

## Continuing Care Options

<b>Level of Care</b>	<b>Outline of Care</b>
<i>Extended Care</i>	<p>Commitment is a minimum of 30 days or greater.  Resident does not work at this level of care.  Counseling and psychiatric treatment provided; structured sober supportive living environment.  Addresses co-occurring mental health issues.  Actively participates in local 12 step program, obtains a sponsor, home group, and a sober support network.  Self pay is primary, insurance MAY reimburse for medication and doctors appointment ONLY.  Treatment cost varies; at minimum starts at \$7000.00 a month, plus, financial arrangements are made prior to the bed to bed transfer.</p>
<i>Transitional Care</i>	<p>Commitment is 30 days plus.  Resident may work, attend school, or volunteer.  Involvement in therapy usually in the evenings and/or weekends.  Actively participates in local 12 step program, obtaining a sponsor, home group, and creating sober support network.  House manager is on site.  Self pay, insurance MAY reimburse for doctors appointments and medication ONLY.  Resident participates in weekly house meeting.  Cost of treatment varies; minimum cost for this level of care starts at \$3000.00 a month. Financial arrangements are made prior to the bed to bed transfer.</p>
<i>Halfway House/ Recovery House</i>	<p>Residents live in a sober supportive living environment; commitment may vary, minimum length of stay is usually 3 months.  May require an initial interview, by phone or in person.  House manager is on site/daily supervision.  Required to attend daily 12 step meetings, obtain a sponsor and home group.  Resident participates in a weekly house meeting.  Resident participates in household chores.  Some houses offer group sessions once weekly.  Residents are required to gain full time employment as soon as possible, usually in the first two weeks.  Self pay; cost per house may vary; minimum cost is \$125.00 a week, plus deposit. Financial arrangements made prior to bed to bed transfer.</p>
<i>Oxford House/ Three Quarter-way House</i>	<p>Sober supportive living environment.  No staff or house manager on site.  Houses are governed by recovery house members.  Residents work full time or attend college.  Only requirement is staying sober.  Self pay; Cost is \$100.00 a week, and \$150.00 admission fee.  Face to face interview; interviews are usually scheduled once a week and patient must call to schedule the interview; the day of the week may vary by each specific house.  This is usually NOT a bed to bed transfer.</p>

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<i>Intensive Outpatient Program (IOP)</i>	<p>Participates in group therapy session 2-4 times a week.                      Insurance typically covers this level of care, if in their network.                      Required to attend daily 12 step meetings, obtain sponsorship, and create a sober support network.                      IOP usually asks for a minimum of a ten week commitment plus.                      First appointment is made prior to discharge from FMA.</p>
<i>Outpatient</i>	<p>Participates once a week in group therapy session.                      Insurance typically covers this level of care, if in their network.                      Required to attend daily 12 step meetings.                      First appointment is made prior to discharge from FMA.</p>
<i>Psychiatrist</i>	<p>Insurance should cover if in network.                      Usually seen once a month for medication monitoring.                      First appointment is made prior to discharge from FMA.</p>
<i>Psychologist/ Individual Therapy</i>	<p>Individual session held once a week.                      Insurance should cover if in network.                      Self pay option.                      Required to attend 12 step meetings .                      First appointment is made prior to discharge from FMA.</p>
<i>12 Step Meetings- Alcoholics Anonymous (AA)/ Narcotics Anonymous (NA)</i>	<p>90 in 90- Attend ninety meetings in ninety days.                      Develop a support network of sober AA/NA members.                      Obtain a homegroup where one consistently attends every week and gets involved in that particular group's activities.                      Obtain and utilize a sponsor who will give direction with regard to the 12 steps, sober networking, and basic fundamentals of 12 step recovery.</p>