

Nurse's Aftercare Treatment Program

The Dilworth Center Nurse's Aftercare Program provides a guide for nurses who are new in recovery and returning to the nursing profession. One of the most difficult issues for nurses in recovery is learning how to meet the demands of their profession while maintaining their commitment to living a healthy, balanced life. Returning to the workforce can be especially challenging and overwhelming for nurses. The Nurse's Program is designed to help nurses navigate the potential hurdles that may come up as they transition back to work.

The Nurse's Aftercare Program is held each week on Monday evenings from 6:00 pm-7:30 pm for a total of 52 weeks. Topics addressed during the 52-week program include: early recovery issues; post-acute withdrawal symptoms; dealing with guilt and shame; learning to set healthy boundaries, as well as how and when to say "No;" and changing family relationships. Nurses who complete the program will leave with a skill set that will enable them to successfully return to their profession and maintain a healthy recovery.

The Dilworth Center is an approved treatment provider by the North Carolina Board of Nursing and meets the requirements for Nurses Aftercare as outlined by the Board of Nursing.

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 deserve the same dignity and quality of care as those suffering from any other disease.

Alcoholics Anonymous (AA), Narcotics Anonymous (NA) – Throughout the Nurse’s Aftercare Treatment, each patient is required to participate in meetings of Alcoholics Anonymous or Narcotics Anonymous. Attendance at a minimum of three meetings per week is a requirement of the program and the N.C. Board of Nursing.

■ **Schedule for the Nurse’s Aftercare Treatment Program**

6:00 pm – 7:30 pm	Mondays for fifty-two weeks
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About the Facilitator

Connie Mele has over 30 years of experience working in the field of addiction and psychiatric nursing. She has worked with impaired nurses since 1983 and started the first Nurses’ Support Group in North Carolina in 1996. Connie continues to facilitate the group once a week and it is currently the only support group for nurses in the state.

Connie has served as the Chairperson of the Addictions Nursing Certification Board, as well as the Chairperson of the Peer Assistance Committee for IntNSA. In 1997 she was recognized as a Nurse Hero by the North Carolina Nurse’s Association Charlotte Chapter for her work with impaired nurses. Connie is certified in Advanced Practice Addictions Nursing; is a Certified Clinical Nurse Specialist in Adult Psychiatric and Mental Health Nursing; is a Licensed Clinical Addiction Specialist and is certified in Nursing Administration.



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