

Welcome to Talbott Recovery, recognized as a leading drug and alcohol treatment center with over 35 years of providing outstanding clinical programs.

TALBOTT RECOVERY

5448 Yorktowne Drive
Atlanta, GA 30349

Contact us today
(800) 445-4232
www.talbottrecovery.com
to learn more about our drug
counseling facilities.

Transportation

Talbott Recovery can provide transportation from Hartsfield International Airport or from local hotels to the facility for admission.



Our Mission

We are dedicated to compassionately providing comprehensive behavioral healthcare services to patients, families and communities. We are committed to helping people develop the skills necessary to enrich their personal and professional lives.



An Alcohol and Drug Treatment Facility

Who We Treat

Talbott Recovery accepts patients with a dual-diagnosis, such as addiction with a coexisting depression, anxiety, unresolved grief, personality problems, etc. Patients attending our treatment programs have a chemical abuse problem, but we address the whole patient in his/her disease.

We screen the health status of all potential patients to make sure we are the proper facility for care. Assessment involves a review of medical history and records by a member of the medical staff, and an admission screening assessment with our intake department.

Benjamin H Underwood - FACHE Chief Executive Officer/Managing Director

Ben Underwood has been a respected leader in the field of behavioral health and addiction treatment for more than four decades. A graduate of the University of Georgia, Ben began his career in the mid-1960s as Associate Administrator of Atlanta's Northside Manor and served as President and CEO of The Metropolitan Psychiatric Center in Atlanta. He also served as President and CEO of Safe Centers. Ben was instrumental in co-developing and opening the Talbott Recovery Program with G. Douglas Talbott, M.D. Ben Underwood's partnership with Dr. Douglas Talbott resulted in an addiction treatment program that has long been recognized as the gold standard in the treatment of addictive diseases and coexisting psychiatric disorders. His expertise has earned him national acclaim. Ben has served as chairman of the National Association of Addiction Treatment Providers (NAATP) and was awarded the American College of Addiction Treatment Administrator's Outstanding Achievement Award in 1992. On behalf of Talbott Recovery, in 2006 he accepted the prestigious James West M.D. Quality Improvement Award for clinical excellence from NAATP. In 2007, he was awarded the Georgia Hospital Association's (GHA) Chairman's Award, the association's highest honor, for his dedication and professional achievements over the last 40 years in Behavioral Healthcare. In 2011, Ben was awarded the Nelson J. Bradley, M.D. Lifetime Achievement Award during the NAATP Annual Conference in Arizona. He served on the Georgia Hospital Association Board of Trustees for 10 years, is a Fellow of the American College of Healthcare Executives, and is Board Certified in Healthcare Management.



Benjamin H. Underwood, FACHE

Learn the tools of Addiction Recovery

Addiction Treatment Programs

- Adult Program – men & women 26 years & older
- Professionals Program – men & women 26 years & older
- Young Adult Program – men & women 18-25 years*
- Dual Addictions – men & women 26 years & older
- 96-Hour Professionals Assessment – as clinically indicated

For more details on each program, please see the program inserts at the back of this brochure or visit our website at www.talbottrecovery.com.

*Final program assignments are determined by individual patient treatment requirements.



Treatment Philosophy

Our treatment philosophy is based on the American Medical Association's definition of addiction as a chronic, progressive, primary illness affecting the physical, emotional, and spiritual well-being of the individual and the family. Talbott Recovery provides an integrated continuum of care for individuals with addictive disease and/or dual-diagnosis such as addiction with a coexisting depression, anxiety disorder, unresolved grief, personality problems and the accompanying emotional and physical problems. Treatment for addiction is both comprehensive and individualized. Patients and their families participate in psychoeducational and psychotherapeutic groups designed to help them explore addiction and dual disorders as well as the impact these diseases can have on the family. Throughout this process patients attend 12-Step meetings (on and off campus) and family members are encouraged to attend Al-Anon meetings. Our treatment philosophy and practices have grown out of over 35 years of successful treatment in our traditional 90-day programming.

*Treatment is comprehensive
and individualized*

Levels of Care

We stage the intensity of treatment based upon the levels described by the American Society of Addiction Medicine Patient Placement Criteria, Version II, Revised.

Detoxification & Stabilization

Inpatient stabilization is available for patients requiring a more complicated detoxification and/or behavioral containment to interrupt the downhill spiral of his/her addiction.

Partial Hospitalization Program (PHP with Recovery Residence)

Following admission or transfer from detox and stabilization, each patient undergoes a thorough evaluation if he/she has not obtained an evaluation previously. The evaluation assesses the patient's physical, psychiatric, psychological, social, spiritual, and family needs to determine the most appropriate level of care.

