

# LIFE LONG RECOVERY



## A GUIDE TO FINDING A TREATMENT PROGRAM THAT'S RIGHT FOR YOU

Sponsored by:



*RECOVERY THROUGH SCIENCE & MEDICINE*

**BROOKSIDE INSTITUTE**

(866) 405-8787

At Brookside Institute, our ultimate goal is to help you discover recovery and once again become the man or woman you were created to be. Regardless of which program you choose, we encourage you to use this guidebook as a tool to finding the addiction treatment that is right for you or your loved one.

No single treatment is appropriate for all individuals. Matching the treatment setting, intervention, and services to each individual's particular problems and needs is critical to his or her ultimate success.

### What is addiction?

The *American Heritage Stedman's Medical Dictionary* defines addiction as the habitual psychological and physiological dependence on a substance or practice beyond one's voluntary control.

### What are the Signs of Addiction?

Signs of addiction are most often expressed through behaviors, since most addicts hide the true extent of their use. Noticeable signs include: mood swings, irritability when drugs or alcohol are discussed, drinking before social events, an increase in unstable behavior (such as missing work), irresponsible financial dealings, inexplicable loss of funds, outbursts of anger or self-pity, choosing drugs or alcohol over social or family events, an increase in poor health, physical deterioration, needle marks or scarring on arms, a tendency to hang out with a new group or associates who are not part of the normal social circle, and unexplained absences or reclusive behavior.

Signs of drug abuse may include dilated pupils, frequent intoxication, hyperactivity not otherwise explained, slurred speech, memory loss, a change in sleeping patterns, decreased attention span and impaired judgment.

### When to seek help?

Help should be sought as early as possible. Families and concerned others should seek help whenever any of the symptoms listed above occur, or when they have reason to believe addiction or drug use has become a problem. A thorough assessment can reveal whether the individual is addicted, abusing drugs or alcohol or has other disorders needing attention.

## Treatment Models

### Medical Model

The modern medical understanding of addiction is called the medical model to distinguish it from the traditional and still widely held moral model. Addiction is viewed as a disorder of brain functioning that is significantly influenced by a number of biological, psychological and social factors that can strongly impede recovery of the addictive illness. The medical model begins with a thorough medical assessment, physical examination, and psychiatric evaluation and in some cases Brain Studies. Medications may be prescribed to alleviate the symptoms of withdrawal, but medication alone is not the answer. The medical model utilizes concurrent therapies, based on research in science and cognitive behavioral therapy, in a treatment plan designed with the individual patient in mind. In contrast to the Alcoholics Anonymous philosophy, the individual accepts responsibility for changing behaviors that are harmful to self and others. A true medical model treats the whole person from a science-based standpoint, with an equal emphasis placed on the physical, mental and emotional health of the patient. This program provides the best support for individuals diagnosed with a co-occurring disorder (such as depression, anxiety, ADD and PTSD) who have also experienced chronic relapse, or who do not feel comfortable with or have had little or no success with the Twelve Step philosophy.

### Moral Model or Twelve Step Model

The Moral Model utilizes the Twelve Steps. Members meet regularly to discuss their experiences, strengths and hopes. Attendees at group meetings share their experiences, challenges, successes and failures, and provide peer support for each other. Common among all such programs is the view that members are dealing with an illness and addiction rather than a "bad habit", "maladaptive behavior" or "poor lifestyle". The illness is attributed to a physical allergy that creates uncontrollable cravings coupled with a psychological obsession that keeps finding rationalizations for relapse. Recovery from the illness can occur by taking individual responsibility for one's own recovery and relying on the will of a Higher Power while following the Twelve Steps, obtaining a sponsor and completely working all Twelve Steps in order to achieve total abstinence which is the only acceptable outcome goal. This program provides the best support for individuals physically dependent on drugs or alcohol who benefit from the support of a self-help group such as Alcoholics Anonymous, or who have a religious orientation.

### Behavior Modification

The philosophy of Behavior Modification reflects on a therapeutic community with an emphasis on self-reliance, shared community values, and the therapeutic benefits of the group confronting problems together. Within the therapeutic community each client learns through phases to take responsibility for his or her own actions and to share in the daily operations of the treatment site. Group and individual counseling helps clients focus on issues related to their substance abuse, with peer support as a key factor in basic behavior modification leading to lasting change. This model uses group interventions and peer support to problem-solve, to facilitate change, and to build community roles that guide the newest member to the group and encourages personal responsibility which also invites open and respectful communication to the group as a whole. This program provides the best support for individuals who are resistant to change, experience chronic relapse, and for whom denial is a constant struggle.

