CENTER FOR ADDICTION MEDICINE

Behavioral Health Hospital

Our Passion is Powerful Medicine™
PHILOSOPHY

The Center for Addiction Medicine at Alexian Brothers Behavioral Health Hospital offers a variety of treatment programs and services for individuals suffering from substance dependency/abuse and other addiction disorders. Our **hallmark treatment approach** provides evidenced-based, person-centered interventions for co-morbid conditions including anxiety and depression.

The philosophy of the Center is that an addiction – including alcohol, drug, internet, gambling, spending and/or sex – is a medical disorder which can be progressive in nature and if left untreated will usually result in psychological, physical, social and spiritual deterioration. This deterioration affects the individual, their family, friends, and coworkers. The Center for Addiction Medicine is a safe therapeutic environment that helps to stabilize and motivate patients to their next intervention or treatment option.

Our addiction treatment programs are located in Hoffman Estates, with complimentary treatment options in Elk Grove Village, Illinois. You can begin by calling **800-432-5005** or visiting us at [www.ABBHH.org](http://www.ABBHH.org).

**We offer treatment programs for:**
- Alcohol and Illicit Drug Abuse
- Narcotic Dependence
- Detoxification
- Chronic Pain with Addiction
- Rapid Opioid detox with low-dose and Naltrexone
- Treatment for addiction behaviors (also known as process addictions), including:
  - Gambling
  - Sex/Pornography
  - Spending
  - Internet
  - Video Gaming
  - Compulsive Shopping

www.ABBHH.org/Addiction
QUICK GUIDE TO SERVICES BY AGE GROUPS

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**Adolescents may receive substance abuse and other addiction treatment services on our inpatient Youth Program.

OUR EXPERT CENTER FOR ADDICTION MEDICINE LEADERS

- **Gregory Teas, M.D.**, Addictionologist, Chief Medical Officer
- **Salahuddin Syed, M.D.**, Addictionologist
- **Linda Lewaniak, LCSW, CAADC**, Clinical Director

WHAT SETS US APART

- Alexian Brothers Behavioral Health Hospital was the first hospital in the nation to receive Disease Specific Certification for Chemical Dependency by the Joint Commission.
- Our programs are led by an expert in addiction medicine with over 25 years experience.
- We treat all addiction and psychological disorders.
- We offer Evidenced-based Care which shapes the intensity and duration of the individual’s treatment.
- We offer a full continuum of treatment options including detoxification/stabilization, outpatient treatment such as partial hospitalization (PHP) and intensive outpatient (IOP), and individual therapy through the outpatient group practice.
- Our PHP and IOP programs allow patients to cross-track services into our uniquely specialized treatment programs for mood disorders, anxiety, eating disorders and self-injury.
- Aftercare and Support Groups are available specific to need, including caduceus groups.
- We coordinate all level of care needs – from intervention through residential.
- We partner with national programs to provide return-to-home aftercare services.
**OUR BIOPSYCHOSOCIAL AND ABSTINENCE-BASED HOSPITAL PROGRAMS**

**Inpatient/Medical Detox**

Alexian Brothers Behavioral Health Hospital has designed an inpatient unit focused exclusively on the treatment of substance abuse. Psychiatrists specializing in addiction medicine direct all of our programs. Using all that science has to offer, the therapeutic experience you will receive here is structured around best practices and proven procedures for effective detoxification and treatment.

We offer individualized treatment for adults struggling with continuous substance abuse, binge drinking, and dependence upon pain medications. You will learn that substance abuse is a treatable medical illness. Our range of therapeutic services include:

- Alcohol detoxification with a brief inpatient stay
- Opiate detoxification and short-term maintenance using buprenorphine or related medications which have been FDA-approved in the treatment of opioid addiction
- Treatment of dual-disorders such as depression or anxiety
- Access to a variety of medical professionals including addiction specialists, psychiatrists, and primary care physicians
- Enhanced case management to develop treatment goals, monitor your symptoms, and ensure you maintain your recovery progress and sobriety
- Addiction liaison services between inpatient, partial, and outpatient levels of care
- Spiritual care provided by a chaplain specializing in addiction issues

With you as a partner, we focus on rapid recovery. All patients are encouraged to continue the recovery process by participating in extended treatment program options that may include partial hospitalization,

**Outpatient Detoxification**

Outpatient Detoxification is an affordable, cost-effective medical procedure and treatment program that has been carefully developed to safely detoxify from alcohol and drugs without the need for a hospital admission. Program participants are under the care of a physician as well as a full clinical team of nurses, certified chemical dependency counselors and therapists who work together to assure that the most appropriate care is delivered to each individual.

