

# Casa Continuum of Care

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A TREATMENT APPROACH FOR SUBSTANCE USE DISORDERS

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Pasadena, CA





# Casa Treatment Center

Gender Specific Addiction Treatment Program for Women

Founded: 1968

## Casa Continuum of Care

### **Residential Treatment: 22 Beds**

ASAM 3.5: Clinically Managed

High-Intensity Therapeutic Environment

### **Outpatient Services**

- Partial Hospitalization
- Intensive Outpatient
- Outpatient
- Aftercare

**Recovery Residences:** 44 beds

### **Alumna Programs**

### **Licensed and Certified:**

CA Department of Health Care Services

### **Accreditation:**

Joint Commission

**Operating Budget 2018/19: \$2.5 million**

### **32 Employees**

- 9 clinical service delivery staff

### **Clinical staffing:**

- Licensed Marriage and Family Therapists
- Associate Marriage and Family Therapists
- Chemical Dependency Counselors

### **Medical staff and oversight:**

- MD Addictionology - Oversight
- RN - On call
- LVN - On Duty

### **Support and Administrative Staff**

# Human Development in Context

Ecological Influences on Psychological Development – Technology Era

## Direct Relationships

- Parents
- Partners
- Employers
- Co-workers

## Indirect Relationships

- Parent relationships
- Partner relationships
- Employer relationships
- Co-worker relationships

