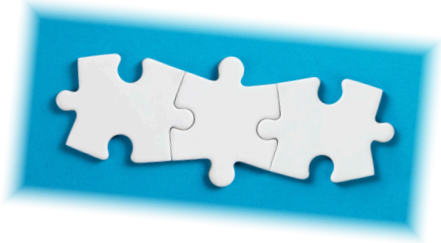


# Recovery Services at Outer Cape Health Services



**Are you or a loved one struggling with substance use disorder? Hope is within reach! Outer Cape Health Services offers a variety of recovery services to support our patients in achieving positive health, wellness and recovery outcomes.**



## Office-Based Addiction Treatment (OBAT)

- We offer Medication Assisted Treatment for opioid use disorder and alcohol use disorder.
- We help treat substance use disorder with medications such as suboxone and vivitrol.
- Team-based care includes regular nurse visits, medical care, and group counseling.
- We help treat difficult symptoms such as cravings and withdrawal.

## Structured Outpatient Addiction Program (SOAP)

- Our Virtual Program offers 10+ hours of counseling services weekly. Patients receive group and individual counseling, as well as case management, education, and referrals. SOAP is a short term program that focuses on development of recovery skills and relapse prevention.
- SOAP schedule:  
*Tuesdays, Wednesdays, and Thursdays from 9am-12:30pm*
- Most insurances are accepted for SOAP services. Please call ahead to verify.

## Recovery Coach

- Patients receive 1-on-1 coaching to support their recovery goals.
- Our recovery coaches have lived experience overcoming active addiction.
- Coaches help patients access multiple pathways to wellness.
- Group in-person meeting schedule:  
*Mondays 10am-11am at Wellfleet Health Center*  
*Fridays 10am-11am at Harwich Port Health Center*

### How To Enroll/Self-Refer

Patients may be referred to our recovery services by their primary care provider or behavioral health clinician; may self-refer through phone contact; and/or be referred by an outside counselor, treatment facility probation/parole officer of the court, other primary care providers, or community health organizations.

To self-refer or to refer a patient, email [recoveryservices@outercape.org](mailto:recoveryservices@outercape.org) or call **508-905-2892**.

Outer Cape Health Services can also help recovery clients connect to our primary care and behavioral health services. Contact us today or visit [outercape.org](http://outercape.org).



HEALTH SERVICES