Mirror Image (with Recovery Residence)

After completing the partial hospitalization phase of treatment, patients are transitioned to Talbott Recovery Mirror Image phase. Extended Mirror Image may be recommended for patients when indicated.

The Talbott Treatment Process

96-Hour Professionals Assessment

If clinically indicated, prior to admission a 96-Hour Assessment may be recommended to help facilitate decision making by prospective patients, family members and referents. The evaluation assesses the patient's physical, psychiatric, psychological, social, spiritual, and family needs to determine the most appropriate level of care. The multi-disciplinary assessment team includes:

- Attending Physician
- Psychiatrist
- Clinical Psychologist
- Internal Medicine Specialist
- Addiction Medicine Specialist
- Assessment Coordinator

The team may also include a pain specialist (if indicated), a neurologist, a behavioral medicine specialist or a sexual boundaries specialist as needed. A fifth day may be required for any additional evaluations that may be necessary.

Each Assessment includes:

- Internal medicine evaluation / physical exam
- Psychiatric evaluation
- Addiction medicine evaluations
- Bio-psychosocial self-assessment
- Laboratory work and drug screens
- Comprehensive psychological testing
- Extensive neuropsychological testing

*Physical, Psychological,
Social and Spiritual*

Treatment Planning

During the assessment process, members of Talbott Recovery staff (with patient approval) will contact family members, friends, healthcare providers and referents to collect key collateral data for integration into the patient's treatment plan. In our experience, patients (including those presenting with psychiatric co-morbidity) respond better to treatment, medications and recovery when every aspect of their lives has been addressed in the development of their treatment plan. Upon completion of a patient's assessment, the treatment team, led by the attending physician, develops an individual treatment plan for each patient and meets regularly to review each patient's progress and to update treatment goals.



The clinical Case Manager works closely with each patient, Family Counselor and the family to ensure the treatment plan is meeting the patient's changing needs. Soon after treatment begins, the patient's Continuing Care Coordinator will begin the process of identifying a patient's discharge needs and make plans for post-discharge.

Treatment Modalities

Group therapy is the cornerstone of change in all of our programs; we believe recovery cannot occur alone. All Programs utilize many of the following therapeutic techniques:

- Group therapy
- Medication management (of mood disorders)
- Individual therapy
- Procedural learning on how to use the 12-Steps
- Psychoeducation groups
- Profession issues groups
- Work related groups
- Relapse prevention
- Life skills
- Family therapy
- Family Program
- Spirituality groups
- Dialectical Behavioral Therapy (DBT)
- Sexual issues groups (men's & women's)
- Gender issues groups
- 12-Step recovery meetings on and off campus
- EMDR (Eye movement desensitization and reprocessing) for trauma issues
- Meditation and mindfulness training

*Family Programs
educate and support*

Family Program

The Family Services Department at Talbott Recovery provides patients and families support and education on the disease of addiction, cross addiction and the impact on the family. The Family Program is designed to assess the family's needs, educate about chemical dependence and offer ongoing family support during and/or after the patient's treatment. The family program is the first step many addicted families make towards healing.

Once a patient is admitted to Talbott Recovery, a family counselor is assigned to respond to any questions or concerns. That family therapist works with our families, by phone, when they attend the family program. The family program consists of approximately five family sessions and a family workshop during treatment. The family workshop is a four-day educational and supportive experience. The workshop provides education on the disease of addiction and cross addiction and offers an opportunity to address questions and concerns.

Mirror Image

After completing the partial hospitalization phase of treatment, patients are transitioned to Talbott Recovery Mirror Image phase. Extended Mirror Image may be recommended for patients when indicated.

Mirror Image is an addiction treatment innovation created and first implemented by Talbott Recovery founder, Dr. Douglas Talbott. Mornings, five days a week, Talbott Recovery Mirror Image patients go to other treatment facilities in the Atlanta area and work with newly admitted alcoholics and addicts at that facility. The purpose is to assist Talbott Recovery patients to overcome the myopia that often accompanies the disease of addiction - patients can see the affects of the disease of addiction in others but are unable to see those same affects in themselves. Patients consistently report that their experience in Mirror Image has a profound affect on their recoveries. Mirror Image patients return to Talbott Recovery for afternoon groups and appointments with physicians and clinicians.

*Build a long-term
Recovery System*

Continuing Care

Talbott Recovery is committed to helping our patients and their families build a long term, self-sustaining recovery. Talbott Recovery's continuing care process assists patients and families to develop a program of recovery and a support system that will provide a solid foundation to achieve that goal after they leave our facility.