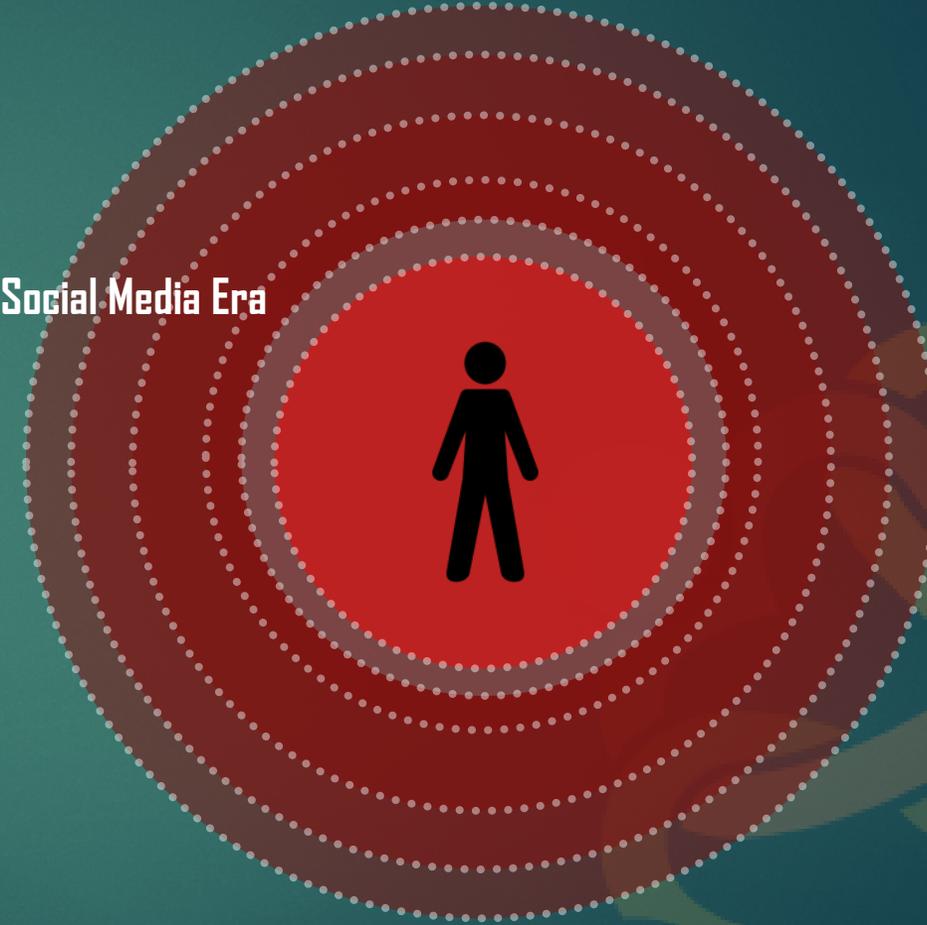
## Environment Relationships Occur

- Home
- School
- Work
- Social activity locations

## Political, Social, and Cultural Norms

**Time – Age, Era and Generation**  
(raised and being experienced)

Social Media Era



# Social and Cultural Considerations

## Influential Systems

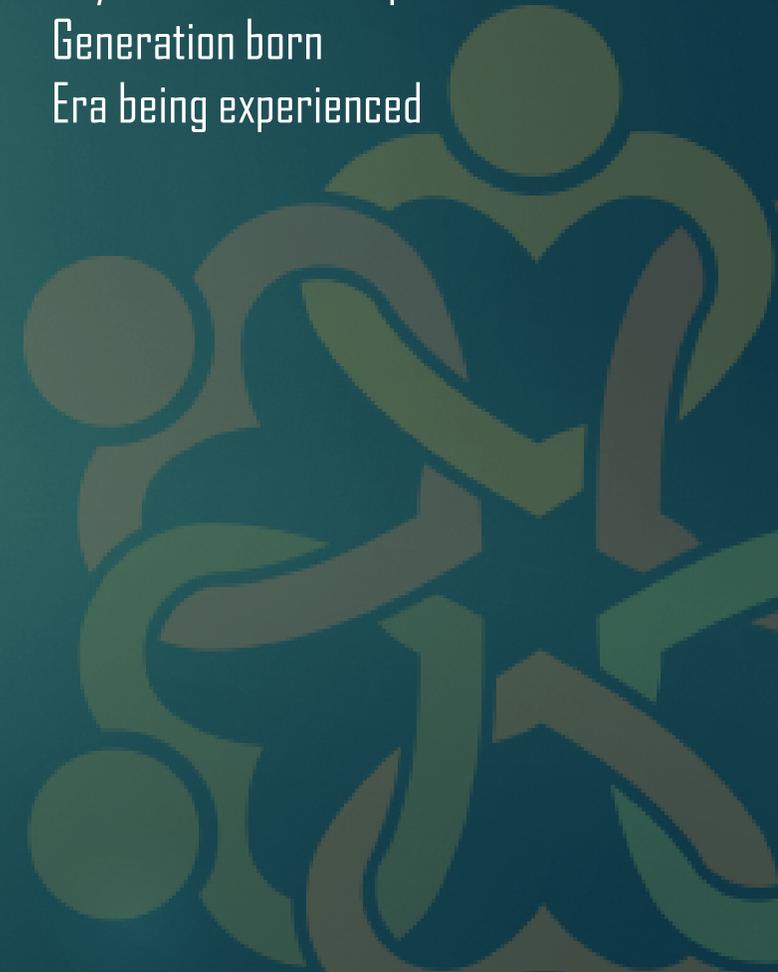
- Geographic location
- Socioeconomics
- Ethnicity & racial identity
- Family system
- Parenting (received & beliefs)
- Gender association
- Sexual orientation
- Religious beliefs
- Political beliefs
- Education
  - (beliefs & level obtained)

## Cultural Associations

- Geographic culture
- Class culture
- Ethnic & racial culture
- Family culture
- Parenting culture
- Gender identity
- Religious culture
- Political association
- Educational association

## Human Development

- Age
- Psychosocial development
- Generation born
- Era being experienced



# Substance Use Disorder: Development

Multiple Pathways to Development

## Examples

- Family system disturbances
- Family, social & cultural norms
- Subculture norms
- Trauma and attachment experiences
- Mental health conditions
- Medical conditions
- Peer relationships
- Other life crisis



# Experiencing a Substance Use Disorder

- Family
- Social activities
- Fitness
- Work



- Lacking connection
- Misunderstood
- Overwhelmed
- Loneliness
- Isolation

Frequent and ongoing use of substances can reduce a persons ability to experience pleasure from non-stimulated life experiences.

