



Dear Participant,

Participating in a monitoring program significantly improves outcomes for participants in early recovery from substance use and/or mental health disorders. **Uprise Health, the administrator of the CCMP, is committed to help you in your recovery.** In this effort, we want you to fully understand the program and the responsibilities you have, so that you can be successful in all aspects of your professional practice. Additional information will be given to you when you complete the intake (via telephone or video-conference), which occurs following receipt of your signed enrollment packet. You can also find additional information on the website <https://www.christianacaremonitoring.com/> where you can review guidelines and updates that will allow you to gain an even better understanding of the program.

Enrollment

After being referred to the program by Christiana Care and making contact with CCMP, you will receive an enrollment packet that consists of the following:

- Consent to Communicate by Email
- Consent to Release, Use, and Exchange Information
- Acknowledgment of Monitoring Requirements
- MedTox Direct Mailing Consent Form

All forms must be digitally signed and returned to CCMP within 3 business days of receipt. You are enrolled in the program once the signed forms are received. You can return the forms via fax (503-961-7142) or email monitoring@uprisehealth.com.

Please carefully review these forms as they will begin to provide you with a good understanding of the monitoring program and your requirements regarding participation in the program.

Next step

Intake: All participants must complete an intake via telephone or video-conference. The CCMP toll free number is 855-575-9350. The hours for completing enrollment intakes are 9:00am-5:00pm EST. You will be asked to provide demographic information, current care providers' names, addresses, and telephone numbers, employment, health, treatment history and current medications.

CCMP Program Overview

General Information

You are invited to speak with Uprise Health staff to ask questions and get more information about CCMP after reviewing this letter and at any point during the program. Uprise Health staff is available at 855-575-9350 Monday-Friday from 9:00am-8:00pm EST.

Once officially enrolled in the CCMP, you will be assigned an Agreement Monitor (AM) whose role is to assist you in meeting the monitoring requirements and coordinating care with your treatment providers. The AM is also available to answer any questions throughout your participation in CCMP. Uprise Health utilizes a team approach so that if you cannot reach your assigned AM, another AM will be able to assist you.



Toxicology

You are required to participate in a customized random Toxicology Testing Program while participating in CCMP. **Please review the Introduction to Toxicology letter for further specifics surrounding testing.**

Monitoring Requirements

1. Check in with Agreement Monitor: You are required to initially contact CCMP twice a month by telephone and speak with your AM. After three months, if you have been fully compliant with the monitoring program, you may contact the AM via email or voicemail all but one time per month: you are required to have at least one person-to-person telephone contact per month. At the time of each contact, you are to share with the AM the number of self-help meetings you attended, the frequency of contact with your sponsor and treatment providers and any changes to your employment, address, health, family, etc.
2. Documentation of Attendance: You are required to send documentation of attendance at recovery activities that are contained in your Monitoring Agreement addendum directly to CCMP. For example, if you are required to attend aftercare groups, you will be required to send signed documentation of attendance on a periodic basis to CCMP. Forms will be provided for aftercare groups, individual sessions, physician appointments, psychiatric sessions, and your other recovery activities. You may report self-help attendance at the time of your twice a month check-in with your AM.
3. There are several guidelines with which you need to be familiar in order to be in compliance with your monitoring agreement. **Please be sure to review all of the guidelines on <https://www.christianacaremonitoring.com/>**

CCMP Website (“Portal”)

By accessing <https://www.christianacaremonitoring.com/> you can:

- complete your daily check-in to see if a test is required;
- review program guidelines;
- review your own personal program information such as assigned collection sites, your history of daily check-ins, and your financial balance; and
- request additional paper chain of custody forms.

To access the site, navigate to <https://www.christianacaremonitoring.com/>. On this opening page you can review general information about the CCMP. To access your personal information, click log-in in the upper right-hand corner. Fill in your username and password which are assigned at intake and click “log-in.” You will now be on your own individual page. To see if a test is required, click on “Check now” in the box entitled “Is a test required today?” in the upper left-hand side of the page.

Christiana Care and the CCMP team are committed to assisting you through the monitoring program. You can expect further communications to follow after you have completed the telephonic/video conference intake. Our processes have been designed to provide you with step by step guidance and support.

Your CCMP Team