

Outpatient Locations:

Boston

14 Beacon Street
617-227-2622

Quincy

1419 Hancock Street
617-328-0639

North Dartmouth

88 Faunce Corner Road
508-999-1102

Worcester

95 Lincoln Street
508-453-3053

West Springfield

117 Park Avenue
413-209-3124

Warwick, RI

400 Bald Hill Road
401-732-1500



New England's Most Comprehensive Provider of
Alcohol and Drug Abuse Treatment

ADCARE  **HOSPITAL**
We Care OF WORCESTER, INC.



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OUR PHILOSOPHY

For over thirty-five years, AdCare has helped individuals and families cope with the disease of addiction ... one life at a time.

The AdCare name represents innovation, quality and cost efficiency in alcohol and drug abuse treatment. AdCare's integrated system of care offers a nationally recognized inpatient facility; a network of conveniently located outpatient services locations; and the leadership of some of America's acknowledged experts in alcohol and drug abuse treatment.

AdCare embraces a philosophy of quality-driven, patient-centered programs that are also relevant to the challenges of today's healthcare environment. AdCare's continuum of treatment levels and modalities enables us to match the needs of the patient with the most appropriate level and cost of care.

We believe that addiction is a bio-behavioral disease that affects not only the individual, but his or her family as well. Successful treatment requires placement at the appropriate level of care and involvement of the family throughout the treatment continuum. This treatment philosophy has allowed us to advocate for the patient while remaining responsive to the interests of healthcare companies and other insurers.

AdCare Hospital is accredited by The Joint Commission. It also has been recognized as one of the 100 Best Treatment Centers for alcoholism and drug abuse in the United States.

TREATMENT MODELS / LEVELS OF CARE

At AdCare, we realize that the treatment methods for our patients must match the individual's needs and the needs of the changing healthcare environment in which we live.

One of AdCare's strengths is placing patients in the appropriate level of care. We are firm believers that each patient's situation is unique. Our highly qualified staff is adept at drawing upon our continuum of inpatient and outpatient services to develop an individualized treatment plan for each patient.

When a patient contacts AdCare, we immediately conduct an assessment which determines the appropriate level of care. The intensity of service and the setting our patients are placed in varies from individual to individual, depending on past and present circumstances.

AdCare offers a wide variety of inpatient and outpatient services, all designed to meet the treatment needs of patients, regardless of the severity of their addiction.

The levels of care offered by AdCare:

Inpatient Services

- Medically Managed Detoxification
- Medically Managed Rehabilitation
- Medically Monitored Residential

Outpatient Services

- Outpatient Detoxification
- Intensive Outpatient Treatment
- Outpatient Counseling Services

Specialty Services

Specialty services are available within each level of care for patients who may require treatment beyond what is available through the core programs.

Discharge Planning

Discharge planning is a component of all levels of care and overseen by our case management staff.

Placement Services

Placement services are used to assist patients in obtaining and transitioning to halfway houses, extended rehabilitation facilities, and sober houses.



OBSERVATION, EVALUATION AND STABILIZATION

AdCare believes that evaluation and stabilization of our patients is the key to efficient and effective utilization of treatment resources.

Observation Services

Observation services are utilized when it is unclear as to the patient's detoxification needs. A patient can be admitted to observation services at any time and typically remains for no more than twenty-three hours.

Upon admission to this service, a patient receives a nursing assessment, a breath alcohol test, urine toxicology, and a history and physical examination. Potential biomedical complications are identified by the AdCare staff. Throughout this crucial period, the patient is actively observed by the nursing staff to monitor detoxification needs. A biopsychosocial assessment is also initiated, which includes contacting other treatment providers and family members.

Highlights:

- Provides a safe setting to observe patients for whom appropriate level of care placement is unclear.
- Triage patients to the appropriate treatment services to address alcohol/drug problems.

AdCare believes successful treatment includes the individual patient and his or her family as well

INPATIENT SERVICES

AdCare is a 114-bed hospital equipped to meet the treatment needs of alcohol and drug abuse patients at all stages of addiction. AdCare's staff is comprised of the region's most highly qualified physicians, nurses, clinicians, nurse practitioners, counselors and case managers.

We designed our inpatient services to treat each patient as an individual, with treatment plans that ensure the patient receives the appropriate level of care for his or her specific needs.

Inpatient Treatment

AdCare takes a multidisciplinary approach to acute inpatient treatment, designing a specific course of treatment for each individual.

