

## **SECTION .4400 – SUBSTANCE ABUSE INTENSIVE OUTPATIENT PROGRAM**

### **10A NCAC 27G .4401 SCOPE**

(a) A substance abuse intensive outpatient program (SAIOP) is one that provides structured individual and group addiction treatment and services that are provided in an outpatient setting designed to assist adults or adolescents with a primary substance-related diagnosis to begin recovery and learn skills for recovery maintenance.

(b) Treatment support activities may be adapted or specifically designed for persons with physical disabilities, co-occurring disorders including mental illness or developmental disabilities, pregnant women, chronic relapse and other homogenous groups.

(c) Each SAIOP shall have a structured program, which includes the following services:

- (1) individual counseling;
- (2) group counseling;
- (3) family counseling;
- (4) strategies for relapse prevention, which incorporate community and social supports;
- (5) life skills;
- (6) crisis contingency planning;
- (7) disease management;
- (8) service coordination activities; and
- (9) biochemical assays to identify recent drug use (e.g. urine drug screens).

*History Note: Authority G.S. 122C-26; 143B-147;*

*Eff. April 1, 2006;*

*Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. July 20, 2019.*