

ADDICTION RECOVERY SUPPORT SYSTEMS

Substance Use Disorder Counseling Program

PROGRAM PURPOSE

ARSS's Substance Use Disorder Counseling Program provides structured, individualized counseling and group-based intervention for individuals struggling with alcohol and drug dependency, including those referred by courts, probation, drug court, and CPS. The program addresses the biological, psychological, and social dimensions of addiction through evidence-based treatment modalities. Participants gain the tools, insights, and support necessary to achieve and sustain recovery while meeting all court-ordered obligations.

CALIFORNIA COMPLIANCE ALIGNMENT

ARSS operates in alignment with the California Department of Health Care Services (DHCS) standards for substance use disorder treatment and adheres to Title 9, California Code of Regulations (CCR) requirements. The program is structured to meet drug court protocols and CPS substance use case plan requirements. All documentation provided is consistent with court, probation, and child welfare agency expectations, ensuring seamless integration into the referring agency's compliance framework.

Core Curriculum Components

Psychoeducation on the neuroscience of addiction and substance use cycles
Cognitive-behavioral therapy (CBT) — identifying triggers and cravings
Motivational interviewing and stages-of-change framework
Relapse prevention planning and coping skill development
Trauma-informed care — addressing trauma as a root cause of substance use
Accountability, responsibility, and recovery identity
Emotional regulation and stress management without substances
Family systems and the impact of addiction on relationships
12-Step and alternative pathways (SMART Recovery, mindfulness-based approaches)
Court compliance education and documentation of participation

Attendance & Program Requirements

Individual counseling: weekly or bi-weekly (per court order or clinical assessment)
Group counseling sessions: weekly (90 minutes per session)
Individualized treatment plans developed at intake
Drug testing coordination available upon request of referring agency
Program length: 3, 6, or 12 months depending on court order and clinical need
Documentation Provided to Referring Agencies
Enrollment and treatment plan verification letters
Progress reports at court-specified intervals
Completion and discharge summaries
Non-compliance notifications sent to referring party
Court-admissible attendance and participation records

THE ARSS APPROACH

ARSS uses a whole-person, trauma-informed approach that treats substance use disorder not as a moral failing but as a complex, treatable condition with biological, psychological, and social roots. All counselors apply evidence-based practices including CBT, motivational interviewing, and relapse prevention within a structured, supportive group and individual counseling framework. ARSS partners with courts, probation, and child welfare agencies to ensure seamless documentation and communication throughout the treatment process.

For referrals, enrollment, or documentation requests, contact ARSS | [Phone] |
[Email] | [Website]