

**Cherokee Health Systems Program**  
**Group Treatment Program (GTP) for Substance Use Disorders**  
**Participation Agreement**

We are excited to partner with you to improve your health and quality of life. Our program is designed to give you the support and skills necessary to reduce any future impact your addiction may have on your life and provide a safe place for you to learn a drug and alcohol free lifestyle. As part of your treatment plan, you have accepted our recommendation to participate in our Group Treatment Program (GTP) for substance use disorders. GTP is conducted in a group session format and will cover many topics in the areas of behavioral health, physical health, and recovery from addiction. Your attendance in all group sessions is *required*.

You can expect the following format for the GTP:

1. GTP will meet 1 time per week for 3 hours
2. GTP is a group medical visit, meaning that this 3 hour group visit is your medication management appointment. By attending group, you are attending your medication management appointment with your Addiction Specialist. If you miss group, you miss your medication management appointment as these will not be scheduled separately from group.
3. The treatment team will be present at the group medical visit. This includes your Addiction Specialist, a Behavioral Health provider, and Community Health Coordinator. You will be leaving the group for a brief period to discuss your medication privately with your provider at some point while the group medical visit is in session.
4. The pharmacy will fill medications during the group medical visit and will release prescribed medications after the group ends.
5. If something prevents you from arriving within the first 15 min of group or you request to leave more than 15 minutes before group has ended, you are welcome to stay and participate in the group but will not be counted as present. Arriving more than 15 minutes late or leaving more than 15 minutes early will mean you are unable to be seen regarding medication on that day and must schedule a follow up with your physician and behavioral health provider to discuss progress in the program. The day and time of that appointment will not be the same day as the missed group and will be up to the provider's discretion.
6. Please make efforts to schedule other responsibilities including other appointments in a way that does not conflict with your GTP attendance. Minor illnesses and non-court related appointments do not qualify as an excused absence from group.

As always, throughout the program, you will meet with the Program staff to assess your treatment progress. If, together, we determine that you would benefit from continued participation in GTP, you will be given the opportunity to continue in the program. When you reach the point in your recovery that you are ready to move from the Phase I Group into the Program's Phase II (or "Aftercare") Group, you will be given that opportunity. This change in group will happen based upon your treatment progress.

We fully understand that addiction is a disease and that relapses do occur. If at any time during Phase I or Phase II Group, we feel that you need a different level of treatment for your disease, we will discuss it together and change your treatment plan as needed. Many patients find that treatment plans change often during recovery, to include remaining in or returning to GTP, medication changes, or referral to a higher level of care than is available at Cherokee. Everyone's course during recovery is different and change is OK – the important thing is that you receive the care that is right for you.

In addition to GTP, you will have other parts of your treatment plan in which you will participate. These may include the use of medications to help treat addiction; medical appointments for physical health issues; individual therapy for behavioral health concerns; meetings with a case manager to assist with housing, transportation, and other needs; and attendance at AA, NA, or other similar meetings. We will work with you to balance all of these requirements to help you develop a healthy lifestyle. Urine drug screens are also an important part of monitoring your treatment progress. Drug screen testing may occur during a GTP session or during one of your individual medical or behavioral health appointments. Drug screen results are used for treatment purposes and are not released outside of Cherokee unless you sign a written release requesting that your confidential health information be released.

If you are on medication for addiction treatment (such as Suboxone or Vivitrol), your medication will not abruptly be stopped if you are unable to continue participating in GTP. If this happens, you will meet with Program staff and develop a revised treatment plan for your recovery.

### The Guidelines for GTP Participation

1. Everything that happens in group, including the identities of other group members, is confidential and must not be discussed outside of group – “what happens in group stays in group”.
2. A participant who appears to be intoxicated during a session will be required to leave and obtain a safe way to get home. If the participant refuses and/or drives away, police will be notified.
3. Deferring your prescribed medications to others and/or selling any illicit substances on Cherokee property will result in dismissal from care.
4. No cell phone use during group.
5. Be respectful toward staff and other group participants.
6. Do not wear revealing clothing or clothing with references to drugs and alcohol.
7. Participate in group discussions to the best of your ability – group is better for everyone if all participants put forth a good effort.
8. Tobacco products and energy drinks of any kind are not allowed in group.
9. Follow all rules of Cherokee Health Systems, including no weapons in the building (including pocket knives).
10. Be honest.

I understand the requirements for GTP participation and agree to abide by the participation guidelines.

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Patient Signature

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BHC Signature

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Addiction Specialist Signature