



## PROGRAM CONTENTS

### **SESSION #1**

#### **ASSESSMENT & GOAL PLANNING**

### **SESSION #2**

#### **FULL DAY GROUP SATURDAY 8:00 am-4:30 pm**

- Introduction & Expectations
- Operating/Working While Impaired: A Closer Look
- Influences & Considerations of use
- BAC, Tolerance, Binge Drinking
- BioPsychoSocial Aspects of AODA
- Progression of a Problem
- Self Assessment & Review
- Stages of Change
- Feelings & Defenses
- Communication
- My Vision of the Future
- Making Mindful Choices
- Setting Limits
- Individual Change Plan

### **SESSIONS #3 & #4**

#### **FOLLOW UP THERAPY SESSIONS & CHANGE PLAN IMPLEMENTATION**



## PROGRAM COST

### Cost of Program

Registration fee is \$400.00 for this program.

Participants must pay in advance to be scheduled for the initial session.



Payment is accepted by cash or credit and is not insurance reimbursable.



### **Baeten Counseling and Consultation Team, S.C.**

2920 South Webster Avenue  
Green Bay, WI

Phone: 920-632-4471

[www.Baetencounseling.com](http://www.Baetencounseling.com)

## PRIMARY TREATMENT PROGRAM



Provided By:



**State Certified Outpatient Mental  
Health and Substance Abuse  
Clinic  
DHS 75**

**TO REGISTER FOR THIS  
PROGRAM CALL:**

**(920) 632-4471**

the three c's of life:  
choices, chances and changes  
- you must make a choice to  
take a chance or your life  
will never change.

-jojo



## PROGRAM EXPECTATIONS

Baeten Counseling & Consultation Team, S.C. is offering an 11 hour treatment program that addresses those who are identified as irresponsible users who are at high risk for future consequences or borderline problem use and are in need of more than an educational class. Groups are less than 10 individuals and facilitated by co-occurring mental health and clinical substance abuse counselors.

Eligibility for this program also includes any individual who has 1<sup>st</sup> or 2<sup>nd</sup> time OWI, work or school related alcohol or other drug concern. This may include individuals cited with other substance related disorders, multiple underage drinking violations (ages 18+), or safety sensitive personnel who have tested positive for alcohol or drugs and have been referred to a substance use short-term counseling with psycho-education program.

### Eligibility Requirements

1. OWI assessment results indicating a need for treatment or significant citation in a work, school or related environment.
2. At least 18 years of age.
3. The individual must make the commitment to complete the entire program to receive certificate of completion.
4. The individual must attend with a willingness to participate.
5. The individual agrees to attend all program components **substance free** and have a negative urine drug screen.
6. The individual must meet all requirements of referral stipulations.
7. Fee for course must be paid to register.

*Additional assessment, sessions, or urine drug screening can be provided for additional fee(s).*

## PROGRAM OUTCOMES

- Explore individual relationship with alcohol or other substance use.
- Learn about the amounts and types of alcohol leading to various levels of impairment.
- Learn about the effects of alcohol/other drug use on the body, well-being, and major life areas.
- Understand the continuum of use, misuse, abuse, and addiction and the link to mental health.
- Understand and learn about personal interactions between emotions and cognitions for better life control.
- Evaluate lifestyle choices and learn how mindfulness can promote overall success in life areas.
- Identify lifestyle habits and the link between current reality and desired goals.
- Identify a personal change plan and learn how to implement it.