

heal

excel

live

breathe



support

grow

thrive

recover



Bradford's **EXTENDED CARE PROGRAM**

In Bradford's Extended Care Program, we offer an alternative to the typical treatment protocol by providing additional time for more intensive care. Treatment lasts anywhere from 6 to 12 weeks and is tailored to the patient's individual needs based on the assessment process. Each patient is assessed by an interdisciplinary team comprised of licensed clinicians who determine treatment needs and develop individualized treatment plans. This team examines external factors that prohibit sobriety, such as family-of-origin issues and other simultaneously occurring problems.

With a more intense evaluation process and a longer length of stay, there is more time to identify and address unresolved issues, such as medical and/or psychological complications, as well as relapse patterns and triggers. We work with patients during this time to create healthier coping skills. The longer length of stay also allows us to more effectively address significant barriers to recovery.

This program is designed for patients who suffer from one or more of the following:

- » chronic relapse
- » dual diagnoses (depression, anxiety, bipolar, Post Traumatic Stress Disorder)
- » unresolved grief
- » unresolved trauma
- » chronic pain
- » poor support systems
- » limited coping skills
- » cognitive impairment
- » work in safety sensitive positions

TREATMENT

The treatment team includes an addictionologist, psychiatrist, clinical director, licensed master's level primary therapist, licensed master's level family therapist, and a nurse. Therapists are trained in several specialized services including Eye Movement Desensitization and Reprocessing (EMDR), grief counseling, relapse prevention, pain management, cognitive behavioral therapy, and Motivational

Interviewing. Treatment consists of group therapy, individual therapy, family therapy, specialty groups (where applicable), adventure-based therapy, psycho-educational groups, 12-step literature studies, and daily 12-step meetings. Special assignments and required readings are individualized to each patient's need. Yoga, daily meditation practices, and nutritional services are also offered to patients.

ADVENTURE-BASED THERAPY

Adventure-based therapy offers a ropes course, with high and low elements, led by a licensed recreational therapist. Adventure-based therapy uses a wide variety of initiatives and activities designed to help patients look at their own defense mechanisms, learn problem-solving skills, build self-confidence and trust, and develop new behaviors/coping skills that will contribute to success in life.

DESENSITIZATION GROUP

Desensitization group addresses the involuntary physiological craving that occurs when a chemically dependent individual is faced with stimuli (triggers) associated with the use of drugs/alcohol. The physiological craving precedes and generates cognitive craving. Some typical triggers include: liquor bottles, vials, needles, pill bottles, stress, injections, etc. This group is not insight-based, and no history is discussed. Instead, discussion centers around the effects of using drugs and alcohol. Patients are exposed to their triggers, and process their experience of exposure. The aim of the group is for the effect of the triggers to decrease due to repeated trials.

THERAPEUTIC LEAVES

We believe that therapeutic leaves are an important tool in the recovery process. When clinically appropriate, we encourage patients to return to their home environment to practice their new skills, assess relapse triggers, and develop a healthy support system. If not able to return home, we still ask patients to spend time away from the facility with healthy support to help with the transition back into society. Therapeutic leaves are approved by the clinical team in advance and are individualized to the person's needs.



Where does the patient **STAY**?