# Pathway to Recovery

Recovery Program Services



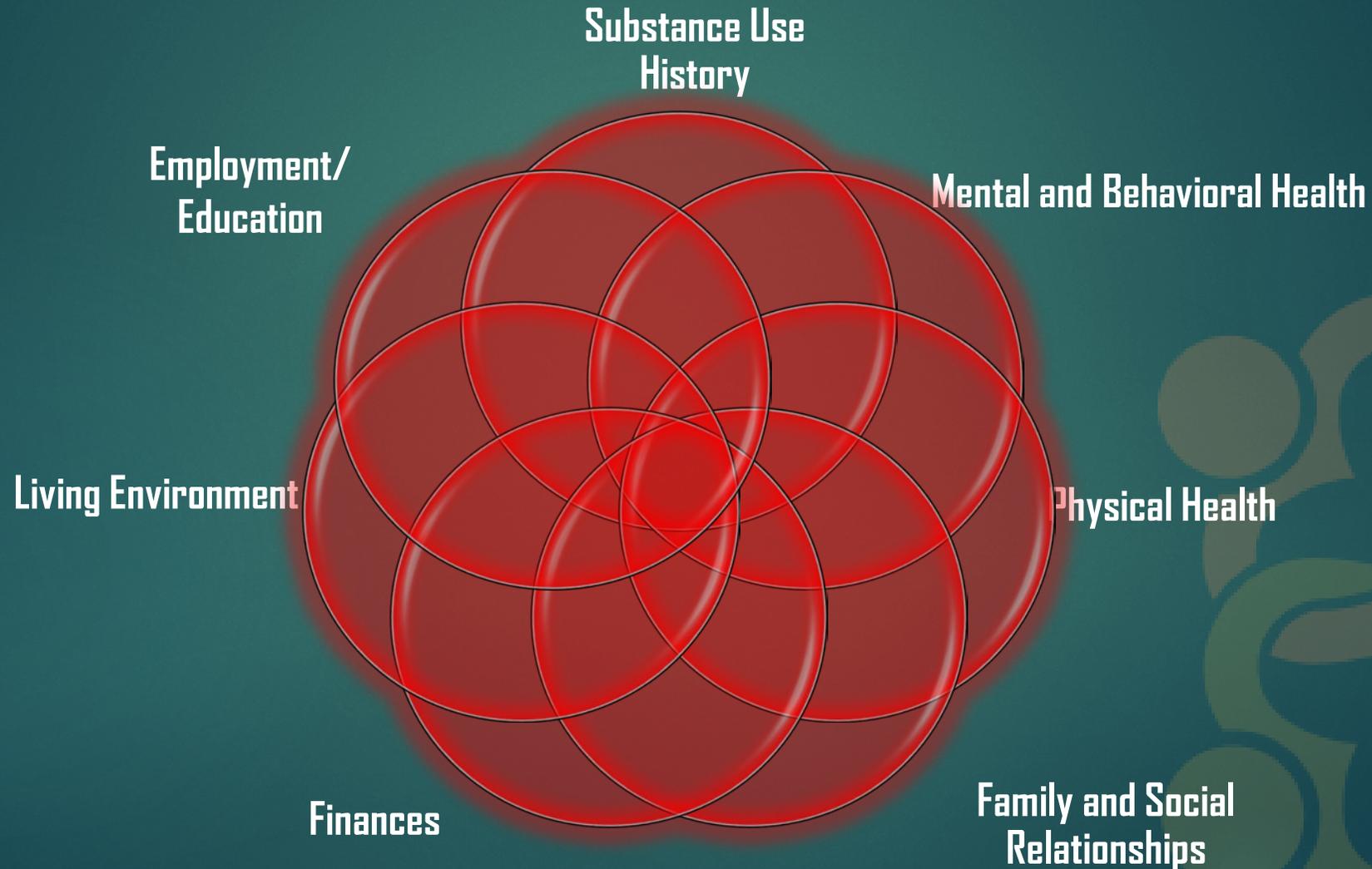
Dysfunctional Lifestyle

Therapeutic Treatment  
Environment

Recovery Lifestyle

# Whole Person Approach

Assessing Domains of a Person's Life Functioning



# Residential Treatment Program

ASAM 3.5: High-Intensity, Clinically Managed, Medically Supervised Therapeutic Treatment Environment