## What Level of Care Do I Need?

### Detoxification

Usually detoxification is a precursor to treatment to obtain long-lasting results. Detoxification should be done under the supervision of a licensed and board certified physician. There are a range of FDA approved medications to assist in reducing the pain and distraction of withdrawal from alcohol or drugs, such as Naltrexone and Suboxone.

### Inpatient

Inpatient treatment is known as a primary treatment method and can be facilitated in a residence or hospital setting. Treatment is provided utilizing scheduled groups, individual therapy and ongoing assessments by trained and skilled professionals. The patient resides in a safe, structured environment, and treatment is provided throughout the day and evening. Groups dealing with life skills, wellness, awareness of dual diagnosis issues – along with medication support and management – and family support, education and encouragement are all needed. Treatment gives the individual opportunities to socialize and grants them access to recreational activities to help in developing peer relationships. The patient's full attention is focused on recovery activities, with a minimum of outside distractions or influences.

### Outpatient

Individuals live at home and attend treatment during the day or evening. Outpatient treatment can be used following a primary treatment program to assist the individual in returning to mainstream activities, or it may be used as a form of treatment in itself.

### Transitional Living

Transitional living is an extended form of treatment, with continued supervision, designed as a follow-up to a more intense treatment regimen, such as inpatient treatment. In transitional living each individual is fully involved with activities of daily living, while still attending individual sessions, support groups or educational groups designed to continue the support and structure of primary treatment. Here the emphasis is on "transitioning" from treatment to a new routine of healthy living.

### Sober Living

Sober living is designed for those persons who need a sober, stable environment and the social support of others in recovery. It may be used in conjunction with an outpatient treatment program or as a follow-up for those who have completed primary treatment and are utilizing new skills and behaviors in daily living. Usually sober living is not a method of treatment in and of itself.



## Things to consider when choosing a treatment center:

### Staffing and Credentials

There is a wide variation of training in the staffing of programs. Some programs use peer counselors with a minimum of training, others use paraprofessionals such as certified counselors, while still others use degreed and licensed professionals, such as MDs, psychiatrists, psychologists, licensed marriage and family therapists, and licensed nursing staff.

### Medical Assessment

A medical assessment includes a history of the patient's medical background, a review of current complaints and issues, a thorough series of blood tests for a variety of disorders, a medication review, and a thorough physical exam.

### Psychiatric Evaluation

Psychiatric evaluations may be conducted to determine the presence of co-occurring disorders such as depression, anxiety, PTSD or bipolar disorder. These evaluations may be conducted with a series of tests, an examination by a psychiatrist, and a range of psychological tests.

### Therapy vs. Counseling

Oftentimes the words "therapy" and "counseling" are used as if they were the same. It should be noted that only a licensed and trained professional can conduct therapy. Counseling may be done by persons who hold lesser degrees and who are not licensed, as opposed to licensed staff.

### Individual Therapy

Individual therapy is designed to work with each patient on more intense or deeply rooted issues which may not be appropriate in a group setting. It is meant to be more personal and to assist the patient in resolving issues. Individual therapy is conducted by a trained and licensed therapist in a confidential setting.

### Group Therapy

The benefit of group therapy is that patients will gain insight by hearing the experiences of others or by sharing their own in a group setting and getting feedback from their peers. Group therapy sessions are conducted by a professional, while group counseling may be led by trained counselors or a paraprofessional.

### Adjunct Therapy

Adjunct therapies are used in primary treatment. This includes art therapy, psychodrama, family therapy or other forms of therapeutic approaches designed to assist the patient in gaining insight into their problems or in resolving issues of a physical, mental or emotional issue.

### Equine Assisted Psychotherapy

Equine Assisted Psychotherapy (EAP) is a therapeutic treatment modality in which horses are used to facilitate emotional growth and learning. EAP is a collaborative effort among a participant, a licensed therapist and a horse professional. EAP addresses a variety of mental health and human development needs including behavioral issues, attention deficit disorder, substance abuse, eating disorders, abuse issues, depression, anxiety, relationship problems, family issues and communication needs.



## *Things to consider when choosing a treatment center: (continued)*

### Neurotherapy

Neuroscience is a multidisciplinary field of science at the frontier of investigation of the brain and mind. The study of the brain is becoming the cornerstone in understanding how we perceive and interact with the external world and, in particular, how human experience and human biology influence each other. The scientific and medical community, including *Substance Abuse and Mental Health Services Administration* (SAMHSA), *The American Medical Association* (AMA) and *The World Health Organization* (WHO) have recognized substance abuse as a brain-based disease. Practical application of recent neuroscience research includes exciting new diagnostic and therapeutic treatments that when combined with traditional therapy, such as cognitive behavioral therapy, can actually modify brain function. These neurotherapies may include the following.

