

Adolescent Intensive Outpatient Treatment Program

Our goal is to provide a treatment program that will maximize the chances of long-term recovery for all our patients. Healthy support by both adults and peers throughout the process is an essential component of recovery. Adolescents prosper in recovery more often when their home lives and social lives, as well as school and work environments, are supportive of their recovery goals. At the Dilworth Center, we consider it our responsibility to assist our patients and their families in effectively treating the chemical dependency and helping them structure positive support systems. We believe that treatment indeed works, and that effective treatment can be conducted on an outpatient basis. Current research indicates that continued alcohol and other drug abstinence rates are similar between adolescents who complete inpatient treatment programs and outpatient treatment programs.

Our Philosophy

The onset of chemical dependency in the adolescent stage of human development can result in arrested development preventing the sufferer from maturing into healthy adulthood. Consequently, treatment issues must address not only chemical dependency itself, but also the healthy integration of coping strategies or living skills appropriate for the adolescent's stage of development. The Dilworth Center believes that recovery from chemical dependency must begin with complete abstinence from all mood-altering chemicals. We believe that the best single mechanism for ensuring long-term recovery is active participation in mutual-help groups such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA). The Dilworth Center believes that throughout the treatment process our patients, as well as their families, deserve the same dignity and quality of care as those suffering from any other disease.

The Treatment Program

The 18-week, multi-level treatment program is designed to maximize treatment involvement through successful level completion. Structured intervention strategies, should relapse occur at any time during the treatment experience, are continually utilized.

Components of treatment include the following:

Disease Education – Patients are instructed on the dynamics of chemical dependency and how the disease relates to their recovery. The recovery process itself is described in detail through the use of speakers, films and over 18 different interactive presentations. Topics include “The Disease of Chemical Dependency,” “Fun in Recovery,” and “Post-Acute Withdrawal Syndrome.”

12 Step Work – Patients are guided through the first three steps of the 12 Steps of AA and NA with the help of work booklets, group therapy, and AA or NA sponsors.

Group Therapy Sessions – Group therapy is a primary mode of treatment delivery for patients at the Dilworth Center. Group offers the ideal opportunity for peer interaction and problem solving with the assistance and guidance of professional facilitation. Movement from one treatment level to another for Dilworth Center patients is in part contingent upon the completion of treatment plan objectives assigned in group. Group therapy is conducted during each treatment session in each of the three levels of care.

Alcoholics Anonymous (AA) and Narcotics

Anonymous (NA) – Active participation in these programs is an essential and critical component of ongoing recovery. Introduction and socialization into these mutual-help groups begins during treatment with the hope that meeting attendance will continue after treatment completion.

Family and Systems Treatment – Chemical dependency affects systems within which the individual operates. Families are particularly impacted, in part because of the amount of time the adolescent spends with family, as well as the obvious emotional ties between parents and their children.

At the Dilworth Center we offer a Family Treatment Program that addresses the significant influences families have on both the progression of the disease and the recovery process. Parents and guardians are required to participate in Family Treatment. In addition to families, the Dilworth Center staff works closely with other systems including schools, the legal system and peer groups.

One-on-One Counseling – Individual counseling sessions are utilized during the treatment process. For example, treatment plan development, with measurable goals and objectives, is conducted during individual sessions.

Peer Influence – Peers, including treatment alumni and members of the recovering community, offer powerful, positive influences on the behavior of adolescent patients. Productive change agents such as group therapy and AA/NA meetings owe their success, in part, to the power of peer influence. Recovering peer mentors are used in treatment to facilitate various therapeutic activities. For example, peer mentors may be used during some group sessions in which AA/NA literature is studied.

Attaining and Developing Non-Chemical, Coping Skills – Interruption of the maturation process is a common result of active chemical dependency in adolescents. This arrested development needs to be addressed with education and support that results in the healthy development of effective, non-chemical coping skills. Staff members will assist patients and family members in exploring methods and interventions that foster the development of the discipline and responsibility necessary to achieve successful treatment completion.

■ **Schedule for the Adolescent Treatment Program**

The Adolescent Treatment Program consists of three levels of care.

Level I (8 weeks minimum)

6:00 pm – 9:15 pm	Tuesday & Thursday
9:00 am – 12:15 pm	Saturday

Level II (5 weeks minimum)

7:30 pm – 9:15 pm	Tuesday & Thursday
10:30 am – 12:15 pm	Saturday

Level III (5 weeks minimum)

7:30 pm – 9:15 pm	Tuesday & Thursday
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***Family Treatment
(8 weeks minimum)***

Includes weekly Family Program sessions, weekly Al-Anon meetings and Family Counseling Conjoint sessions. Family Counseling Conjoint sessions are scheduled on an individualized basis. Family members commit to attend the Family Treatment Program on Thursdays **or** Saturdays.

Family Program Orientation

Sessions scheduled on individual basis

Family Program Sessions

6:00 pm – 9:15 pm Thursday
and/or

9:00 am – 12:15 pm Saturday

Family Counseling Conjoint Sessions

Family Counseling Conjoint sessions are scheduled on an individualized basis

Family Participation beyond the minimum eight weeks is welcomed and strongly encouraged.



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