

Complete Aftercare Support Team (CAST) is a program designed to help individuals transition into independent living and long-term recovery after an inpatient treatment program or relapse. Our experience and research indicates that ongoing support is essential to attain long-term recovery. We understand that every client has a unique path to recovery — which is why the CAST Program offers highly individualized recovery plans with appropriate professionals to support health, success and accountability.

For a no-fee assessment and more information,
please call 1-866-597-3422.



COMPLETE AFTERCARE SUPPORT TEAM

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*Bayer
Interventions*



COMPLETE AFTERCARE SUPPORT TEAM



SUPPORTING YOU AT EVERY STAGE OF YOUR

RECOVERY

THE CASE MANAGER

Each client is assigned a clinical CAST case manager. Based on the recommendations of the referring party and a clinical assessment, the case manager helps to develop a recovery plan catered to the needs of the individual. Our case managers take an active role in each client's recovery by keeping them accountable to their recovery plan.

OUR FOCUS

We focus on the recovery of the 'whole person' — in order to accomplish this we work cooperatively with each client's care network including; physicians, psychologists, counselors and family. Where appropriate, we can help the individual find the right professionals to address their needs.

OUR ROLE

We support the individual by monitoring appointment scheduling and medication compliance; identifying, managing and/or reporting symptomatic conditions; and

recognizing the warning signs of relapse. We encourage our clients by:

- Identifying and reinforcing motivation for change
- Supporting the use of medication, where appropriate, as a necessary part of treatment and sustained recovery
- Providing tools for living with mood disorders, anxiety, personality disorders and addiction
- Serving as advocates for alternative sentencing with a treatment plan instead of jail
- Monitoring for employers and health care professionals

FAMILY EDUCATION

Family participation dramatically increases the chances that the addict or alcoholic will maintain long-term sobriety. We provide support and education for family members in the following areas:

- Al-Anon and 12 step support
- How to effectively communicate concerns
- Understanding codependency, enabling and healthy boundaries

RECOVERY PLANS

We offer several recovery plans, which are tailored to meet the specific needs of each client. The following is a description of two recommended recovery plans. Plans typically range from 3 months to one year.

THE AFTERCARE SUPPORT PLAN

The Aftercare Support Plan is appropriate for many clients who may require ongoing support and encouragement, but are generally able to manage their regular daily affairs. Services provided under this plan include:

- Initial assessment with the *CAST* case manager
- Development of a specific aftercare recovery plan
- Meeting with case manager once a week and/or by phone
- Random UA testing
- Relapse prevention plan
- Establishing a 12-step or recovery meeting schedule, commitment and sponsor
- Medication management
- Monthly progress notes to family and work

THE SOBER COMPANION PLAN

The Sober Companion Plan is a more intensive program for clients in need of additional support and case management. Services under this plan include:

- Sober companion meets with treatment team and client prior to discharge
- Transportation home
- Sober companion for back to home / work transition
- Making sure client's home is a safe environment for recovery
- Establishing a recovery meeting schedule, commitment and sponsor
- Relapse prevention plan
- Medication management
- Scheduling appointments