

# Adult Intensive Outpatient Treatment Program

The adult, 15-week treatment program offered by the Dilworth Center is designed to deliver effective and intensive chemical dependency treatment in a manner that allows participants and their families to continue their work and home routines.

The goal of treatment is to establish abstinence from alcohol and other drugs with an emphasis on continuous recovery as a means of moving toward a well integrated life. Each patient participates in an intake session prior to beginning treatment. Following a thorough assessment, a preliminary treatment plan is developed and the patient is given an orientation to the treatment process.

## *Our Philosophy*

*The Dilworth Center believes that recovery from chemical dependency must begin with complete abstinence from all mood-altering chemicals. We believe 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

***Level I (Six Weeks)*** – Level I consists of two evening sessions and one Saturday morning session per week for a minimum of six weeks. Based on the goals and objectives of individualized treatment plans, some participants may be involved in Level I beyond six weeks. Each of these sessions lasts three hours and fifteen minutes.

All Level I treatment sessions have two primary components, a psycho-educational lecture and a group therapy session. The lectures cover topics such as “The Disease of Chemical Dependency,” “Dual-Diagnosis,” “Relapse Traps,” and “The Family Illness.” Lectures that center on each of the first three Steps of recovery are provided as well. Because denial is a major symptom of chemical dependency, these educational presentations and lectures are designed to enable the participants to confront their disease, recognize and admit their addiction. This process not only instructs, but also involves the patient in the recovery process. Group therapy provides a climate where bonding with other recovering people can take place. New learning and behaviors are tested, and feelings are shared.

***Level II (Nine Weeks)*** – Level II follows successful completion of Level 1 and consists of 18 sessions, two sessions per week for nine weeks. Based on the goals and objectives of individualized treatment plans, some participants may be involved in Level II beyond nine weeks. The Level II sessions are scheduled on Tuesdays and Thursdays.

Level II is more than just the provision of a structured transitional experience. It provides an opportunity for patients to capitalize on the gains made during Level I. It is a means by which patients can continue to work on issues derived from their treatment plans. It is continuing reinforcement for the necessity of ongoing involvement in Alcoholics Anonymous or Narcotics Anonymous. Level II is also an environment in which patients begin to learn relapse prevention strategies.

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

#### ***Alcoholics Anonymous (AA) and Narcotics***

***Anonymous (NA)*** – From the beginning of Level I treatment and throughout Level II treatment each patient is required to participate in meetings of Alcoholics Anonymous or Narcotics Anonymous. The frequency of meeting attendance is determined by each patient's individualized treatment plan.

***Adult Family Program*** – Family participation in treatment is encouraged, and at times required, at the Dilworth Center. Family members and significant others are involved in education and group therapy on Saturday mornings or Thursday evenings for six consecutive sessions. Additionally, involvement in Al-Anon or Nar-Anon is expected and encouraged.

## ■ Schedule for the Adult Treatment Program

The Adult Treatment Program consists of two levels of care.

### *Level I*

*(6 weeks minimum)*

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6:00 pm – 9:15 pm	Tuesdays & Thursdays
9:00 am – 12:15pm	Saturdays

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### *Level II*

*(9 weeks minimum)*

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6:00 pm – 7:45 pm	Tuesdays & Thursdays
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### *Family Program*

*(6 weeks minimum)*

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9:00 am – 12:15 pm	Saturdays
<i>or</i>	
6:00 pm – 9:15 pm	Thursdays

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