RECOVERY *cottages*

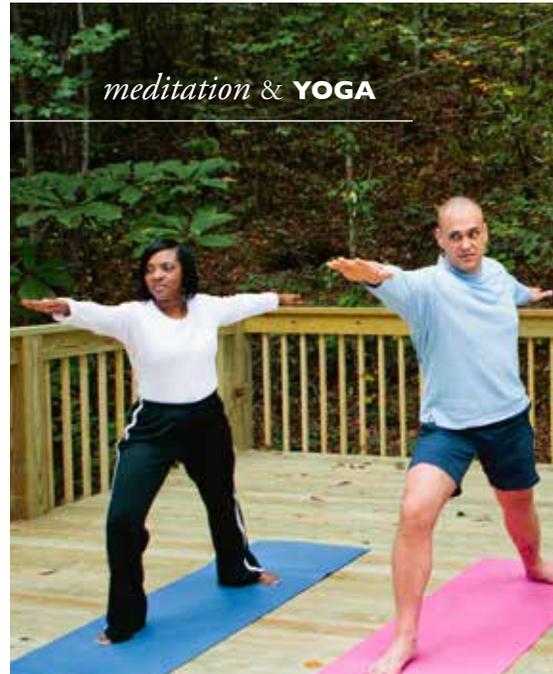
Upon admission, patients are medically-monitored for at least 24 hours in the medical detoxification unit. Patients are then transitioned into the recovery cottages as soon as possible. Each recovery cottage houses 16 patients. They include:

- » home-like kitchens
- » fireplaces
- » quiet sitting areas
- » wrap around porches
- » washers and dryers
- » counseling rooms for groups
- » two counselor offices
- » patients' bedrooms and baths

Patients plan and prepare meals, eat together, and share responsibilities in the cottage. Each cottage has morning meditation, gender-specific community meetings, and nightly wrap-ups. The comfortable setting allows patients to improve their basic living skills and learn how to integrate back into society. We believe community is a vital part of recovery. These cottages provide a safe, therapeutic environment in which patients can practice new behaviors essential for successful recovery.

*What does a **TYPICAL DAY** look like?*

Program schedules consist of *six and a half days per week* of structured therapy and monitored personal structured time. Each patient participates in a minimum of 15 hours of group therapy per week, two individual therapy sessions, weekly family therapy sessions, adventure-based therapy, spirituality group meetings, psycho-educational groups about the disease of chemical dependency, and specialty groups that address related areas of recovery. Consistent attendance at 12-step meetings in the community is also required.



daily SCHEDULE

- 8:15 - 9:00am Meditation/Community meeting
- 9:15 - 12:15pm Group therapy (primary process group, specialty group, or adventure-based therapy)
- 12:15 - 1:15pm Lunch
- 1:15 - 1:45pm Community meeting
- 1:45 - 4:00pm Relapse prevention therapy/
Psychoeducational groups/Literature studies
- 4:00 - 4:30pm Community meeting
- 5:00 - 6:30pm Dinner (planned & prepared by the patients)
- 8:00 - 9:00pm 12-step meeting
- 9:30 - 10:30pm Evening wrap-up

Individual and family therapy sessions are scheduled throughout the day.



What is a **SPECIALTY GROUP**?

The structured daily therapeutic schedule and specialty groups are designed to address issues that either preceded or have exacerbated substance abuse. Recognizing the potential impact these issues can have on recovery, and having a plan of attack to prevent them, can help patients minimize relapse.



GRIEF AND LOSS *group*

Grief and Loss Group focuses on the many facets associated with the grieving process. Patients are gently guided through four to six weeks of experiential therapy. Patients are encouraged to explore the losses in their lives, often focusing on traumatic loss, i.e., suicide, homicide, or sudden, accidental death. Frequently, patients are facing loss of a profession or a long-term relationship resulting from their chemical dependency. Each bereavement is treated as unique; and patients are given the opportunity to explore the connection between their use of substances and their avoidance of grief.

CHRONIC RELAPSE *therapy*

Chronic Relapse Therapy is designed to build a strong relapse prevention plan. Patients are given comprehensive tools to address relapse issues. This group helps patients identify past relapse patterns and unique relapse warning signs. Patients develop coping skills needed to effectively manage high risk situations without relapse. Patients are taught how to recognize early relapse warning signs and how to stop the relapse process before actually returning to drug and/or alcohol use.

