**Job Definition**:

Outpatient Therapy is individual and group activities and services that are provided in an outpatient program designed to assist adult and adolescent consumers through visits to begin recovery and learn skills for recovery maintenance.

Services include, but are not limited to, the following services:

* Individual counseling and support
* Group counseling and support
* Family counseling, training or support
* Comprehensive Clinical Assessment
* 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
* Grievance
* 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 abuse/developmental disability and substance abuse/dependence.

Clinical Documentation is completed per PrePaid Healthcare Panels requirements.

**Staffing requirements:**

Clinicians who provide outpatient therapy/services are appropriately licensed and enrolled with North Carolina Division of Health and Human Services and Prepaid Health Panels (Amerihealth, BCBSNC-Healthy Blue, Carolina Complete, United HealthCare, & Wellcare)

**Required Experience & Training:**

Experience and training with the population served, as appropriate.

Substance abuse:

1. Alcohol and other drug withdrawal symptoms
2. Symptoms of secondary complications due to alcoholism and drug addiction
3. Understanding of the nature of addiction
4. The withdrawal syndrome
5. Relapse prevention, and
6. Other treatment methodologies.

**Mental Health:**

1. Symptoms
2. Diagnosis
3. Understanding the nature of illness
4. Relapse prevention

**General:**

1. Individual therapy
2. Group therapy
3. Family therapy

**When services are to adolescents, staff is knowledgeable in the following:**

1. Adolescent development, and
2. Therapeutic techniques for adolescents.

**Location:** This service can be provided in a variety of locations, to include the agency’s office, school, home, Telehealth, etc.

**Clinical requirements: Expected Outcomes**

The expected outcome of therapy is sustained improvement in health and psychological functioning, reduction in any psychiatric symptoms (if present), reduction in public health and/or safety concerns, and a reduction in the risk of relapse as evidenced by improvement in empirically supported modifiable relapse risk factors.

**Supervision:**

Supervisor as per professional license (LPC, LCSW, & LMFT/Associate Level) requirements and Clinical Director.

**Work Schedule:**

The work schedule is flexible in order to meet the needs of the persons receiving services. This position does require employee to be available for crisis response 24 hours per day, 7 days per week, and 365 days per year. The crisis response may include telephonic response or face to face with a person in an emergency situation within 2 hours of receiving a call. The after-hours crisis response is assigned on a rotation basis with other employees.

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| Employee Signature & Date |  | Supervisor Signature & Date |