- Advanced electroencephalogram (EEG) applications: Brain wave analysis that is used to identify appropriate therapies and/or medications to treat disorders.
- Neurofeedback: Similar to biofeedback, neurofeedback is a process whereby a person can learn to change his or her predominant brainwave pattern.
- Neurostimulation therapies: These therapies directly stimulate the brain to normalize and/or improve brain function.

### Withdrawal & Anti-Craving Medications

There are a range of medications to assist in reducing the pain and discomfort of withdrawal from drugs or alcohol, and in reducing or eliminating the cravings associated with early recovery. Such medications are administered by a clinician and include Suboxone, Naltrexone and Camporal to name a few.

### Medication Management

Medication management begins with a complete review of medications that the patient has taken, as well as medications that were effective, ineffective and those that are still needed. Based on a thorough physical examination at the beginning of treatment, prescription dosages may be reduced or increased, and should be reviewed during ongoing assessments throughout treatment. As the brain and body heal, medication and dosages may need to be adjusted.

### Co-Occurring Disorders

A person who has both a substance abuse problem and an emotional/ psychiatric problem is said to have a dual diagnosis (co-occurring disorder). In order to recover fully, the person needs treatment that addresses both problems. The links are clear: *The U.S. Department of Health and Human Services* states alcohol and other drug use can both cause psychiatric symptoms and mimic psychiatric disorders, and psychiatric disorders can mimic addictive disorders. With over 70% of addicts suffering from co-occurring disorders, this fact is vital to successful treatment. For example, depression, anxiety and symptoms relating to bipolar disorders, as well as some symptoms of Attention Deficit Disorders, can result from alcohol and other drug use. Alcohol and other drug use can also cause, worsen, or mask psychiatric symptoms and disorders.

#### **FAILURE TO TREAT DUAL DIAGNOSIS MAY LEAD TO CHRONIC RELAPSE.**

According to the *Substance Abuse and Mental Health Services Administration* (SAMHSA), people with dual disorders have a much better chance of recovery from both disorders when they receive combined or integrated mental health and substance abuse treatment from the same clinician or treatment team.



## *Things to consider when choosing a treatment center: (continued)*

### Diagnosis & Treatment of Co-occurring Disorders

A dual diagnosis, or a diagnosis of a drug or alcohol problem combined with a mental health issue requires appropriate treatment for the co-occurring disorders. A range of psychological tests must be conducted to determine the nature of any co-occurring disorder. This begins with a thorough review of the patient's background of both alcohol and drug use and their emotional and psychiatric history in order to eliminate or confirm the diagnosis of a co-occurring disorder. Leaving mental health issues untreated can sabotage the treatment of alcohol or drug addiction, so the two require concurrent treatment.

Treatment requires complete abstinence from alcohol or other drugs and is a necessity for treating any mental health issues. It is generally best to provide treatment in a setting which allows for gradual growth in a structured environment with monitoring by addiction, medical, psychological and psychiatric professionals.

### Relapse Prevention

Relapse prevention begins from the moment the patient enters primary treatment, and is the goal of every good aftercare program and the goal for lifetime recovery. A good relapse prevention program is established by the patient, together with the treatment professional. It must be based on the patient's individual needs and must account for any issues which could not be resolved in primary treatment. Relapse prevention typically requires ongoing support, appropriate assessments, and the skills needed for coping with life on its own terms.

### Aftercare Program

The longer an individual remains in treatment and is associated with their recovering peers, the higher the chances of success. Aftercare programs are designed as a follow-up to primary care, and give the individual a chance to experience the real world while returning at specified intervals to the peer group for feedback and ongoing support.

### Insurance

While many insurance companies pay for some treatment for chemical dependency, often the benefits are limited. For example, while insurance may pay for inpatient treatment, the number of approved days may be limited, and treatment may only be approved at certain facilities and only when pre-certification is approved. If you are contemplating using your insurance to help pay for treatment, call the customer service number, which is usually on the insurance card, and ask for eligibility and benefit information.

### Billing

Many treatment programs require full or partial payment up front. Where insurance is a form of payment, some billings may be delayed, and the patient will not receive a final bill until treatment is completed. The insurance company then makes its determination as to what and how much to pay, so allow time for reimbursement. Costs should be clearly explained to the patient before treatment commitments are made.