TRAUMA RECOVERY *group*

In *Trauma Recovery Group*, patients will explore significant life experiences such as dysfunctional family systems, abuse/neglect issues, rape, PTSD, etc. and the impact this trauma has had on their lives. Trained and licensed therapists utilize various modalities to help the patient explore feelings, thoughts, and messages received during traumatic experiences within a safe environment. Patients gain insight into their personal self-destructive behavior patterns, including the use of drugs and/or alcohol to cope. Patients are given the opportunity to experience empowerment from full expression of feelings, and to begin changing negative beliefs about themselves and the world around them.

CHRONIC PAIN *group*

Patients recovering from addiction and chronic pain face a different set of challenges, and the *Chronic Pain Group* was tailored to address those special needs. This group meets weekly for three weeks, and the format is didactic, interactive, and experiential. Areas of focus include the interplay of how stress and pain affect one another as well as how beliefs, thoughts, and feelings affect pain. Extensive time is spent assessing risk around medical and pain related situations as well as creating comprehensive plans for safety, so these patients can meet these unique barriers with confidence. In addition, this group also explores alternative solutions to chronic pain that best support a healthy recovery.



*How is the family involved in **TREATMENT**?*

Chemical dependency is a devastating disease that affects the entire family. Bradford believes healing must happen on many levels in each family member's life. Each patient is assigned a family counselor whose sole purpose is to help assist the family system. Families will be contacted during the assessment phase to help create the patient's family treatment plan.

*The Family **PROGRAM***

In addition to weekly family therapy sessions, we offer an intensive educational and therapeutic family program aimed at helping each individual understand the impact of addiction and develop tools for recovery.

This program is included in the cost of treatment and offered every week Monday through Wednesday from 8:00am - 4:00pm. In most cases, Bradford recommends family members attend all three days of the program to receive its full benefit.

The Family Program focuses on:

- » Understanding physical, mental, emotional and spiritual components of chemical dependency
- » Learning about codependency and enabling behaviors
- » Learning how to have effective communication and set healthy boundaries
- » Recognizing relapse behaviors and how to appropriately intervene
- » Identifying healthy resources for the family

This program is available for up to one year for family members after the patient's discharge.





What should the patient **BRING** to treatment?

what **TO BRING**

- ✓ enough seasonal-appropriate clothing for up to one week (washer and dryers are in each cottage)
- ✓ comfortable clothing and appropriate shoes for adventure-based therapy and exercise (if recommended)
- ✓ appropriate sleepwear
- ✓ personal toiletries (must be alcohol-free products)
- ✓ phone calling cards (for non-local phone calls)
- ✓ all prescription medications (if applicable)*
- ✓ driver's license and insurance card (prescription card if different from medical insurance card)
- ✓ \$15 a week to contribute to community gas fund for outside 12-step meetings and outings; money for personal food (i.e. special diet plans)
- ✓ bed linens are provided, but if patient chooses to bring his/her own pillow and blanket, these items can be used once the patient moves to his/her cottage from the medical unit
- ✓ music may only be listened to via external speaker unit, no headphones are allowed

what **NOT TO bring**

- ✗ any products containing alcohol
- ✗ illegal substances
- ✗ paraphernalia
- ✗ candles or incense
- ✗ expensive jewelry or excessive cash
- ✗ exercise equipment
- ✗ tanning oils, hair dye, or bleaching products
- ✗ any clothing or materials that display profanity, alcohol/bar advertising, or drug slogans
- ✗ guns or weapons of any kind
- ✗ headphones
- ✗ personal computers

Cell phones are not allowed during treatment. However, patients may check their cell phones in at Bradford when entering the program. Then, they may check their cell phones out when leaving the campus on therapeutic leaves or outings and check them back in upon their return to the facility.

* *Prescriptions are at the patient's own expense.*

Priceless **RESULTS**

Financial arrangements for treatment are made through Bradford Health Services' business office. Costs vary, depending on treatment length. Treatment is covered partially by most insurance plans. In absence of insurance or limited benefits, Bradford may arrange a payment plan for each patient's financial situation.

*take the
first step
toward
recovery*

**For more information or
referrals, call or email us today:**

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