

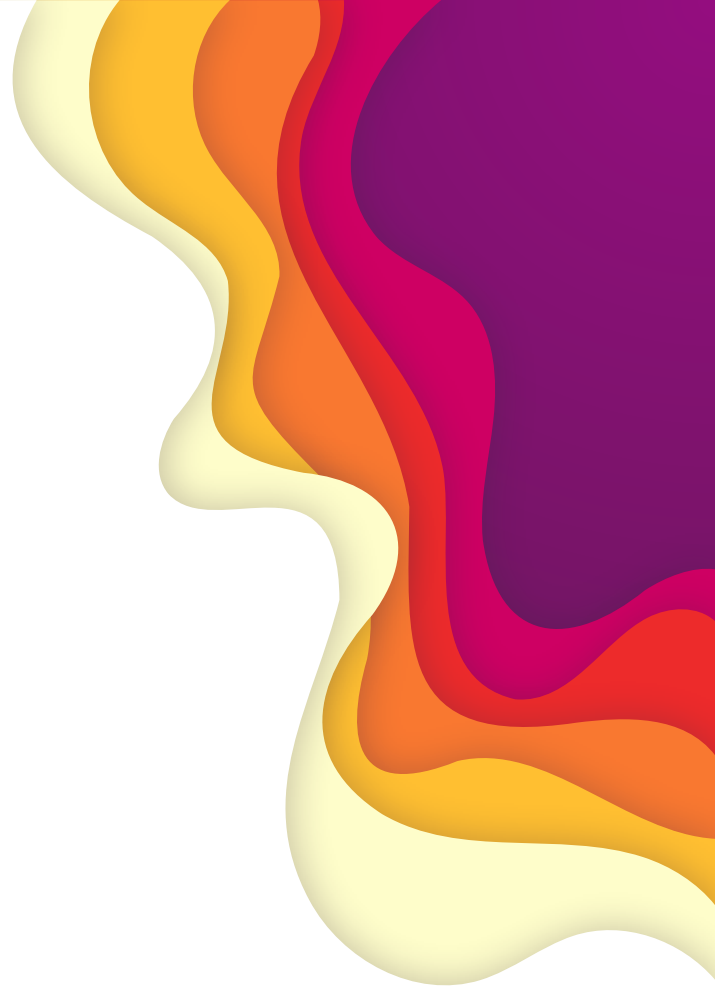
# MHR 210 COMMUNITY RESOURCE PROJECT

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# WELLSPRING INC

Wellspring is a non-profit organization located in the Bangor area that offers both inpatient and outpatient treatment care for those struggling with substance abuse disorder and also for those with co-occurring mental health disorders.



## RESIDENTIAL HOUSES

There are three residential treatment centers and one residential detox center within the organization. The three residential treatment centers have a four to six month program consisting of three phases which must all be completed to graduate from the program. Unlike the residential treatment program, the residential detox program is less than a week long. Each house is staffed with 24 hour recovery technicians and substance abuse counselors.

## RESIDENTIAL HOUSES – MENS HOUSE

The men's house is the second oldest residential treatment center in the state of Maine for those struggling with addiction and co-occurring mental health disorders. In order to receive treatment, somebody must be over the age of 18, willing and ready to undergo treatment and free from any mood altering substances at the date of admission.

## RESIDENTIAL HOUSES – WOMAN'S HOUSE

The women's house is for women over the age of 18 struggling with substance abuse disorder and co-occurring mental health disorder.

## RESIDENTIAL HOUSES – INFINITY HOUSE

The Infinity House is the residential program for women who are pregnant or are mothers. These clients are allowed to have children up to age 5 with them in the house.

## NEW HORIZON DETOX CENTER

The Detox Center is a three to seven day program where clients can opt to participate in a program that will aid in physical detoxification from alcohol, opiates and/or heroin. If a client shows up to any of the residential treatment houses and is showing signs of physical withdrawal, they will be sent to the detox house and then transferred back to their respective house once the detox is complete. This house is equipped with the same staff as the other houses but also has nurses to ensure a safe and healthy detox experience.

# INFINITY HOUSE

## SUBSTANCE ABUSE COUNSELOR

I decided to look into the role of a substance abuse counselor at the Infinity House. I currently work as a Recovery Technician at this house but my goal is to work as a counselor at a residential treatment program like Wellspring so I thought it would be beneficial to interview one of my co-workers to gain insight on what she does on a day to day basis in the workplace.



# A DAY IN THE LIFE AT THE INFINITY HOUSE FOR A SUBSTANCE ABUSE COUNSELOR

Counselors arrive at 8AM; there are two substance abuse counselors at the infinity house. Both counselors have five clients each.

Counselors have time when they arrive to check their email and listen to any voicemails before diving into the day.

Counselors alternate groups during the day, while in group they are teaching the clients important skills or helping them with the 12 steps. While they are not in group, they are doing a wide variety of things ranging from prepping for court cases, connecting with case workers, communicating with CPS/DHHS and making/updating detailed treatment plans for their five clients.

Clients can and are encouraged to schedule times to meet with their counselors one on one during their free time.

The treatment day ends at 3:00 but counselors typically stay to do office work to either get a head or catch up with paperwork, phone calls and client needs which all seems to be never ending.

Counselors are also expected to be on call after treatment hours, this duty is shared between both counselors.



