

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)

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

Level II

(9 weeks minimum)

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

(6 weeks minimum)

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



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Young Adult Intensive Outpatient Treatment Program

Our goal is to provide a treatment regimen 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. Young adults 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 young adults who completed inpatient treatment programs and outpatient treatment programs.

Our Philosophy

The Dilworth Center supports the American Medical Association's definition of alcoholism in describing chemical dependency as a primary, chronic disease with genetic, psychosocial, and environmental factors influencing its development and manifestations. The disease is often both progressive and fatal. It is characterized by impaired control over chemical use, preoccupation with the drug, use of the drug despite adverse consequences, and distortions in thinking, most notably denial. Each of these symptoms may be continuous or periodic.

The onset of chemical dependency in the young adult 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 young adult's stage of development. Young adults frequently desire independence, but are often still dependent upon their parents or guardians for support. Participation in treatment by parents and guardians is critically important in maximizing positive treatment outcomes.

The Treatment Program

The young adult, 17-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 involving parents or guardians and the patient, a preliminary treatment plan is developed and the patient is given an orientation to the treatment process. Once the patient begins treatment, all involved parents or guardians will be required to attend a treatment orientation session followed by weekly attendance at family program sessions.

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

All Level I 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 centered 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 and 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 Treatment (Nine Weeks) – Level II Treatment follows successful completion of Level I Treatment 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 Tuesday and Thursday evenings and last ninety minutes.

The purpose of Level II Treatment is to facilitate a continuity of care as the patient moves away from Level I Treatment. Level II Treatment 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 Phase. 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. It is also an environment in which patients may learn relapse prevention strategies.

Alcoholics Anonymous (AA) and Narcotics

Anonymous (NA) – From the beginning of Level I and throughout Level II, each patient is required to participate in meetings of Alcoholics Anonymous or Narcotics Anonymous. Young adults are expected to attend meetings on days they are not in treatment.

Young Adult Family Treatment Program – Young Adult family members are expected to participate in Family Program sessions for a minimum of eight consecutive weeks on Thursdays or Saturdays and attend weekly Al-Anon meetings throughout the duration of their patient's treatment. In addition, family members will participate in Family Counseling Conjoint sessions.

Schedule for the Young Adult Treatment Program

Level I

(8 weeks minimum)

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

Level II

(9 weeks minimum)

6:00 pm – 7:45 pm	Tuesdays and Thursdays
<i>or</i>	
7:30 pm – 9:15 pm	

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 individual basis. Family members commit to attend the Family Treatment Program on Thursdays or Saturdays.

Family Orientation Program

Sessions scheduled on individual basis

Family Program Sessions

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

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



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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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Relapse Prevention Program

The Dilworth Center Relapse Prevention Program was developed for individuals needing to strengthen their recovery program and prevent relapse. Often times, individuals successfully complete their treatment programs as recommended and upon completion, desire on-going support to transition into the community. Newly recovering persons are faced with the task of negotiating the terrain of drugs and alcohol in social and medical situations with minimal support. Some persons in recovery find that they often struggle to maintain balance in their lives while making recovery a priority. The Relapse Prevention Program is designed to help individuals identify triggers, high-risk situations, and other issues that might impact recovery efforts as they reintegrate themselves back into the society where drugs and alcohol were once a major component of their daily functioning.

As a member of a Relapse Prevention Group, patients will identify past and potential areas of high risk which have contributed to a relapse in the past or may lead to one in the future. Individuals are encouraged to build awareness of their internal drives, fears, blind spots, and obstacles to success through interaction with other group members facing similar challenges. As

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individuals grow in understanding themselves and their potential for relapse, they will develop a personalized Relapse Prevention Plan. This plan will offer practical tools to guide and build a better foundation for on-going recovery.

The Relapse Prevention Program consists of a combination of individual and group therapy sessions. Patients are required to participate in an initial assessment to determine eligibility for the program. An initial 12-session commitment is required. Individual sessions will be scheduled based on counselor and patient availability and need. Urine drug screens are incorporated into the program to provide patient accountability.

Alcoholics Anonymous (AA), Narcotics Anonymous (NA) – Throughout the Relapse Prevention Program, patients are required to continue participating in Alcoholics Anonymous or Narcotics Anonymous, stay connected to their sponsors and continue attending home group meetings. Attendance at a minimum of three meetings per week is required.

■ **Schedule for the Relapse Prevention Program**

6:15 pm – 7:45 pm	Tuesdays or Thursdays (12 group minimum commitment required) Individual Sessions as scheduled
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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.

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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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Dilworth Kids Program for Children

Our program is designed to provide a curriculum that helps children ages 6 - 11 understand chemical dependency as a disease; how it impacts the family environment; and how they can cope and live a healthy and productive life while living within a chemically dependent family.

Our Philosophy

The Dilworth Center believes that involvement and support of family members is an essential component of recovery. The Dilworth Kids Program for Children offers the younger children and siblings of our patients the benefit of the disease education and age-appropriate group therapy.

The three-week Dilworth Kids Program for Children is held once weekly for 2 ½ hours. This program is contingent upon adequate participant demand. Specific dates and times are determined monthly. Each session is divided by a break and refreshments are provided. The Dilworth Kids Program is comprised of the following age-appropriate curriculum:

Week 1

“All About Me” and Good/Bad Habits – This session is designed to be a “groundbreaking” group. “Interviews” with each other and group introductions are non-threatening methods used to enable the counselor and group members to get to know each other on a more personal level. During this session, the counselor will facilitate a discussion on good and bad habits and how sometimes bad habits can turn into big problems.

Age-Appropriate Chemical Dependency Education – Through the use of videos and art therapy, this session is designed to educate the group members on chemical dependency as a disease and how the disease impacts other family members.

Week II

Feelings and Communication of Feelings – This session is designed to educate group members on the many feelings associated with being a member of a chemically dependent family. The purpose of this session is to help group members understand the importance of communicating these feelings with a parent or another trusted adult.

Anger Management – The purpose of this session is to equip group members with alternative ways of expressing the anger that is often felt by children in a chemically dependent family. By the end of the session, we hope group members will understand that anger is a normal emotion, but needs to be expressed in ways that are not destructive.

Week III

Safety – This session is designed to educate group members on how to be safe in any situation that may arise from being with anyone who is under the influence of a mood-altering substance.

Self-Esteem and Completion Process – During this session, group members are given an opportunity to point out the attributes of each member. This serves as a reminder to each child that they are unique and special. At the end of the program, each individual receives a certificate of completion.

■ Schedule for Dilworth Kids Program for Children

Specific dates and times to be determined monthly



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