### Additional Resources:

- \*U.S. Dept. of Health and Human Services Substance Abuse & Mental Health Services Admin. [www.samhsa.gov](http://www.samhsa.gov)
- \*American Society of Addiction Medicine. [www.asam.org](http://www.asam.org)
- \*National Institute on Alcohol Abuse and Alcoholism. [www.niaaa.nih.gov](http://www.niaaa.nih.gov)
- \*California Department of Alcohol & Drug Programs [www.adp.ca.gov](http://www.adp.ca.gov)



What are your most important considerations for choosing a treatment center?

- \_\_\_\_\_ Treatment model: 12-Step, Medical Model, Non 12-Step, Behavioral
- \_\_\_\_\_ Number of individual therapy sessions with licensed staff
- \_\_\_\_\_ Treatment of psychiatric issues (co-occurring disorders / dual diagnosis)
- \_\_\_\_\_ Type of therapy: cognitive behavioral, equine assisted, psychodynamic, family
- \_\_\_\_\_ Medical treatment
- \_\_\_\_\_ Credentials of staff
- \_\_\_\_\_ Length of program

	<b><u>BROOKSIDE INSTITUTE</u></b>	_____	_____	_____
Treatment program	_____	_____	_____	_____
Licensure of program	_____	_____	_____	_____
Professionally accredited	_____	_____	_____	_____
Professionally licensed staff	_____	_____	_____	_____
Complete physical examination	_____	_____	_____	_____
Lab work up	_____	_____	_____	_____
Individual therapy	_____	_____	_____	_____
Equine assisted psychotherapy	_____	_____	_____	_____
Adjunct therapy	_____	_____	_____	_____
Educational groups	_____	_____	_____	_____
Fitness program	_____	_____	_____	_____
Brain wave analysis	_____	_____	_____	_____
Neurotherapy	_____	_____	_____	_____
Anti-craving medication	_____	_____	_____	_____
Management of medication	_____	_____	_____	_____
Dual diagnosis treatment	_____	_____	_____	_____
Relapse prevention program	_____	_____	_____	_____
Aftercare / follow-up program	_____	_____	_____	_____
Discharge planning	_____	_____	_____	_____
Insurance accepted	_____	_____	_____	_____
Private pay	_____	_____	_____	_____
Inpatient program	_____	_____	_____	_____
Transitional living	_____	_____	_____	_____
Outpatient program	_____	_____	_____	_____
12-Step meetings	_____	_____	_____	_____
Medical model	_____	_____	_____	_____
Cognitive behavioral therapy	_____	_____	_____	_____
Family component	_____	_____	_____	_____
Family / couples counseling	_____	_____	_____	_____
Massage therapy	_____	_____	_____	_____

TREATMENT CENTER: BROOKSIDE INSTITUTE

PHONE NUMBER: (866) 405-8787

CONTACT PERSON NAME & TITLE: \_\_\_\_\_

1. Where is the program located? \_\_\_\_\_

2. Is your program licensed or accredited? By whom? \_\_\_\_\_

3. Do you provide detox? \_\_\_\_\_

4. What are the credentials of the staff? \_\_\_\_\_

5. What treatment model does your program utilize? \_\_\_\_\_

\_\_\_\_\_

6. What types of therapy are used while in treatment? \_\_\_\_\_

\_\_\_\_\_

7. Is the program tailored to meet the mental, physical and emotional needs of each individual? If so, how? \_\_\_\_\_

\_\_\_\_\_

8. What is the total cost of treatment? Do you accept insurance? \_\_\_\_\_

\_\_\_\_\_

9. What levels of care does your program offer? \_\_\_\_\_

\_\_\_\_\_

10. Does your program offer individual and group therapy? If yes, how often? \_\_\_\_\_

\_\_\_\_\_

11. What is a typical treatment day like? \_\_\_\_\_

\_\_\_\_\_

12. Do you provide relapse prevention education? \_\_\_\_\_

13. Do you offer an aftercare program? If yes, what is included? \_\_\_\_\_

\_\_\_\_\_

14. Does the treatment team meet regularly to discuss each individual's level of care and progress? \_\_\_\_\_

\_\_\_\_\_

15. Does your program offer long-term treatment? If so, how long? \_\_\_\_\_

16. Is there a medical component to your program? If yes, what specifically? \_\_\_\_\_

\_\_\_\_\_

17. Is brain study research (neuroscience) or neurotherapies offered? \_\_\_\_\_

18. Does your program offer medication if deemed appropriate by the medical team? \_\_\_\_\_

19. Do you treat dual diagnosis issues? If so, how? \_\_\_\_\_

\_\_\_\_\_

20. Is there a family program? If yes, what is expected of the family member? \_\_\_\_\_

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