Services are provided Monday through Saturday and include:

- Psychiatric Evaluation
- Addictive Behavior Assessment
- Medical History
- Daily Vitals
- Treatment Planning
- Access to emergency medical care (if indicated)
- Partial Hospitalization or Intensive Outpatient (if indicated)
- Referral for outpatient therapy

Each day the program participant will have their progress assessed to determine further needs and course of action. It is the participant’s responsibility to:

- Meet daily with the nurse for vital signs, monitoring of withdrawal signs/symptoms, and medication management.
- Participate in educational opportunities to gain understanding of the signs/symptoms of withdrawal, the disease of addiction, and how it has impacted all life areas.
- Participate in discharge planning and discharge assessment to determine further treatment needs.
Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP)

**PHP**  Monday – Friday, 9:00 am – 3:00 pm

**IOP**  Various day and evening hours. IOP is 3-4 hours per day, up to 4 days per week

We offer a structured and supportive treatment environment for all our patient’s care needs. We recognize that approximately 70% of the individuals we serve have multiple issues to address, including chemical dependency issues, psychiatric diagnoses, and/or process addictions. Treatment goals emphasize education and relapse prevention to help our patients develop a variety of coping skills for successful daily living.

Our multidisciplinary team approach is to develop an individualized treatment plan while providing education on the following topics:

- The disease concept of addiction
- The process of recovery
- Coping skills for emotional management (including depression, anxiety, anger, stress, and mania)
- Relapse prevention planning – how to identify triggers and cope with urges in addition to acceptance of life’s challenges and commitment to healthy living.
- Family education – provide family sessions for patients and their families as well as family education nights
- The importance of a community-based support system

Within our care partnership, we help patients to achieve a greater understanding of their illness and acquire the tools to manage symptoms and improve the quality of their lives.

Professionals’ Wellness

**Professionals’ Wellness** is designed specifically for individuals who work in high accountability, high responsibility, and/or safety-sensitive positions. Such individuals might include doctors, lawyers, pilots, nurses, flight attendants, clergy, business executives, and members of law enforcement, fire departments, public safety, and more.

We offer a safe, therapeutic environment that helps to stabilize and motivate individuals who are dealing with addiction, anxiety, depression, or other psychiatric issues. We provide intensive treatment and education about how these issues effect the whole person: mind, body, and spirit.

**Program Highlights:**

- Comprehensive Professionals Evaluation
- Gender-specific treatment groups
- Aftercare and Caduceus groups offered
- Focus on professional and safety-sensitive issues (risk management, fitness for duty, and long-term monitoring)
- Collaboration with Human Resource Departments and Employee Assistance Programs
- Incorporate requirements of state peer assistance programs and/or licensure boards
- Individualized care, including family education and therapy, couple’s counseling, and support groups for those most impacted by their loved one’s problem
Family Night

Our treatment team provides weekly Family Nights for which patients are encouraged to bring their family members. Family Night programming offers an opportunity for loved ones to:

- Gain a common understanding of how addiction has impacted the family,
- Learn about what it means to be in recovery,
- Identify healthy patterns while learning to discontinue destructive family patterns, and
- Begin to work together toward the process of healing.

Support Groups

At Alexian Brothers Behavioral Hospital, we recognize that an important part of recovery is having a supportive network – not only for the patient but for their family and loved ones. We offer a number of on-site support groups, including Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Families Anonymous, Al-Anon and Co-Dependents Anonymous. A full description of these programs, as well as meeting times, are available on our website: www.ABBHH.org.

Outpatient Treatment

The Outpatient Group Practice of Alexian Brothers Behavioral Health Hospital is a team of experienced psychiatrists, psychologists, social workers and professional counselors with extensive sub-specialty certifications – including addictions – who are here to partner with you on your road to wellness. Whether you are transitioning from treatment in our Behavioral Health Hospital, or accessing therapy or counseling for the first time, our team of experienced professionals is here to meet the needs of you and your family.

