

OARS offers a unique therapeutic experience in which patients learn to assess and manage their existing patterns of drug and/or alcohol addiction. OARS supplies recovery momentum to participants during their MCES stay and beyond.

An important OARS component is recognition and reinforcement of patient commitment and success. Patients completing OARS are given a certificate of accomplishment at an awards ceremony.



### Co-Occurring Disorders Program

MCES helps patients understand how mental health and mental health treatment are affected by substance use, how symptoms of mental illness impact sobriety and recovery, and why treatment for both must be maintained.

Our COD Program has been recognized for effectively blending rehabilitation and mental health treatment principles. This includes counselling by certified addiction specialists , educational groups facilitated by our Allied Therapists, and voluntary, on-site 12-step meetings led by Alcoholics Anonymous (AA) speakers.



## ONGOING ABSTINENCE RECOVERY SCHEDULE



*Montgomery County  
Emergency Service  
50 Beech Drive  
Norristown, PA 19403  
610-279-6100  
[www.mces.org](http://www.mces.org)  
@MCES1*

Adults with co-occurring mental illness and substance abuse disorders, especially those involving opioids, have frequent involuntary psychiatric hospitalizations due to non-adherence to treatment and reoccurrence of psychiatric symptoms .

This may occur because of relapse after returning to use of heroin or other opioids after discharge from inpatient care.

Ongoing Abstinence Recovery Schedule (OARS) is voluntary and available to any MCES inpatient who has experienced multiple readmissions as a result of substance abuse relapse and recurrence of psychiatric symptoms.

OARS is offered by the MCES Allied Therapy Department during participants inpatient stay.

Qualified staff with experience in helping patients with co-occurring disorders guide and support program participants to develop a personal daily/weekly recovery schedule and worksheets to sustain a sober lifestyle by:

- Identifying and eliminating triggers
- Defining sober enjoyments
- Planning quiet/ spiritual time

Follow-up contact will be available to monitor and re-enforce progress.

OARS is predicated on the recognition that retaining the benefits of inpatient treatment and continuing progress towards recovery require both a structured life style and self-discipline on return to community living.

OARS provides these elements by helping patients develop a personal recovery schedule while at MCES. OARS focuses on the “first five” parameters for personal recovery: (i) medication times; (ii) outpatient times; (iii) sober recreation/relaxation times; (iv) peer support times’ and (v) spiritual/quiet times. These are related to family time, meals, sleep hours, work hours, childcare, and other activities.