

NEW FREEDOM PROGRAM RESOURCES - CONTINUUM OF CARE

Short-Term Outpatient (OP) and Extended Outpatient Programs (EOP)

The **Continuum of Care** provides for individuals to move - in either direction - along the continuum.

Short-Term & Extended Outpatient Programs (EOP)

- OP Outpatient
- Substance use/abuse (SUD) programs
- Early/short-term Outpatient SUD therapy
- EOP or Aftercare (*long-term remission support/relapse prevention*)
- EOP (*long-term remission support/relapse prevention*) including **Withdrawal Management (WM)**



Outpatient (OP) <i>Support for ASAM level 0.5</i> Early and Short-term SUD Treatment	Supports ASAM Level 0.5 SUD/ DUI/ DWI Shortest program	Recommended: OPEN to Change SUD Unit OPEN C Additional suggested program options: OPEN to Change SUD Units A and B For more information: https://newfreedomprograms.com/open/index.html
<i>Support for ASAM level 1.0</i>	Supports ASAM Level 1.0 Outpatient	Recommended: OPEN to Change SUD Units A, B, and C Curriculum option: OPEN to Change SUD Units DEF (each unit provides for 9-10 program hours). Flexible aftercare and recovery issues resources (also support 9-10 sessions each): RFPF-24, RG-24. Issues in Recovery I

Extended Outpatient Programs EOP Aftercare <i>Support for ASAM level 1.5</i>	Supports ASAM Level 1.5 <i>Typically one Unit per week for relapse prevention</i>	Recommended: Relapse Prevention Units OPEN to Change Units D F Bridge C (Stress and Emotional balance - DBT-Emotion Regulation) Flexible aftercare and recovery issues resource (also support 9-10 session each): RG -24, IR-I, and RFPF-24 Curriculum option: Open to Change SUD Units ABC
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EOP with Withdrawal Management (WM) Support/ Remission Relapse Prevention <i>Support for ASAM level 1.7</i>	Supports ASAM Level 1.7 EOP-WM relapse prevention, remission monitoring and long-term withdrawal management support Supports MAT <i>Typically one Unit per week for relapse prevention</i>	For more information see <u>linked items on the home page:</u> https://www.insightandoutlook.com/ ● Withdrawal Management ● Download a list of resources supporting the Continuum Of Care in PDF format. ● Download a list of resources supporting Substance Abuse, Post-acute Withdrawal (PAWS) and Co-occurring Conditions in PDF format. ● Flexible aftercare and recovery issues resource Units (support 9-10 sessions each): - Issues in Recovery #1 - Issues in Recovery #2 - Risk Factors and Protective Factors - Bridge Unit D - Treatment Adherence/Medication Compliance (supports MAT)
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All of the above resources can be provided in group or individual counseling. Depending on your program, you may choose to use telehealth or similar options for this level of treatment.