of care are designed to promote recovery by improving psychiatric symptoms, preventing relapse, teaching functional life skills, providing direct assistance and psychosocial support, and assistance accessing vital community resources necessary for successful functioning in home, work, school, and social relationships. A multi-disciplinary team of health professional provides superior psychiatric and addiction services while respecting participant dignity and rights.

Service Descriptions - §580

River City Comprehensive Counseling Services, Inc.

River City's successful vision is providing a comprehensive integrative continuum of community-based medical, psychiatric, and substance use treatment services that are client-driven, family-focused, and promote recovery from any psychosocial or behavioral problem.

Intensive In-home Services (IIH): Intensive home and community-based treatment (approximately 10 hours weekly) for individuals ages 5-21 that focuses on preserving the family system by providing interventions to at-risk individuals designed to prevent out-of-home placements such as hospitalizations, group home placements, and incarceration. The goal of these services is to stabilize the client and family system through intensive skill-building to bring about positive community functioning. Concurrent psychotherapy with the provider of the client/family's choice is also a requirement to receive IIH services.

Mental Health Skill-Building Services (MHSS): Intensive home and community-based treatment (9-15 hours weekly, dependent on Managed Care Organization/insurance provider) for individuals ages 17-older that focuses on assisting individuals to maintain community stability and independence through developing/implementing independent living skills, resource management, and monitoring of psychiatric and medical care in congruence with treatment goals. The goal of services is to prevent hospitalizations or higher levels of



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care, homelessness, and incarceration by enhancing the individual's coping and adapting skills.

Community Stabilization (Non-residential): Community Stabilization is designed for individuals experiencing a severe, acute decline in their mental and emotional well-being that puts them at risk for or has resulted in out of home placement. It is intended to prevent hospitalization or re-hospitalization by providing a stable environment with a high level of support services. Individuals participating in Community Stabilization will receive 7 consecutive days/up to 4 hours per day of individual counseling, 24-hour on call support, and will be connected to community resources to meet their immediate needs that contributed to the initial crisis.

Substance Abuse Intensive Outpatient Program (SA IOP): This ASAM Level 2.1 highly structured program utilizes Licensed Clinicians (LPC, LCSW), Certified Substance Abuse Counselors (CSAC), and Peer Recovery Specialists (RPRS) to provide clinical group individual, and family therapy between 19-hours (max) and 9-hours for adults or 6-hours for "young adults" (adolescents age 18-21). SA IOP will supply a therapeutic environment including counseling and rehabilitative therapies, integrated psychiatric and medical treatment, Medication Assisted Treatment (MAT), Primary medical care (PCP), community-based case management, and recovery support services to meet the holistic needs of our patients. In addition to urine drug screening, Medication Management, & MAT, SA IOP staff will remain on-call 24hrs/7days per week to provide SA Crisis Intervention coverage outside of daily program hours.

Substance Abuse Case Management (SACM): River City's SA IOP program utilizes CSAC-A's to provide SA Case Management services assisting our patients and their family members in accessing and coordinating needed services including specialist medical, psychiatric, and psychological treatments as well as social, educational, vocational, pre-natal, veterans employment, and recovery supports in the community essential to meeting their basic needs. Incorporating person-centered, individualized, culturally and linguistically appropriate approaches based on identified patient and family member's needs, CSAC-A Case Managers will maintain consistent communication and involvement to ensure the consistency and effectiveness of ASAM's integrative multidisciplinary treatment philosophy including: a) sharing of important clinical information between participating providers on behalf of individuals and families; b) accompanying / advocating for individuals when necessary to strengthen engagement of participant with all multidisciplinary service providers involved; and c) working together to keep individuals and their families involved and informed throughout community reintegration.

River City Integrative Counseling, Inc.

Outpatient Therapy (OP): River City's unwavering commitment to facilitating holistic recovery within community-based care through wrap-around service provision fueled



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dynamic organizational growth. Strategic leadership, creative ingenuity, and continuous quality improvement forged River City Integrative Counseling (RCIC) – our flagship Outpatient practice committed to integrating behavioral health into primary care.

River City Residential Services, LLC

Residential Services: RCRS incorporates peer recovery specialists to provide 24-hr. (ASAM L3.1) Clinically Managed Low-Intensity Residential Treatment for substance use and co-occurring disorders. Provided In in a smaller traditional behavioral health home setting instead of a hospital or psychiatric facility, this transitional residential service includes 5-hrs./week of on-site clinical treatment in combination with peer recovery supports providing a cost-effective alternative, which can be combined with SA IOP/OP services as needed.

Service Goals - §580. C.1.

Our goal is to forge a model program for efficient delivery of integrated substance abuse, psychiatric, and primary healthcare treatment services that raises local quality standards and promotes the following patient outcomes:

1. Increase personal insight, learning, and applying recovery skills.
2. Maintain extended abstinence, prevent relapse, and engage in active long-term recovery.
3. Provide healing for underlying emotional wounds, grief, and painful trauma from past experiences that perpetuates substance abuse.
4. Promote disease self-management through mastery of advanced mindfulness skills increasing frustration tolerance and independence.
5. Promote systemic healing in families through warm familial engagement in treatment to rebuild protective and positive natural supports.

Philosophy of Service

River City takes pride in providing quality community-based services, substance abuse care, and therapy. Our team of licensed clinical social workers and professional counselors, licensed-eligible mental health professionals, certified substance abuse counselors, and other qualified mental health professionals are available for your needs. We believe that addiction is a chronic relapsing disease that requires individually tailored therapeutic treatment, relapse prevention, and recovery strategies that look different for each person to be successful.

Structured Program of Care



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River City's Structured Program of Care is defined as a comprehensive and planned daily, weekly, monthly routine including appropriate supervision that meets the needs of the client and their family (if applicable), that includes, but is not limited to:

- ASAM Multidimensional assessment / diagnostic evaluation
- Comprehensive Needs Assessment
- Individualized Service Planning
- Group Counseling including:
 - Addiction & Mental Illness Psychoeducation
 - Mindfulness Skills Training
 - Relapse Prevention Therapy / Interactive Feedback
- Individual Psychotherapy
- Family Counseling and Therapy
- Integrated Psychiatric / Medical Care – Dr. Peter Breslin, Addiction Psychiatrist
- Medication Assisted Treatment (Vivitrol & Buprenorphine – referrals to OTP)
- Urine Drug Screening
- Interdisciplinary Treatment Team Meetings
- Crisis Stabilization
- Skill Building
- Recovery Support Services
- Care coordination
- Discharge Planning
- Substance Abuse Case Management
- Client Advocacy

My signature below indicates that I have reviewed, clearly understand, and am providing informed consent for all necessary release / sharing of Protected Health Information between my River City treatment team of interdisciplinary providers and staff members at their discretion across all services in the aforementioned description including:

- **River City Comprehensive Counseling, Inc.,**
- **River City Integrative Counseling,**
- **River City Residential Services, LLC**
- **Verity Psychiatry – Dr. Peter Breslin, MD**
- **Dr. Laura Toombs, MD (PCP)**
- **True Recovery, RVA**
- **Journey House Foundation, LLC**

Client Signature

Date