At Talbott, we believe that continuing care actually begins prior to the patient arriving for treatment. Whoever refers a particular patient to Talbott Recovery becomes the starting point for communication (with consent) with our treatment team and continuing care coordinator. This begins a process of communication that our coordinators build on throughout the course of treatment.



Each patient is assigned a continuing care coordinator that will work with them throughout the treatment course to:

1. Serve as the referent liaison with our referral sources and the clinical treatment team
2. Gather collateral information and provide written and verbal updates to referents
3. Assist the patient with any work, licensure or legal issues
4. Participate in the multi-disciplinary treatment team to assess patient's progress
5. Identify unresolved treatment issues to be included in discharge planning
6. Plan Extended Therapeutic Leaves (ETL) for the patients prior to discharge to set up aftercare at home
7. Establish a clinical team to assist with patient's long term recovery post-discharge

*Working together
as a team to recover*

Transitional Living Program

We provide a healthy, supportive, and structured living environment for individuals who have completed a Talbott treatment program but need more accountability and guidance. Each resident is assisted with implementing the critical skills learned in addiction treatment into a successful, meaningful way of life in recovery. Upon completion of the primary phase of addiction treatment, any patient wanting more structure and time to work on his/her recovery can transfer to the Transitional Living Program. Residents continue to live in a recovery community, go to 12-Step meetings daily, and participate in a Peer Support Group and community group therapy for addiction once a week. A Talbott staff member lives in the community and is available to assist with any problems or questions residents may have. Each resident is asked to work, be a volunteer, or go to school for at least 20 hours each week.

The transitional living community is a place to practice using the tools of addiction recovery and to focus on applying the 12-Steps to solve every day problems while living with other recovering individuals. Honesty (behavioral and emotional) is the foundation of a durable recovery. When combined with openness to direction and experience of others, and the willingness to follow suggestions, a strong foundation for individual recovery and a stronger community is developed. Talbott Transitional Living program is another step in the recovery process to providing every opportunity for a healthy and happy recovery.

Patient Residential Communities

Talbott Recovery patients reside in modern apartments in a surrogate family setting. This setting heals the isolation, loneliness and behavioral problems that every addict or alcoholic develops over the course of their disease. Patients live in apartment residences composed of peers working together as a team to recover.

*Set-up an Admission
24-hours a day*

Admissions Process

1. Call to speak with an Intake Specialist

Although many of our patients are physician referred, admission to Talbott does not require a physician referral. Patients or family members may set up an admission by calling (800) 445-4232 or (770) 994-0185 twenty four hours a day.

2. Medical Records

Your Intake Specialist will gather all the required medical information and review your application with a Talbott Recovery physician. Once the patient has been cleared medically, admission can usually be arranged within 24 hours. If the patient is not medically appropriate for Talbott Recovery, your Intake Specialist can help you with referrals to other facilities.

3. Patients transferring from another facility

If a patient is transferring from another facility, medical records should be faxed to our Intake Office at (770) 997-8480. Based on information provided, a Talbott Recovery physician will review and approve the admission.

4. Approval of Patient Application & Finances

After the patient has medical clearance, your Intake Specialist will help you to make all the necessary financial arrangements and an admission date will be scheduled.



History of Talbott's Programs

For over 35 years Talbott Recovery has been dedicated to delivering the highest quality addiction treatment services available. Originally the Talbott Recovery program was primarily designed to treat impaired healthcare professionals (physicians, dentists, pharmacists, and nurses) earning Talbott Recovery a national reputation as: "the place where healers come to be healed." During those three decades, alcohol and drug rehab program services were expanded and offered to a full range of adults (18 years and older) and now includes a second specialty program designed to address the unique issues and recovery challenges faced by young adults (18 to 25 years). From the outset our recovery center was recognized as a leader in the development of treatment techniques for alcoholic and chemically dependent patients. In large part this was due to the innovative work of Talbott Recovery's co-founder, Dr. G. Douglas Talbott. During his tenure as Medical Director, Dr. Talbott developed pioneering treatment features like Talbott Recovery Mirror Image, Extended Therapeutic Leaves and our Alumni Return Visit Program. After numerous other drug and alcohol recovery centers adopted these techniques Talbott Recovery became known as a program that was: "often copied but never equaled."



"where healers come to be healed"

Insurance Coverage

Please call the Talbott Recovery Intake Department and speak with one of our specialists who will assist you in getting the best utilization of any available insurance benefits. TALBOTT Dunwoody and TALBOTT Columbus are in network with most major insurance companies.



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