



About Adult Addiction Treatment

Treatment within Talbott's Adult Addiction Program is anything but dry and routine. We understand that our patients come from a myriad of backgrounds and complicated, painful situations – some even heartbreaking in their intensity. At Talbott Recovery, it is our intention to provide holistic treatment that affects mind, body, soul and spirit. With that aim in mind, we have incorporated many elements into the Adult Addiction Program to address and respond to the multifaceted nature of human beings in today's world.

Our addiction treatment program for adults provides comprehensive treatment of addiction (alcohol and other drug abuse as well as various other addictive disorders that are non-substance related) in an intensive outpatient day treatment program and the related medical, psychological, psychiatric, spiritual and work-related problems that develop due to addiction.

Contact us today
(800) 445-4232

The photos in this brochure are being used for illustrative purposes only and all persons depicted are models.



Program Description

The road to substance abuse recovery can be different for every individual. Family history, support networks, the degree of intensity of addiction – these elements and more combine to make each sufferer's experience unique. To meet our clients' needs where they are currently in terms of the substance abuse spectrum and the fallout from that addiction, Talbott Recovery's drug rehab centers offer an array of services and levels of care to help our patients escape addiction and move forward healthily with their lives.

Each level of care addresses the needs of our patients during different times in their substance abuse recovery. We stage the intensity of treatment based upon the levels described by the American Society of Addiction Medicine Patient Placement Criteria, Version II, Revised.

- *Dual Diagnosis (addiction with co-occurring psychiatric disorders)*
- *Dual Addiction, Sex Addiction*
- *Prescription Drug Abuse*
- *Trauma & Post Traumatic Stress Disorder (PTSD)*
- *Recovery residences located off-campus for program attendees, which help to foster bonds of support with apartment-mates over the course of the program.*
- *Volunteer opportunities and social events to help take one outside of him or herself and into the larger community of Talbott.*



5448 Yorktowne Drive
Atlanta, GA 30349
(800) 445-4232 or (770) 994-0185
www.talbottrecovery.com



Adult Addiction Program

A place of new beginnings

Adult Addiction Program

Treatment Elements and Modalities

Group therapy is the cornerstone of change in all of our substance abuse recovery programs; we believe recovery cannot occur alone. The Adult Addiction Recovery Program utilizes many of the following therapeutic techniques:

- Group therapy
- Dialectical Behavioral Therapy (DBT)
- Medication management (of mood disorders)
- Individual therapy
- Procedural learning on how to use the 12-Steps
- Psychoeducation group
- Profession issues group
- Work related groups
- Relapse prevention
- Life skills
- Family therapy
- Family Program
- Spirituality group
- Sexual issues groups (men's & women's)
- Gender issues group
- Trauma Group
- Anger Group
- Grief Group
- Nicotine Cessation
- GLBTQ process groups (Visit our website to learn more about this group.)
- 12-Step recovery meetings on campus
- EMDR (Eye movement desensitization and reprocessing) for trauma issues

Contact Talbott Recovery today to take the first step toward addiction recovery through our Adult Addiction Program for men and women.

Levels of Care

Patient Assessments and Evaluation

Each patient undergoes a thorough evaluation prior to admission. The evaluation assesses the patient's physical, psychiatric, psychological, social, spiritual, and family needs to determine the most appropriate level of care for each individual patient.

Detoxification and Stabilization

Inpatient stabilization is available for patients requiring a more complicated detoxification and/or behavioral containment to interrupt the downhill spiral of their addiction. At the time of admission, patients requiring Level IV care are admitted to our sister facility, Anchor Hospital, which sits on the same campus as Talbott Recovery. Level IV patients are under the direct care of a physician who specializes in addiction treatment.

Partial Hospitalization Program (PHP with Recovery Residences)

Campus Phase of treatment for 8 weeks with individualized day therapy for dual addictions includes 12-Step meeting attendance, addiction education and relapse prevention training. Patients will work on sobriety, both from substances and undesired behaviors while they learn to restore their dignity and to eliminate shame. This phase of treatment provides an introduction to the Basic Skills of Recovery. Upon completion of the Campus Phase of treatment, we frequently recommend our Mirror Image Phase of treatment for an additional 4-1/2 weeks.

Mirror Image (PHP with Recovery Residences)

Mirror Image (a TRC innovation) for approximately 4-1/2 weeks includes working with other patients to reflect their own recovery progress and to strengthen their sense of dignity and self esteem through service to others. Patients consistently report that their experience in Mirror Image has a profound effect on their recovery. Mirror Image patients return to Talbott Recovery for afternoon groups and appointments with physicians and clinicians.

Adult Addiction Program

Family Program

Family therapy is an integral part of treatment as addiction impacts the entire family. We offer family therapy sessions throughout treatment and a three-day Family Workshop to provide families with information on the nature of addiction and its treatment, as well as the many forms in which addiction manifests itself, including sexual and romantic preoccupations and behaviors. Family members will engage in supportive and therapeutic counseling sessions to begin rebuilding trust and intimacy in relationships.

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 in developing a program of recovery and a support system that will provide a solid foundation to achieve that goal after they leave our facility. Services are available after discharge.

"Once a patient, Always a patient."

Recovery Residences

Talbott Recovery Campus' outpatient residential addiction recovery community is anything but "clinical." It's our philosophy that part of an effective substance abuse recovery program is "down time," where men and women in our substance abuse treatment programs can relax and unwind, spend quality time reading, journaling, visiting with others who are also in treatment. To that end, Talbott Recovery has created off-campus recovery residences for patients that allow for private time and reflection as well as the chance to process the new ways of living, thinking and feeling that accompany addiction recovery. It is not uncommon for patients to report that over half of their recovery growth takes place in the residences.



Insurance information:

Please call the Talbott Recovery Intake Department (800.445.4232) to speak with one of our specialists who will assist you in getting the best utilization of any available insurance benefits. Talbott Recovery works with all insurance companies and also offers financing options for any treatment costs not covered by insurance. Talbott Recovery is not an approved Medicare/Medicaid provider.

www.talbottrecovery.com

Return Visits

The leadership at Talbott Recovery, working together with former patients, developed the Return Visit Program. Alumni speak of the significant number of important new friendships they make with other patients while at Talbott Recovery. They also speak of the confidence and trust they developed with Talbott Recovery staff. Mostly, they speak of how they want to "reconnect" with friends and staff on a regular basis. Responding to this feedback, we developed our Return Visit Program, which has become very popular and well attended. Patients include Return Visits as a component of their aftercare.

