

WHY RESIDENTIAL SERVICES & SUBSTANCE ABUSE TREATMENT?

In the past, approaches to addressing the problem of substance abuse largely centered around what has been termed as “serial episodes of acute treatment”. These included repeated use of treatment options ranging from a few days in a detox center to a few weeks of inpatient care or the rapidly disappearing 28 day inpatient treatment center.¹

According to the National Institute on Drug Abuse (NIDA), these lengths of stay are not adequate in sustaining long term change. In fact, NIDA concluded that treatment effectiveness for most clients occurs at a *minimum* of three months while further progress requires even more time in treatment.² In addition, when individuals are released from inpatient treatment back into their former “using” environments, the potential for relapse is very high.

In the spirit of giving individuals the greatest opportunity for long term recovery, Addiction Solutions, Inc. and New Life Launch Pad have joined forces to offer long-term residential services *and* outpatient substance abuse treatment services. These treatment services consist of a number of critical components including *length of stay in a supportive residential environment, individual and group therapy, 12-step meeting attendance, family consultation, and case management*. By combining our own personal experience working in the substance abuse treatment field with social and behavioral sciences literature for ideas and support, we have created treatment packages to allow clients options

Our goal is to offer a full array of services at prices that are affordable and span the necessary amount of time for the substance abuser to gain the physical, emotional, psychological, and social strength needed to begin living a life void of alcohol and other drugs. In essence, we want to walk with you and your loved ones as you begin your journey to freedom and happiness.

¹White, W.L., Kurtz, E., & Sanders, M. (2006). Recovery management. *Monographs of Great Lakes Addiction Technology Transfer Center, 1*.

² National Institute on Drug Abuse. (1999). *Principles of drug addiction treatment* (NIH Publication No. 00-4180). Rockville, MD: NIDA.

SUBSTANCE ABUSE TREATMENT COMPONENTS

Length of Stay - The effectiveness of residential treatment houses has been proven to significantly reduce the use of alcohol and other drugs, as well as significantly decreasing involvement with the criminal justice system; a very common problem for substance abusers.¹

While individuals are not required to make a specific commitment to a period of time in a Launch Pad residence, the length of stay in these houses is an important factor in treatment outcomes. Our combined treatment/residential packages have been designed to engage clients for a minimum of three months, keeping with NIDA's recommendations. We also offer a treatment/residential program lasting six months which studies have shown offers the best outcomes for clients.²

Individual & Group Therapy - Effective treatment has been described as being able to meet multiple needs by a combination of individual and group therapy.³ Individual counseling allows clients to address those emotional and psychological issues that can lead to relapse, but may not be appropriate for group therapy. Group therapy sessions serve a number of purposes, well supported by research, which go beyond the typical addiction education. These include allowing the client to realize that others are facing similar problems, gaining support, sharing hope, problem solving, and learning social skills.⁴

12-Step Meetings – Studies show that 12-step meetings play a significant role in recovery for substance abusers. Individuals in our program are not only required to attend 12-step meetings, they are encouraged to actively participate in the form of sharing, reading program literature, applying program concepts, acquiring a sponsor and a home group. This level of participation has also been shown to increase the probability of maintaining abstinence from alcohol and other drugs.⁵

Family Consultation - Numerous studies show that having social support, especially from family, is a critical factor in assisting individuals during⁶ and after substance abuse treatment.⁷ Family consultations sessions are offered with our treatment packages in the form of educational sessions, family therapy, and recreational opportunities.

Case Management – Case management is offered in an effort to assist individuals in transitioning to their new environment by linking and referring clients to appropriate community resources to meet a variety of needs such as medication management, financial assistance, vocational rehabilitation and more.

¹ Leonard, J.A., Olson, B.D., Ferrari, J.R., & Lo Sasso, A.T. (2006). Communal housing settings enhance substance abuse recovery. *American Journal of Public Health, 96*(10), 1727-1729.

² Greenfield, L., Burgdorf, K., Chen, X., Porowski, A., Roberts, T., & Herrell, J. (2004). Effectiveness of long-term residential substance abuse treatment for women: Findings from three national studies. *The American Journal of Drug and Alcohol Abuse, 30*(3), 537-550.

³ National Institute on Drug Abuse. (1999). *Principles of drug addiction treatment* (NIH Publication No. 00-4180). Rockville, MD: NIDA.

⁴ Yalom, I. D. (1995). *The theory and practice of group psychotherapy* (4th ed.). New York: Basic Books.

⁵ White, W.L., Kurtz, E., & Sanders, M. (2006). Recovery management. *Monographs of Great Lakes Addiction Technology Transfer Center, 1*.

⁶ Soyez, V., De Leon, G., Broekaert, E., & Rosseel, Y. (2006). The impact of a social network intervention on retention in Belgian therapeutic communities: a quasi-experimental study. *Addiction, 101*(7), 1027-1034.

⁷ Godley, M.D., Kahn, J.H., Dennis, M. L., Godley, S.H., & Funk, R.R. (2006). The stability and impact of environmental factors in substance use and problems after adolescent outpatient treatment for cannabis use or dependence. *Psychology of Addictive Behaviors, 19*(1), 62-70.