# COURT CASES, DHHS AND TREATMENT PLANS

## COURT CASES

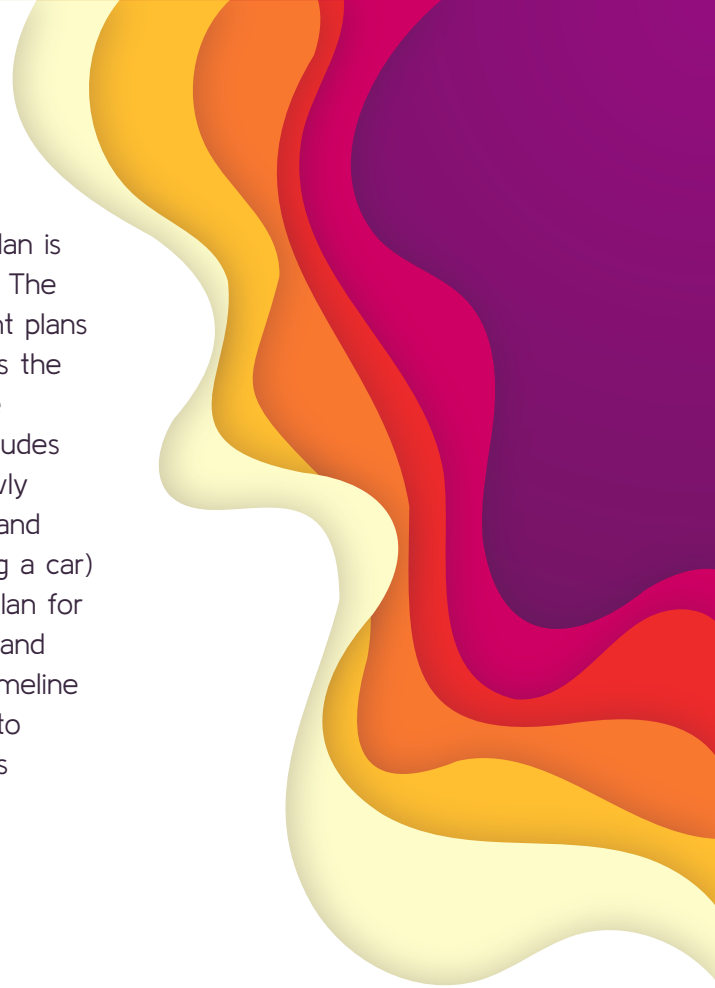
Often times counselors are asked to testify in court for current or even past clients. This can be for things such as parole, child custody, urine screens etc. The counselors notes are also fair game for a subpoena; these are to be read in court as well as any documentation taken down during the clients duration in the Infinity House.

## DHHS

In order to live in the Infinity house the client must be pregnant or have a child. This often involves DHHS. Many of these mothers do not have their parental rights or do not have full custody of their children; counselors keep tight communication with DHHS workers as one of their goals is reunifying clients with their children.

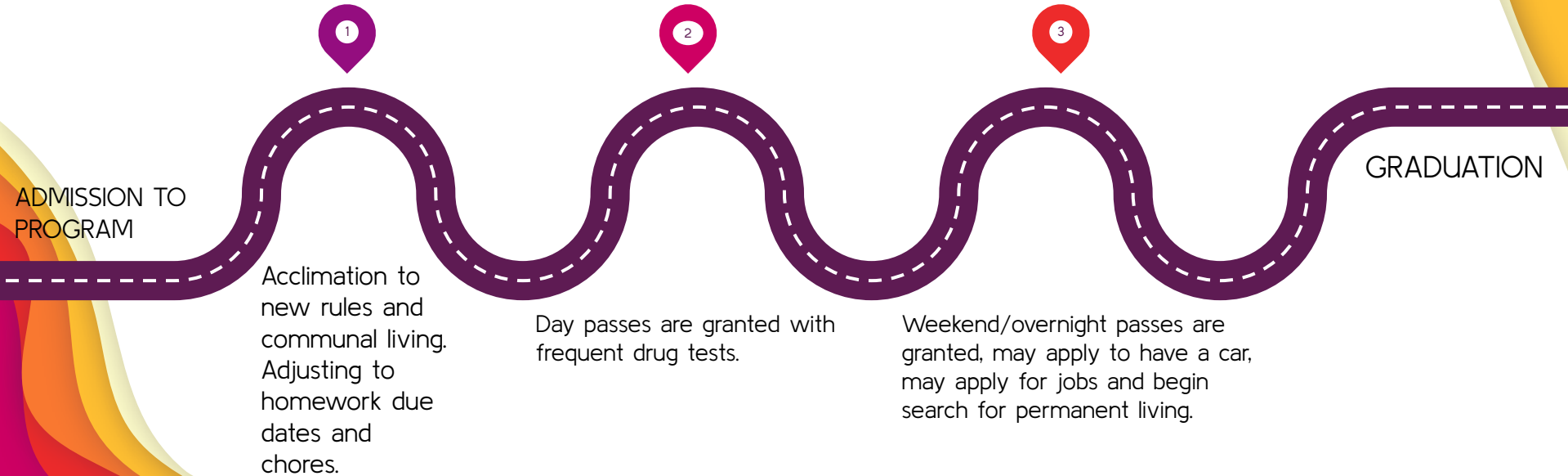
## TREATMENT PLAN

Creating a treatment plan is unique for every client. The baseline of all treatment plans is that the client follows the rules of the house. The treatment plan also includes relapse prevention, slowly gaining privileges (day and weekend passes, having a car) and a long term care plan for after graduation (living and outpatient care). This timeline may differ from client to client and is adjusted as treatment progresses.





# BASIC OUTLINE OF THE 3 PHASE TREATMENT PLAN FOR A CLIENT



# KEY TAKEAWAY

Counselors have many more responsibilities than simply providing therapy services to their clients. They do the majority of their work behind the scenes especially in the residential setting where the clients life is unfolding within the treatment center.

