

## Union Township Substance Use Counseling Program

This program is designed to address the issue of substance use among our students. We recognize that students need access to counseling when they are dealing with a substance use or abuse problem. The program has two components: The required counseling program which follows disciplinary action when a student has violated district policy regarding controlled substances, and a second component for students who are voluntarily seeking assistance for a substance use issue. The program will compliment any outside agency services the student may be receiving.

This program will abide by all ethical rules of counseling including confidentiality. We can guarantee the confidentiality of all counselors, and will expect the same of the students who are participating in the program. Breach of confidentiality by a group member may result in dismissal from the program.

The objective of the program is to provide education on topics such as decision making skills, coping skills, chemical dependence, co-dependency, legal issues surrounding substance use as well as other consequences of continued use, recognizing and identifying feelings, and learning to live substance free. Students will, with the assistance of the counselors, create short term and long term goals for themselves, with the overall goal being that the knowledge and support provided by the program will discourage future substance use.

The program will include individual counseling, and group counseling when appropriate. A cognitive-behavioral approach will be used, and components of Twelve Step programs will be infused. Other modalities may be used as some students may respond better to a more eclectic approach to treatment. Each student will have a treatment plan created by the counselors, and this plan will be assessed frequently and adjusted as necessary.

Parents and guardians of students in the program will be required to attend 3 parents session during the course of their student's enrollment. As addiction is a family disease, it is imperative that parents learn the skills they will need to support their child. The topics of enabling and co-dependency as well as the disease model of addiction and roles of family members in a substance using family will be discussed.

### Length of program:

- Initial ("first time") substance policy violation - a minimum of 24 sessions attended over an 8 week period.
- Additional violations - minimum of 48 sessions over a 16 week period.

The program will be available 5 days per week after school from 2:45 to 4PM. Transportation is the responsibility of the student and their parent.

Each case will be discussed on an individual basis, and the level of care will be determined by the full assessment required when a student screens positive. Students in the voluntary program will be given a recommendation for the length of participation.

**Counseling:** Topics that will be included in both the group and individual components of the program include, but are not limited to:

- determining the level of purpose/control/consequences of the substance use
- drug of choice
- identifying triggers
- decision making skills
- disease model of addiction
- emotion recognition and regulation
- harm reduction strategies
- stages of change/models of change
- potential consequences of continued use
- identifying any underlying mental health/trauma issues
- family dynamic
- setting goals/creating an action plan to attain goals
- social skills training
- coping styles and defense mechanisms
- academics

**Stages of counseling:**

- Early treatment will focus on achieving abstinence, managing cravings, and preventing relapse.
- Action phase - during this stage, it is the goal to have the student recognize that their substance use has been the cause of many of their current problems, and blocks them from getting things that they want. Emotion regulation is key during this stage.
- Late stage - the focus will now be on identifying treatment gains and becoming more introspective. The discharge plan will be created during this stage of the program.

**Discharge:**

Discharge will be at the discretion of the counselors, based on compliance and attainment of treatment goals. Lack of compliance with the program will result in an administrative decision on whether the student may attend school. All students will be discharged with a plan for follow up to prevent relapse.

**COUNSELING SERVICES  
CONSENT FORM**

**COUNSELING** is a confidential process designed to help you address your concerns, come to a greater understanding of yourself, and learn effective personal and interpersonal coping strategies. It involves a relationship between you and a trained counselor who has the desire and willingness to help you accomplish your individual goals. Counseling involves sharing sensitive, personal, and private information that may at times be distressing. During the course of counseling, there may be periods of increased anxiety or confusion. The outcome of counseling is often positive; however, the level of satisfaction for any individual is not predictable. Your counselor is available to support you throughout the counseling process.

**CONFIDENTIALITY:**

All interactions with Counseling Services, including scheduling of or attendance at appointments, content of your sessions, progress in counseling, and your records are confidential. No record of counseling is contained in any academic or educational file. You may request in writing that the counseling staff release specific information about your counseling to persons you designate.

**EXCEPTIONS TO CONFIDENTIALITY:**

- The counseling staff works as a team. Your counselor may consult with other counseling staff to provide the best possible care.
- If there is evidence of clear and imminent danger of harm to self and/or others, the counselor is legally required to report this information to the authorities responsible for ensuring safety. If you are under the age of 16 and the victim of a crime, or if you are a minor and the counselor reasonably suspects that you are the victim of child abuse, confidentiality must be breached.

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**I have read and discussed the above information with my counselor. I understand the risks and benefits of counseling, the nature and limits of confidentiality, and what is expected of me as a member of the counseling program at UHS.**

\_\_\_\_\_  
*Signature of Student*

\_\_\_\_\_  
*Signature of Counselor*

\_\_\_\_\_  
*Date*

**COUNSELING SESSION SUMMARY NOTES (SOAP Notes)**

Counselor: \_\_\_\_\_ Session Date: \_\_\_\_\_

Time: \_\_\_\_\_

Client(s) Name: \_\_\_\_\_

Session #: \_\_\_\_\_

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Client Description:

Subjective Complaint:

Objective Findings:

Assessment of Progress:

Plans for Next Session:

Needs for Supervision:

**GROUP THERAPY PROGRESS NOTE**

CLIENT NAME: \_\_\_\_\_ NAME OF GROUP: \_\_\_\_\_

DATE/TIME (of group note): \_\_\_\_\_ PROBLEM/NEED: \_\_\_\_\_

LEADER: \_\_\_\_\_ GROUP SCHEDULE: \_\_\_\_\_

The client attended \_\_\_\_\_ group(s) this week on the following dates: \_\_\_\_\_

The client did not attend \_\_\_\_\_ group(s) this week on the following dates: \_\_\_\_\_

GROUP CONTENT: \_\_\_\_\_

PROGRESS MADE TOWARD GOAL: Yes  No

PLAN: \_\_\_\_\_

**APPEARANCE (Check all that apply):**

HYGIENCE & GROOMING: Clean  Neat/Well Groomed  Disheveled  Dirty   
POSTURE & GAIT: Normal  Limp  Rigid/Tense  Involuntary Movement

Significant change throughout the week. Please see comments below.

**PARTICIPATION (Check all that apply):**

ATTENTION: Normal  Inattentive  Distractible  Confused   
ATTITUDE: Cooperative  Uninterested  Resistant  Hostile   
Irritable  Suspicious  Paranoid   
AFFECT & MOOD: Normal  Anxious  Depressed  Labile  Euphoric   
THOUGHTS: Goal-directed  Circumstantial  Loose associations   
INTERPERSONAL: Showed empathy  Discussed meaningful personal issues   
Provided helpful feedback  Attention-seeking  Disruptive   
Not respectful of others

Significant change throughout the week. Please see comments below.

COMMENTS: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_