



January 1, 2024

To Whom It May Concern,

Effective immediately, all MAT clients in Phase 1 must participate in two (2) counseling/therapy hours per month. MAT clients in Phase 2 must receive one (1) hour of counseling/ therapy per month. If you need clarification as to which phase you are in, please check with your care coordinator.

Clients can accomplish this by completing one (1) hour of individual supportive counseling with your care coordinator or one (1) hour of group therapy from the list of groups provided to you. If you do not wish to participate in group therapy, you may elect to participate in two (2) individual therapy sessions if scheduling permits.

If this requirement is not met each month, then your treatment team will evaluate and determine if an increase in services is necessary.

Please keep in mind that if at any time you are in Phase 2 and you are not in compliance with these re-instated therapy requirements as stated above or have an illicit urine drug screen at any time you will automatically be moved back to Phase 1.

Respectfully,

A handwritten signature in black ink that reads 'Hollyann Johansen'. The signature is written in a cursive, flowing style.

Hollyann Johansen  
MAT Division Director  
Westbrook Health Services