



Program Description

Medical

During Community Housing treatment patients will meet with the Medical Director on a weekly basis, while biweekly meetings will occur for patients receiving Intensive Outpatient Services. On-call medical services will be available to all patients and graduates 24 hours a day. Medical services will also be available to patients Monday through Friday during business hours at this facility or by referral to specific physicians who possess a working knowledge of chemical dependency. Limited detoxification services are available from the Medical Director including Suboxone induction and maintenance. Referral will be given when patients require detoxification that cannot be managed in West Brook Recovery Center. Routine recommendations for nutrition and physical fitness will be provided to patients by the Medical Director and the Medical Assistant.

Spirituality

Spirituality sessions will occur daily from Monday through Friday. Topics in those sessions will be taken from various spiritual resources. Discussions during Spirituality session will focus on enhancement of a lifestyle supportive of abstinence based recovery.

Spirituality sessions will not generally be longer than twenty minutes. They may introduce patients to the diversity of spiritual tools, but will not be used to proselytize for a specific set of religious beliefs. Spiritual counseling will be available at West Brook or by referral to outside resources if requested by patients.

Lectures

Lectures will be presented daily from Monday through Friday. They will be a minimum of fifty minutes in length. The expected attendance at these didactic sessions will average less than twenty with as many as thirty-five or more. Didactic presentations will address education related to the understanding and maintenance of recovery and improvement in physical, emotional and spiritual health. Issues addressed will include, but not be limited to:

- The disease model of addiction
- Abstinence-based recovery
- Relapse prevention
- Mental health problems pertinent to sustenance of recovery including Depression and Anxiety
- History of Alcoholics Anonymous
- Spirituality
- Denial and defenses that interfere with acceptance
- Emotional health
- Shame
- Grief
- Damaged self-esteem
- Codependence
- Adult child of alcoholic dynamics
- The Johari window and feedback
- HIV/AIDS



Individual Therapy

Individual therapy will be initially utilized to complete the multifaceted Biopsychosocial history and Assessment. It will also be utilized to assist patients in identification of salient treatment issues, joint creation of treatment plans and to review progress toward completion of established treatment objectives. It will also be employed to assist patients in exploring hindrances to long-term recovery, to provide specific recovery tools, and to assist the patient in the creation of a solid Aftercare Plan.

Psychological services are available when indicated. Patients will receive referral to outside psychological services when necessary. Other services which may require referral by the individual therapist are legal, vocational/employment, or financial. Emergency on call counseling services will be available to all patients and graduates 24 hours a day.

Conjoint Marital and Family Therapy

Marital therapy may be employed during and subsequent to the provision of Community Housing or outpatient services to provide education and to assist in reduction of partner relational discord. Family therapy services provide opportunity for multigenerational exploration of solutions to existent problems. An authorization to release information signed by the patient must be on file in order for marital or family therapy to occur.

Family Therapy

Occasionally counseling staff may meet with family members of patients to provide counseling services or to learn more about specific issues related to the patient who is receiving treatment. An authorization to release information signed by the patient must be in place in order for such a meeting between a therapist and a patient's family member to occur.

Group Therapy

Group Therapy sessions will meet twice daily Monday through Friday for a minimum of seventy-five minutes per session. Group size will vary but typically be ten or less except during family day sessions and assemblies celebrating the graduation of a peer. During typical group sessions patients will be provided with opportunity to present individualized treatment plan assignments or to use the group to explore other salient treatment or recovery issues. Group therapy is also occasionally utilized to provide psycho-education related to addiction and recovery.

Other Group Sessions

Other groups may be utilized to address issues related to a healthy lifestyle including: parenting, nicotine cessation, relapse prevention, men's and women's group, men's and women's community group, etc. All Community Housing patients are expected to attend a minimum of one support group meeting each day. Generally they will attend a 12-Step recovery group to fulfill this expectation. Medical health professionals are required to attend Caduceus weekly. Caduceus is a support group for recovering medical health professionals.