



Adult Inpatient Substance Use Disorder Treatment

Our inpatient treatment program is designed to assist adult patients with establishing and maintaining sobriety through a 12-step program based on the disease model of addiction. The length of stay is up to 28 days. Patients will have an initial evaluation with an Addictionologist and/ or Psychiatrist and regular follow-up, throughout the treatment program.

Detoxification services are also available with ongoing nursing and medical care. Therapists will meet with patients to develop an individualized treatment plan. The therapists also provide group, individual and family therapy. Patients will participate in AA and/or NA meetings daily. Attempts will be made to assist patients with obtaining a temporary sponsor while they are in the program, so that, upon discharge, there are community supports in place. Patients will also be provided with education regarding addiction and recovery, along with coping skills training and other relapse prevention strategies. Recovery Coaches are utilized to assist with education, activities, and supervision to off-unit events. Families will be invited/expected to participate in family education and family sessions and are referred to Alanon and Beyond Addiction Family Support Groups for continued support.

Intensive Outpatient Program

Intensive Outpatient is an outpatient program designed to treat patients with the co-existence of at least one substance use disorder and at least one mental health. This program provides each participant with knowledge about his/her diagnosis, abuse patterns or addiction, relapse prevention, recovery and helps develops strategies to deal with problems areas. This program offers professional treatment in a less restricted environment and is designed to deal with the multitude of problems resulting from use and abuse of substances as well as co-occurring mental health disorders which may complicate the establishment of a strong recovery plan. This program is available to individuals who have recently completed detoxification and/or a brief inpatient hospitalization or those individuals with symptoms & problems that significantly interfere with performing daily activities.

Our goal is to provide a level of treatment designed to reduce symptoms, improve coping skills and to assist in the development of new skills, which will improve the participant's ability to function in their daily lives. An individualized treatment plan is developed, along with the therapist & psychiatrist, based on presenting problems and needs. Treatment is provided in a group setting several days a week for a minimum of three hours a day. Process groups, education groups, family therapy/education, involvement in AA, NA, Alanon and Continuing Care are all components of the programs that may be included in the treatment plan. Family participation is also encouraged in the patient's overall treatment strategy.

**Addiction Healing Center
at Saint Francis Hospital
331 Laidley Street
Charleston, WV 25301
1-800-992-3010
thomashealth.org**