New! Virtual Reality Treatment

The Alexian Brothers Behavioral Health Hospital’s Virtual Reality Treatment Program (VR) is based on the newest technological breakthroughs in the application of therapy for patients who have Post Traumatic Stress Disorder, Fear of Flying, Fear of Heights, Social Phobia, and Drug, Alcohol, and Nicotine abuse.

The use of VR is based on the concept of Exposure and Response Prevention (ERP) Therapy, a type of therapy which is based on the concept of habituation. Habituation is the decrease in anxiety that people experience over the passage of time. The goal of ERP is to help one to learn that if they were to just allow for time to pass when they get anxious, their anxiety would decrease and their symptoms would eventually stop.

Several studies have shown that Virtual Reality is an effective way to treat chemical dependency problems. VR treatment can allow a person with an addiction to be placed in an environment that is purposely triggering to them without having the opportunity to engage in chemically dependent behavior. So, why expose someone who has addiction problems to something that is triggering to them? The answer is based in ERP behavioral treatment, whereby people learn that they can handle what it is that they are afraid of instead of feeling as if they have to avoid their fear at all costs.

Virtual Reality offers a safe environment where individuals can practice saying no to their specific triggers, while gaining the confidence to create a more purposeful life.
Evaluation Services

Alexian Brothers Behavioral Health Hospital’s Evaluative Services offer comprehensive evaluations with the purpose of determining the presence and extent of a substance use disorder, and making recommendations in accordance with the diagnosis.

Evaluative Services are Applicable to:

- Court ordered Alcohol and Drug Evaluations for pre-sentencing, sentencing compliance, and to determine the level of care recommendations in cases where a court document is required for consideration in the outcome of the court case such as in divorce or child custody cases, or to determine the potential role of alcohol or drugs in any court related case.

- Secretary of State Investigative Reports often necessary when a driver’s license suspension is in effect and obtaining driving relief prior to the eligibility date is the goal;

- Professional Evaluations for work related issues where alcohol or drug use issues are of concern to an employer;

- School related Alcohol and Drug Evaluations for the purpose of determining the presence of a substance use disorder in a student identified as at risk for an alcohol and/or drug related problem;

- Department of Corrections Alcohol and Drug Evaluations often required for persons released on parole to determine the presence and extent of alcohol or drug problem for an individual released from prison.

Evaluations Include:

- Chemical Dependency, Psychosocial, and Physical Health History Assessment;

- 12 panel urine drug screen provided by a professional drug screening company;

- Standardized testing with use of The SASSI-3 and SASSI for Adolescents – an assessment tool designed to match clinical judgments based on Diagnostic Statistics Manual (DSM-IV) diagnostic criteria regarding the presence or absence of a substance use disorder;

- Corroboration with family members, peers, significant others, health care providers, and support persons for the purpose of gathering information from all significant life areas to facilitate accurate diagnosis and treatment recommendations;

- Assistance in identifying resources for completing recommendations made as part of the evaluation or linking individuals or families with other services identified through the evaluation process.

Scheduling the Evaluation:

Evaluations are conducted in person at the Alexian Brothers Behavioral Health Hospital. Appointments are available on evenings, Saturdays, and during the day Monday through Friday. Appointments can be scheduled by calling 847-755-8041.

The cost of the Evaluation is $300.00.
DUI Services

Alexian Brothers Behavioral Health Hospital offers comprehensive DUI evaluations for court, Secretary of State, and professional purposes. The program is licensed by the state of Illinois Department of Human Services to provide evaluations and education, and the Illinois Department of Public Health to provide outpatient substance abuse treatment. One or all provided services are required of persons after being charged with DUI in the state of Illinois.

Risk Classifications

Level I – Minimal Risk
- Driver Risk Education (10 hours min.)

Level II – Moderate Risk
- Driver Risk Education (10 hours min.), plus
- Intervention Counseling (12 hours min.), plus
- Continuing Care recommendations

Level II – Significant Risk
- Driver Risk Education (10 hours min.), plus
- Outpatient Treatment (20 hours min.), plus
- Continuing Care recommendations

Level III – High Risk or Dependent
- Outpatient or Intensive Outpatient Treatment (75 hours min.)
- Continuing Care recommendations

Alcohol and Drug Evaluations
- Court Required
- Secretary of State updates, Investigative Reports, TNA, Waivers, Document Review for hearings
- Professional Evaluations

Substance Abuse Feedback and Education Classes (SAFE)
- 8 hour class (1 day)
- EAP Referred

‘SAFE’ Program – For At-Risk Employees

The SAFE Class (Substance Abuse Feedback and Education Classes) was developed to meet the needs of an employee who may be experiencing negative consequences on the job due to their misuse of substances (e.g. positive urinalysis test).

