

Dear Program Participant,

Welcome to Outpatient Programming Substance Use Disorder at Summit Pointe.

You are taking a critical step toward your recovery journey, and we welcome you in our program. We hope to educate you and provide the treatment needed to have lasting success for your lifetime.

While in the Outpatient Program, you will be asked to be a full and active partner and the Outpatient team encourages you to:

- participate in developing your treatment plan with the treatment team.
- attend all regularly scheduled groups and individual therapy.
- work with a recovery coach as assigned.
- keep all appointments with treatment providers.
- inform your clinician of any changes of address, phone number, or email.



Frequently Asked Questions:

What do I need to do to complete the Outpatient Program?

- This will be decided by you and your treatment team.

What happens if I am sick or forget an appointment?

- Please contact your clinician or Summit Pointe immediately and provide a reason for missing an appointment. We understand everyone has the occasional conflict and/or gets sick. Work with us on resolving any ongoing conflicts for your healing journey to go as smoothly as possible.

What will we talk about in groups?

- Groups cover several areas of wellness including early recovery skills, trauma healing, mindfulness, relapse prevention, and family education. Sharing is a part of group therapy as is confidentiality. We strive to create the safest environment possible for you to feel comfortable.



**Summit Pointe South
Outpatient Group Programs
3630 Capital Ave, SW
Battle Creek, MI 49015**

Monday

- 5:30 pm - 7:30 pm: Seeking Safely - (Zoom option available)

Tuesday

- 10 am - 12 pm: Living in Balance
- 3 pm - 5 pm: DBT4SUD
- 3 pm - 5 pm: Relapse Prevention

Wednesday

- 1 pm - 3 pm: Living in Balance
- 5:30 pm - 7:30 pm: Relapse Prevention - (Zoom option only)
- 5:30 pm - 7:30 pm: Living in Balance (Zoom option available)

Thursday

- 10 am - 12 pm: Relapse Prevention
- 5:30 pm - 7:30 pm: Relapse Prevention (Zoom option available)

**Summit Pointe Albion
Outpatient Group Programs
301 E Michigan Ave
Albion, MI 49224**

Wednesday

- 10 am - 12 pm: Living in Balance

Friday

- 10 am - 11:30 am: Womens Group

Notify your clinician if you can't make a scheduled group or individual session.