



# MECKLENBURG COUNTY

## Community Support Programs

### 2020-2021 Day Treatment Core Program Description

The Fiscal Year 2021 Day Treatment Program Description was updated by the Substance Use Manager in conjunction with the Program Supervisor. This document was reviewed and approved by the Performance Improvement Council (PIC) on August 27, 2020. Historically this program was referred to Jail Central. With the new sheriff, the program is now referred to the Detention Center or Detention Central.

#### **PHILOSOPHY**

Community Support Services (CSS) provides periodic substance Use services in several locations in Mecklenburg County. The philosophy of the Day Treatment Program is to approach all clients using a strengths-based framework and to provide person centered and culturally competent services. This philosophy is reflected in the agency's performance improvement plan and other management tools and guidelines. Services are provided to clients based on concept that individuals possess unique strengths, knowledge, and abilities that enable them to set goals for growth and positive change. Our staff provides services in a fashion that empowers clients to gain greater self-sufficiency.

#### **DESCRIPTION**

The Day Treatment Program is a periodic service that is a time-limited, multi-faceted approach treatment service for adults who require structure and support to achieve and sustain recovery. The following types of services are included in the Program:

- Individual counseling and support;
- Group counseling and support;
- Family counseling when possible, training and support;
- Biochemical assays to identify recent drug use (e.g., urine drug screens);
- Strategies for relapse prevention to include community and social support systems in treatment;
- Life skills;
- Crisis contingency planning;
- Disease management; and
- Treatment support activities that have been adapted or specifically designed for persons with physical disabilities, or persons with co-occurring disorders of mental illness and substance use, intellectual or developmental disabilities and substance use disorders.

### **SERVICE MODALITIES**

Services are provided directly to clients using an Integrated Dual Disorder Treatment (IDDT) model, peer support, group counseling, recreational therapy, psycho-educational lectures, and participation 12-step programming. It is a planned program of professionally directed evaluation, care and treatment aimed at restoration of functioning for persons with substance use or substance use/psychiatric disorders. Services offered are directly provided to clients in a fashion that empowers clients and families to gain greater self-sufficiency.

### **STAFF REQUIREMENTS**

Staff are certified as Substance Abuse Counselors by the North Carolina Substance Abuse Professional Practice Board with a bachelor's degree in Human Services Field and two years of experience in substance abuse counseling, or persons who are licensed as Clinical Addictions Specialist by the North Carolina Substance Abuse Professional Practice Board with a master's degree, depending upon area of placement. Staff identified above are employees of CSS.

### **GOALS**

The program strives to improve the lives of the individuals being served by increasing abstinence and improved health and psychosocial functioning, reduction in public health and safety concerns, and reduction in relapse risk. The program seeks to improve client safety through education about diagnoses, medications, and high-risk behaviors. The program facilitates an assessment with the client and determines the next appropriate level of care or appropriate referrals.

### **POPULATION SERVED:**

The program serves the following populations who are incarcerated:  
Adult Substance Use Clients; or  
Adult Substance Use Clients with co-occurring Mental Illness.

### **SPECIAL POPULATIONS**

Detention Program

- Within the above-mentioned populations, priority is given to individuals who are pregnant intravenous (IV) drug users, pregnant substance abusers, or IV drug users.

### **PROGRAM STRUCTURE**

The program operates at the Mecklenburg County Detention Central location 8AM to 5 PM Monday through Friday:

- Treatment is 5 days per week, 4 hours per day
- Treatment may be up to 6 weeks, but length of time is based on individual client need.

Enrollment in the program is limited to the population of the site.

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In the event of a community crisis or pandemic, program structure may change to assure the health and safety of participants and will be adjusted per County, DHHS and Sheriff's Office guidelines.

### **RESOURCES AVAILABLE / SUPERVISION**

CSS utilizes a staffing pattern to maintain the staff to client requirement for each population. If necessary, programs may utilize cross-trained staff to assist from other programs. Qualified personnel from a staffing agency may also be used.

Certified Clinical Supervisors and administrative supervisors are assigned to each employee, trainee, intern or student. Volunteers are not used to provide clinical services. Clinical supervisors employ a variety of methods to ensure quality services are being provided to clients and that staff continually improve their skills.

Formal training is available to staff. Day Treatment staff and supervisors agree on an individual training plan for the employee as part of supervision.

Other available resources include physical office space for meeting with individuals, use of county vehicles, and computers and phones.

### **REFERRAL SOURCES**

Primary local referral sources for the Detention Program include:

- Attorneys, Mecklenburg County Sheriff's Office, self-referral through Detention Central Adult Programs POD Kiosks, Vocational Rehabilitation, CSS Shelter Programs, Anuvia Detox and Residential Services
- Residents diagnosed with HIV/AIDS are provided with a Detention case manager, and our programs make referrals for appropriate assistance as needed.

A non-local referral source is the US Marshall's Office.

### **PAYOR SOURCES**

Revenue for the detention program is 100% funded by Mecklenburg County.

### **FEES**

No fee is charged for services provided in the detention programs.