

## **SECTION .4500 – SUBSTANCE ABUSE COMPREHENSIVE OUTPATIENT TREATMENT PROGRAM**

### **10A NCAC 27G .4501 SCOPE**

(a) A substance abuse comprehensive outpatient treatment program (SACOT) is one that provides a multi-faceted approach to treatment in an outpatient setting for adults with a primary substance-related diagnosis who require structure and support to achieve and sustain recovery.

(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) SACOT shall have a structured program, which includes the following services:

- (1) individual counseling;
- (2) group counseling;
- (3) family counseling;
- (4) strategies for relapse prevention to include community and social support systems in treatment;
- (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).

(d) The treatment activities specified in Paragraph (c) of this Rule shall emphasize the following:

- (1) reduction in use and abuse of substances or continued abstinence;
- (2) the understanding of addictive disease;
- (3) development of social support network and necessary lifestyle changes;
- (4) educational skills;
- (5) vocational skills leading to work activity by reducing substance abuse as a barrier to employment;
- (6) social and interpersonal skills;
- (7) improved family functioning;
- (8) the negative consequences of substance abuse; and
- (9) continued commitment to recovery and maintenance program.

*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.*