

Alcohol Safety Action Program (ASAP) Group Expectations

Welcome to Insight Into Action Therapy. Our goal is to make your ASAP treatment with us a positive experience during this stressful period in your life. After completing your evaluation, you will be assigned a primary therapist, who will provide monthly reports with attendance and drug/alcohol screen results to your ASAP case manager. Below are answers to the most frequently asked questions.

Group is 60 minutes in length on Tuesday evenings from 6:00pm – 7:00pm. When you arrive, you may go directly into the group room. If you are unable to attend a session, please notify your primary therapist. If you miss a group, you may do a make-up session at the individual therapy rate. If you miss more than two groups, your appropriateness for group will be re-evaluated.

We do not follow school or government closings. Your primary therapist will notify you if group will be cancelled due to a weather emergency.

The cost per group is \$90. Payment is expected at the time of service. We will provide you, via email, a Superbill that has all of the information necessary to submit to your insurance company if you would like to seek reimbursement.

In order to successfully complete the program, you are required to demonstrate the following:

- Follow the recommendations of your evaluator
- Remain abstinent from alcohol and non-prescribed mood-altering substances while engaged in treatment
- Attend 12 consecutive weekly group sessions
- Participate in two mutual support meetings (such as Alcoholics Anonymous, Narcotics Anonymous, SMART Recovery, Celebrate Recovery) and fill out the Mutual Support Meeting form to be handed to your primary therapist
- Submit two negative urine drug screens. The cost ranges from \$60- \$90 based on the type of screen being completed. If you test positive or have a dilute sample, you will have additional testing and may be re-evaluated for a higher level of care.
- Take a weekly Breathalyzer in group

Upon completion of the program, you should have:

- Insight into the impact of alcohol/drug use on role functioning
- Understand family disease/family roles
- Education on disease model of addiction
- Performed a self-assessment
- Established decision-making changes related to substance use
- Practiced refusal skills
- Have an overview of self-help modalities
- Developed life balance

Your group leaders:

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