

# WESTERN PSYCHOLOGICAL AND COUNSELING SERVICES, PC

## ADOLESCENT CHEMICAL DEPENDENCY PROGRAM RULES

1. Policy regarding use of chemicals while in treatment: Using and/or possessing alcohol or other drugs is strictly prohibited and may result in a referral to a higher level of care. Any use or possession of alcohol or illicit substances on WPCS property will result in a report to police and other legal referents. There are also several prescribed medications and over the counter medications that are not allowed while in the program. These include but are not confined to:
  - Sedatives, hypnotics, or anxiolytics
  - Opioid medications
  - Propoxyphene
  - Amphetamines
  - Anabolic SteroidsOTC medications such as Ephedrine pseudoephedrine, cough syrup with alcohol or codeine, diet pills, energy supplements, sleep aids  
Near Beer products

If you are currently taking any of the above medications, either prescription or OTC, you will need to sign an Authorization of Disclosure to the prescribing physician. We will treatment plan collaboratively, with your provider, toward replacing these medications with alternative medications more aligned with recovery and abstinence. Do not discontinue any medications without consulting your doctor. You must notify your therapist if your medications change for any reason.

2. All clients must submit random Urinalysis. Refusal to comply with the request for a UA will result in your behavior to be considered suspicious and non-compliant. All non-compliant behavior will be reported to parents, legal authorities, and your referents. Non-compliant behavior could result in unsuccessful completion of our program and/or a new recommendation for a higher level of care.
3. There is absolutely no smoking allowed anywhere on Western Psychological and Counseling Services Property. If you have a desire to stop smoking we will be glad to help facilitate support for your abstinence from nicotine.
4. This program addresses the addiction process as it applies to all compulsive/addictive behaviors. Gambling is not allowed while in the program.
5. Group sessions will begin and end on time. If a client is more than 10 minutes late to group or an individual session, the counselor may refuse admission to the client. If a client must be absent, they must inform the counselor prior to group. The counselor will then classify the absence as "excused" or "unexcused".
6. Clients in IOP are allowed only three "excused" absences per month to maintain compliance with program expectations of successful completion. Clients in OP are allowed on one "excused" absence per month to maintain compliance with program expectations of successful completion.
7. Clients attending groups at WPCS are allowed 10 minute breaks as determined appropriate by the clinician. These breaks are to be taken in the group room, clients are not allowed to leave the building.
8. There will be no verbal or physical intimidating, threatening, assaultive, or destructive behavior toward any WPCS counseling staff, support staff, billing staff, or clients allowed. Any behavior of this kind will be reported immediately to the authorities. Treatment will be terminated immediately.
9. Washington and Oregon state legal authorities require that the CD program files monthly compliance reports for all court-monitored clients. Compliance refers to attendance, payment behavior, assignment completion, and appropriate participation.
10. Employees of WPCS are not allowed to accept any gifts, favors or gratuities from any patients, clients, referral sources, or any other person.
11. WPCS adheres to rules of strict confidentiality. Clients and family members are not allowed to discuss any other client or family members who are also in treatment at WPCS. Therapists will not discuss any clients with other clients unless all persons are present.
12. All clients engaged in CD treatment must attend at least one Community recovery meeting per week. These can include AA, NA, MA, CA, Al-Anon, Ala-teen, WFS, RR, Smart Recovery, GA, etc. The client must provide proof of 12-step attendance to their therapist as requested.
13. Clients must notify their therapist and front office staff of any name, addresses, or phone number changes. Clients must also notify their therapist of any changes in their legal status.

I have read the above rules and understand them. I will abide by all of the above rules.

\_\_\_\_\_  
Client signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Staff signature

\_\_\_\_\_  
Date