

WEST GROVE CLINIC, LLC

DRUG AND ALCOHOL TREATMENT CLINIC

Intensive Outpatient Program

West Grove Clinic provides caring professionals dedicated to providing integrative, person-centered services in a safe and healing environment. It is our approach to view addiction as a disease of the brain. Many components, including the mind, body and spirit are adversely affected by this disease. At West Grove Clinic, several additional services are available to treat and balance the patient's well-being. These include Massage, Reiki, Chiropractic care, Acupuncture, Yoga, Tai Chi, Emotional Freedom Technique and more.*



Overview

The primary goal of our Intensive Outpatient Program is to establish absolute sobriety, and to help restore the patient to normal functioning. This is based on the Medical Model, which teaches patients how to establish boundaries with toxic people, create healthier relationships, and build stronger support systems. Relapse of substance use and/or addictive behaviors are often part of the recovery process. Patients experiencing relapse are encouraged to confront the triggers and warning signs that have prevented their ongoing sobriety. Skills taught both in the group, and in the 12 Step Program, will help each member maintain their sobriety, therefore becoming more productive and healthier members of society.

Explanation of Absolute Sobriety

Absolute Sobriety infers that a patient will abstain from alcohol and unprescribed drug use. The term "Absolute Sobriety" does not infer that a patient who is appropriately prescribed psychotropic medicines will not be able to attend this treatment. During the initial evaluation, Dr. S. Kurter will determine if the patient's current medications are best suited to support sobriety. He will contact all outside physicians to collect pertinent information about the mental and physical health of each patient.

Assessment

A complete AODA evaluation and psycho-social history will be made by a member of our AODA (Alcohol and Other Drug Abuse) treatment team. Each evaluation will be reviewed by West Grove Clinic's Medical Director and Addictionologist, Dr. S. Kurter. When these evaluations are complete, a date will be set for IOP treatment to begin. All providers on the IOP team will be given copies of this history; and educated thoroughly on the patient's history, assessment, primary needs and goals. Dual Diagnosis is included with these assessments and will impact treatment plans. Should there be a pre-existing mental health issue, in addition to an addiction issue, it will be considered in the patient's treatment plan.

This evaluation will include, but is not limited to:

- Their history with drug and alcohol use
- Drug and Alcohol treatment
- Family history
- Mental health treatment
- Medical history
- Legal problems
- Work history
- Consequences of use
- Goals for this treatment



**Patients in groups smaller than eight will participate in experiential therapies. Patients in groups of eight or more will participate in alternative holistic therapies.*

What To Expect

Phase I: *Minimum 12 days, 3 hrs each meeting*

Each patient is required to attend 4-6 weeks at this level, depending on their needs within the program. During this period, the patient will be encouraged to share their thoughts and feelings through writing exercises, readings on recovery, and group therapy. This will guide each patient to establish a workable treatment plan, customized for their own individual needs. Should the patient's circumstances change, their treatment plan will be updated to better support their path of sobriety. An individual will be eligible for graduation from the Intensive Outpatient Program if they are an active participant in their group, talk about their issues and feelings appropriately, illustrate a clear understanding of their goals for recovery, and if they continue to demonstrate success in their treatment plan.

Phase II

During this next level of treatment, the patient will attend an Outpatient group for 1-1/2 hours of treatment each week. In addition, the patient will attend individual therapy sessions. If family or couple therapy is needed, it will occur during this stage. At this time, an individualized treatment plan is created for the patient, aiding in the awareness of treatment goals and time frames.

A Plan for Continued Success

Although not every individual is a Dual Diagnosis patient, the program's approach is to consider all aspects of a person's psyche. All therapist/patient contact will be noted in their chart, with detail, including dates and approval numbers. If the initial approval needs to be extended or changed, the primary therapist for each patient will make this decision with the patient. Once a patient has successfully graduated from the IOP, a step-down treatment will begin. During this gentle process, Dr. S. Kurter will carefully advise all involved team members on how to proceed to best meet the needs of the patient.

Compliance with the program

Throughout treatment, random urine and/or saliva screens will be used to verify compliance with the expectation of absolute sobriety. If an individual is unable to maintain sobriety, the patient's case will be staffed with the Medical Director, Dr. S. Kurter, and further treatment plans will be written in collaboration with the patient.

IOP Programs:

AM Women's IOP
PM Co-Ed IOP
Male IOP schedule TBD

Intensive Outpatient Program Team:

Co-Executive Director of West Grove Clinic, LLC
Fred Maleseich DAPA, ACSW, LCSW ext. 101

Medical Director, Board Certified Psychiatrist,
Board Certified Addictionologist
S. Kurter, M.D. ext. 110

Administrative Director
Ellen Diedrich MS, LPC, CTS, CST, CADC-III ext. 112

Team Therapist
Steve Schuh, BA, CSAC 262-780-9788 ext. 120



For more information, please call
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