

What to Expect:

Healthcare Professional Substance Use Disorder Treatment Program

If you are struggling with issues related to the use of alcohol and/or other drugs we understand the impact this has on you, your loved ones, and your career as a healthcare professional. We provide a co-occurring treatment program that assists in addressing both substance use and mental health symptoms at the same time. This consists of an integrated team of Alcohol and Drug Counselors and Mental Health Professionals who work with patients individually and in group settings. Patients will gain a solid understanding of the nature of the disease of addiction, learn healthy attitude, behavior, and lifestyle solutions as well as build positive strategies and coping skills that lead to lasting change. In addition, the Healthcare Professionals Program will assist in exploring the unique issues that lead to substance use and how it relates to one's recovery and role working in a healthcare setting.

Who is eligible?

- ▶ Licensed healthcare professionals who are struggling with use and consequences of alcohol and/or other drugs
- ▶ Most health insurance plans cover substance use disorder services

What can I expect?

You will participate in a Substance Use Disorder (SUD) Assessment to determine the level of care that would be most beneficial. Based on those recommendations, you will be orientated to the appropriate level of care. Programming is made up of evidenced based practices including Motivational Interviewing, Brief Cognitive Behavioral Therapy (CBT), 12 Step Facilitation Therapy, Dialectical Behavioral Therapy (DBT) skills education, psycho-education, group activities and interactive journaling assignments that are delivered through lectures, group counseling/discussion and individual counseling sessions. Drug screens are used as clinically necessary to assist in maintaining abstinence from substance use.

▶ ASAM Level 2.1 Intensive Outpatient

- 3 four-hour groups per week
- 1 individual counseling appointment per other week (with your SUD counselor)
- This phase is approximately 10 weeks based on patient's clinical needs and progress

▶ ASAM Level 1.0 Outpatient

- 1 four-hour group per week
- 1 individual appointment per a minimum of every other week (with your SUD counselor)
- This phase is approximately 10 weeks based on patient's clinical needs and progress

What other kinds of support is offered?

- ▶ Family Education & Support Program
 - In order for the family to start their own journey toward recovery, family groups and family counseling sessions that involve the patient, their counselor and family members/loved ones are offered and encouraged to foster learning, insight and healing for not only the patient, but also the patient's family.
- ▶ External support
 - Patients will be guided toward developing and attending weekly community supports that fit their needs.
- ▶ Medicated Assisted Treatment (MAT) with Suboxone™
 - Is offered as an option for patients with severe opiate use disorders
- ▶ Other Nystrom services
 - Individual Therapy
 - Psychiatry/Medication – mediations to assist with mental health conditions
 - Adult Rehabilitative Mental Health Services (ARMHS) - in-home therapy, skills, and crisis assistance
 - Nutrition Counseling

MORE INFORMATION

Read about our full program at:
www.nystromcounseling.com

651-529-8479

If you feel you would benefit from our adolescent SUD program, please call for more info or to make an appointment:

New Brighton Location Only