This class is designed to be an early intervention tool for individuals who are not yet dependent on substances – yet need further education and self-examination.

Employers and Employee Assistance Professionals (EAP) often refer to this class as a means to explore if an employee is struggling with a more serious problem than what might be initially evident. The SAFE Class can be another screening process to help assess an employee’s competency for work.

For more information, or to make a referral, please call 847-755-8041.

Class Fee: $225

Class Curriculum:
8:00 am – 12:30 pm
- Introduction and Goals
- Pre-Test
- Facts/Trends/Statistics on Drugs and Alcohol
- Workplace Statistics
- Pharmacology and Physical Effects on the Body
- The Disease Concept
- Progression of Addiction
- Effects on the Family

12:30 pm – 1:00 pm – Lunch

1:00 pm – 4:00 pm
- Self-Assessment
- Cost/Benefit Analysis
- Identifying Problem Thinking
- Stress and Time Management Skills
- Personal Prevention Planning
- Post-Test
- Satisfaction Survey and Closing
HELPFUL INFORMATION

What Families Can Expect

At Alexian Brothers Behavioral Health Hospital, we recognize that addiction is extremely difficult for family members and other loved ones. Families are often angry at the patient’s behavior, terrified of the potentially life-threatening nature of addiction, and usually frustrated because previous interventions have been unsuccessful or have driven the patient further away into use.

We believe that addiction affects the entire family, and that the entire family needs support including education. Family members need fast, attentive support to learn how to make effective changes in the family and understand the various parts of the recovery process.

We provide personalized, private family sessions so that family members may sit with a licensed professional and get answers to difficult questions such as:

- Why don’t they just stop?
- Is this my fault?
- How can I stop this behavior?
- What should I do if there is a relapse?
- How will I know if my loved one is getting better?
- What are the warning signs of disease progression?

Helpful Family Support Resources

| National Institute on Drug Abuse | 1-877-NIDA-NIH |
| Al-Aon/Alateen and               | 1-888-4AL-ANON |
| Northern Illinois Al-Anon Family Groups | 1-800-898-9985 |
| Co-Anon Family Groups            | 1-800-736-9805 |
| Families Anonymous               | 1-800-477-6291 |
| Nar-Anon Family Groups           | 1-866-HEROIN1 |

Financial Information

Alexian Brothers Health System is comprised of not-for-profit hospitals whose mission is to provide excellence in healthcare and promote lifelong wellness in the communities we serve.

In accordance with our Mission and Values, Alexian Brothers Health System is committed to caring for all people regardless of their ability to pay, with special attention to those who are poor and vulnerable. Alexian Brothers Health system offers financial counseling and assistance to help address any financial concerns patients or families may have regarding their care.

Alexian Brothers accepts all major insurance carriers. Medicare is accepted for all ages; Medicaid is accepted for ages 20 and under, and over the age of 65.

Alexian Brothers Center for Addiction Medicine services that are not covered under insurance are Evaluation Services, DUI Services and the SAFE program for at-risk employees.

Foundation Information

For more information on how your generous gift can help us to support our mission to care for those in need, please go to our website at www.ABBHH.org/Foundation.
Alexian Brothers Behavioral Health Hospital is located approximately a quarter mile east of the intersection of Barrington Road and Higgins Road (72) (east of the St. Alexius Medical Center campus).

To learn about the services offered at Alexian Brothers Behavioral Health Hospital and Alexian Brothers Behavioral Health Group visit us online at www.ABBHH.org.

For 800 years, the Alexian Brothers have cared for the sick, the aged, the poor and the dying. The basic Judeo-Christian beliefs that inspired the founders of this Catholic religious congregation sustain its ministry today. This heritage is espoused by the governance, management and entire health care team throughout Alexian Brothers Health System in their mutual commitment to promote the physical, mental, spiritual and social well-being of all individuals served through the health care ministry.

Alexian Brothers Behavioral Health Hospital carries out the healing mission of the Catholic Church through the Alexian Brothers ministries by identifying and developing effective responses to the health and housing needs of those we are called to serve.