

## What is TRIG?

TRIG is the Treatment Readiness and Information Group, which is the initial program and the doorway into treatment for most persons seeking substance abuse services at Goochland-Powhatan Community Services. As the community services board which serves both counties, Goochland –Powhatan offers treatment for substance abuse and chemical dependency, as well as services to persons with mental illness or mental retardation.

If you have been referred to TRIG, you have already received a screening by a qualified substance abuse clinician who has recommended that you begin treatment as an outpatient. You will not be referred to TRIG if your screening indicates severe problems that need to be dealt with immediately. When you complete TRIG you will be enrolled in outpatient services with a clinician who will conduct a full assessment and work with you to develop a treatment plan to address any substance abuse or other issues.

The goals of TRIG are to prepare participants to benefit from treatment in two ways: 1) to inform participants about what substance abuse is, what treatment is, and the choices that are available to someone seeking help with it; and, 2) to help solve whatever problems prevent any participant from achieving successful attendance. Successful attendance, and completion of TRIG, requires being present, on time, at four consecutive group sessions as scheduled.

Your participation in TRIG will be as a member of a group in which you are invited to offer comments and ask questions about the topics being discussed. The Information portion of the group session does not focus on any individual member and does not call for participants to reveal any personal information. Participants who are new to TRIG or have not been credited with successful attendance at the previous group session will attend the problemsolving session which follows immediately.

The purpose of the problemsolving session is to identify any barriers which may prevent group members from attending on a consistent basis. The obstacles for most people are issues such as obtaining transportation, work schedules, and the costs of treatment. TRIG staff can offer some help and suggest some solutions for these common problems. However as a participant in TRIG, the responsibility to make the arrangements necessary for successful attendance will be yours. You should not be discouraged if this takes a number of weeks, and you will be eligible to enroll in the outpatient program as soon as the successful attendance requirement is completed.

Participation in TRIG is open-ended, meaning that you can start at any time or resume attendance at any time. The Information sessions rotate in this order:

- (1) Substance Abuse as a Disorder
- (2) Treatment for Substance Abuse
- (3) Goochland-Powhatan Community Services' Substance Abuse Program

#### (4) Self-Help and Other Help

You will not be charged for sessions which are not successfully attended. A \$5.00 fee for each session you attend in the course of completing TRIG will be billed at the time you enroll in outpatient services. Participants are also encouraged to make an appointment with our Reimbursement office (556-5400) to discuss the costs of your outpatient treatment. Bring identification and some evidence of income such as pay stubs, if you wish to request a fee reduction. For TRIG participants who keep an appointment and make fee arrangements before they are enrolled in outpatient services, Reimbursement will write off the cost of four TRIG sessions.

TRIG sessions are held weekly according to the schedule found in the Resource Folder you were given at the time you received your screening. The Resource Folder also contains other useful information including directions to the Goochland and Powhatan offices, TRIG policies, and information about other treatment resources. At your request, the clinician who carries out the screening or the TRIG Group Leader will complete a statement for your employer that you have been referred for group sessions with dates and times. If you need to verify that you are participating in TRIG, you may obtain a record of the dates of your attendance.

If a session is missed, you should simply make plans to attend the next session according to the TRIG schedule. Telephone calls prior to or following the missed session are not necessary. Participants will be credited with successful attendance of a session only if they are present for the entire Information portion, and the Problemsolving session if required. Late arrivals after the Information portion of the session has begun will not be credited with successful attendance.

Sessions which are missed because of illness, traffic congestion or having to work late unfortunately can not be excused. Planned absences are possible only with the permission of the Supervisor of Substance Abuse Services. If you have an unavoidable conflict for one of the sessions on the schedule, we suggest that you delay beginning TRIG until that date has passed.

Weekly TRIG sessions will be held according to the schedule other than when weather or other circumstances do not permit. Cancellations due to weather conditions during the school year will follow the operations of the public school systems in Goochland and Powhatan. You should listen for announcements of school closings for either county:

- ♦ Early Closing in either county– TRIG will not be held that evening
- ♦ Classes Cancelled in either county – TRIG will not be held that evening

All Goochland-Powhatan buildings are smoke-free. Firearms are not permitted on the premises other than by law enforcement personnel. Please try to avoid bringing small children to TRIG sessions because they cannot be supervised adequately in the waiting room, in other parts of the building, or in the parking lot.