**Residential Treatment: Maximum capacity, 22**

**32 clinical group hours per week**

- Cohort A: Under 30
- Cohort B: Over 30

**2 individual sessions per week:**

- 1 Case Management
- 1 Psychotherapy Session

**Care Coordination:**

- Health Care
- Psychiatric
- Dental
- Employment
- Education
- Legal

**Family Group**

**Family and/or Couples Therapy**



**Therapeutic Treatment Environment**

# Residential Programs

ASAM 3.5: High-Intensity, Clinically Managed, Medically Supervised Therapeutic Treatment Environment

6:00am

- Rise and Shine

7:00am

- Fitness

8:00am

- Breakfast

9:00am

- Community Clean

10:00-11:00am

- Process Group

11:00-12:00pm

- Topic Driven Process Group

12:00-2:00pm

- Lunch/Personal Time

2:00-3:00pm

- Topic Driven Process Group

3:00-4:30pm

- Educational Group

5:00pm

- Dinner

Optional

- Recovery Community Meeting

## Educational Groups:

- Family Group
- Addiction Education
- Relapse Prevention
- Addiction and the Family
- Co-Occurring Disorders
- Co-Dependency
- Dialectical Behavioral Therapy (DBT)

## External Expression Process

- Reflections of Me
- Art Therapy
- Women's Empowerment
- Mindfulness

## Internal Reflection Process

- Process Group
- Grief and Loss
- Self-Esteem
- Unfinished Business
- Trauma and Healing

## Specialization Groups:

- Parenting
- Domestic Violence
- LGBTQAI
- Women's Health
- Spirituality

# Outpatient Programs

Clinically Supervised Therapeutic Services

## **Partial Hospitalization:**

6 group hours per day, 5 days per week

## **Intensive Outpatient:**

3 group hours per day, 4 days per week

## **Outpatient:**

3 group per day, 1 day per week

## **Case Management:**

1 individual session per week

## **Care Coordination:**

- Health Care
- Psychiatric
- Dental
- Employment
- Education
- Legal

## **Family Group**

2 hours, 1 night per week



# Outpatient Programs

Clinically Supervised Therapeutic Services

2:00-3:00pm

- Process Group

3:00-4:30pm

- Educational Group

5:00pm

- Dinner

6:00-7:30pm

- Topic Driven Process Group

7:30-9:00pm

- Educational Group

## Educational Groups

- Family Group
- Addiction Education
- Addiction and the Family
- Relapse Prevention
- Life Skills
- Dialectical Behavioral Therapy (DBT)

## Internal Reflection Process

- Process Group
- Unfinished Business

## External Expression Process

- Reflections of Me
- Art Therapy
- Women's Empowerment
- Mindfulness



# Aftercare Program

Clinically Supervised Therapeutic Follow-up Services

## **Clinically facilitated weekly process groups**

Provides clients with the opportunity to process new recovery experiences with their peers and applied in life.



# Recovery Residences

Structured and Supervised, Recovery Community Living Environment

Privileges based on time since start of remission:

- Curfew
- Overnight passes

Minimum of 20 hours per week engagement:

- Treatment, work, school or volunteerism

Self-help engagement:

- 3 days per week

Community house cleaning duties

Random drug testing



**Recovery Community Living Environment**

National Council for Behavioral Healthcare and National Alliance for Recovery Residences

Building Recovery: State Policy Guide for Supporting Recovery Housing

# Alumnae Program

Creating Opportunities for Empowering Experiences



**Leadership, support and assistance provided by the Casa Alumnae Coordinator**

## **Alumnae Led Committees:**

- Welcoming Committee
- Residential Activities Committee
- Happenings Committee
- Trainings and Workshops Committee
- Fundraisers and Events Committee

