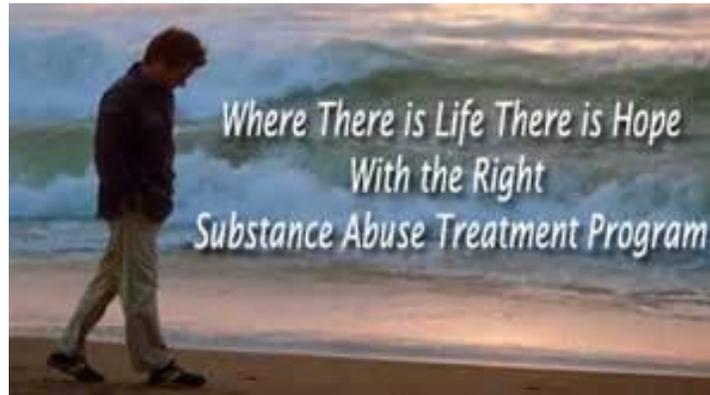


Treatment Programs



Drug and Alcohol Detox

- *Clients are in a drug and alcohol detox for a period of 7-10 days. This is a time for them to be professionally monitored and weaned off of the substances that they were abusing by medical personnel. This is a stabilization period for the client. At the detox facility clients will be talking with a therapist, and attending groups throughout the day.*

Inpatient Treatment

- *During inpatient treatment, the client will reside on the premises of the treatment center. Clients will attend groups throughout the day, as well as one on one therapy to help them learn new ways to cope with everyday life stressors and work on any issues from the past that have arisen. Clients will also have the chance in this environment to practicing adapting back in to daily routines, they will be asked to wake up at a specific time, make their bed and keep their bedrooms tidy. Families are also asked to join in for group therapy in this type of setting. Meals are provided here, as well as different nutrition options and work out facilities. There are also set hours to use the phone in this type of setting.*

Partial Hospitalization Programs (PHP)

- *Partial Hospitalization is a step down from being in an inpatient program. During PHP, clients are moved from a more restrictive setting to a less restrictive setting. During PHP clients are given more responsibilities, but in turn more privileges. Clients are still required to attend groups throughout the day, and see their therapist, but they will now be grocery shopping for themselves and have access to the telephone throughout the day. Clients at some facilities will even be allotted times to visit with sponsors, or family members. Once in PHP, clients will be taken to AA, NA and CA meetings. Clients will also be responsible for obtaining a sponsor and starting to work on the steps within a fellowship.*

Intensive Outpatient (IOP)

- *IOP is the next step after being at PHP. During IOP, the client will meet with their group for a few hours three times a week. They will be randomly drug tested here and required to attend meetings and be working with a sponsor in one of the fellowships.*

Aftercare

- *Aftercare follows IOP, and meets once a week. It is a time for clients to check in with one another and their therapists; to be held accountable and continue talking about progress that they have been making.*