When an inpatient admission is required, AdCare programming provides a flexible length of stay based upon active case management. At the heart of our acute care philosophy is recognition of the need to stabilize acute symptoms and to motivate the patient to continue receiving treatment at a less intensive level of care.

Inpatient Detoxification

During inpatient detoxification, patients are seen daily by a physician as well as nurses, counselors, case managers, and placement staff. Patients also participate in a daily treatment program designed to increase their understanding of addiction and their continuing care needs. The patients' daily schedule consists of a variety of activities including educational groups, an introduction to self-help, preparatory counseling/motivational groups, and family educational and counseling sessions for significant others. Management of co-occurring disorders can be initiated as indicated.

Inpatient Rehabilitation

Inpatient Rehabilitation provides medically-managed treatment for patients with co-occurring medical or psychiatric conditions that may place them at immediate risk for relapse. All patients are assigned to a primary counselor and a case manager who assist them in meeting their treatment goals. Daily activities include educational sessions; counseling – individual and group; recovery and relapse prevention skills training; Alcoholics Anonymous/Narcotics Anonymous/Dual Recovery Anonymous meetings; application of self-help skills training; and family educational and counseling sessions.

“ Our acute care philosophy is to stabilize symptoms and motivate the patient to continue to receive treatment.”



Inpatient Acute Residential

Inpatient Acute Residential provides medically-monitored care for those patients whose medical and psychiatric conditions are more stable. Patients may be admitted directly to Residential Services or as a step down from Rehabilitation Services. Patients in Residential Services are provided daily nursing care; are medically monitored; and are assigned a primary counselor and a case manager.

Highlights:

- Assists the patient in recognizing the consequences of his or her alcohol/drug abuse.
- Involves the patient in determining what problems need continued treatment.
- Involves other treatment providers and family in treatment planning and offers structured family groups/programs.

INPATIENT SPECIALTY SERVICES

AdCare provides a variety of specialty services for patients who may require additional treatment beyond what is available through the core programs.

Services For Patients With Co-occurring Addiction And Psychiatric Illness

AdCare offers an intensive treatment program to alcohol and drug abuse patients who have a concomitant psychiatric illness. We believe that these patients can progress through the continuum of care successfully with the appropriate treatment.

Highlights:

- Comprehensive assessment
- Psychiatric consultation
- Psychological consultation
- Initiation of psychiatric medications when appropriate
- Medication monitoring
- Individual psychotherapy
- Dual diagnosis relapse prevention groups
- Dual Recovery Anonymous meetings on-site
- Aggressive case management and continuing care planning
- Structured family program



Specialized Services For Older Adults

AdCare realizes that patients who seek treatment later in life have special needs. Medical complications, malnutrition, isolation, prescribed medication abuse and memory impairment are common in older patients. AdCare provides a variety of treatment approaches for older adults.

Highlights:

- Medically managed withdrawal from alcohol, prescription medication and other drugs.
- Psychiatric and medication assessments.
- Coordination with other healthcare providers.
- Specialty groups on-site.
- Treatment of concomitant medical and psychiatric conditions.
- Psychological consultation and therapy

CASE MANAGEMENT SERVICES

At AdCare, case management plays an integral role in the delivery of coordinated care for patients along a treatment continuum. Designed as an “umbrella unit” of various skills, case management serves as a catalyst for the following:

- Internal and external utilization review.
- Identification and provision of social services.
- Coordination of an appropriate individualized treatment plan as the patient moves along the continuum of care.



As key members of an integrated treatment team, case managers meet patients on daily rounds and coordinate services of the team including medicine, nursing, psychiatry, psychology and counseling. Our case managers are a resource for patients, families and referral sources as patients progress through levels of treatment.

P.A.G.E.

AdCare’s case management is guided by the following philosophy:

- Personalized service.
- Advocacy of patient needs in conjunction with accountability of services delivered.
- Guidance in development of appropriate treatment plans and use of patient benefits.
- Engaging all appropriate parties in treatment decisions.

Discharge Planning

The discharge planning process begins at admission and continues throughout all levels of care to identify the specific physical, social, emotional, behavioral and spiritual problem areas that will need attention after discharge. The patient and his or her counselor discuss these issues throughout treatment and together formulate a concrete discharge plan.

“ Our outstanding staff combined with our variety of services allows AdCare to match each patient with an individualized treatment plan ”

PLACEMENT SERVICES

AdCare recognizes the value of halfway houses, extended rehabilitation facilities, and sober houses as a necessary “next step” for some patients. Our placement staff educates patients about available resources; identifies the most appropriate resource for the patient; and assists the patient in completing the screening process. Once a placement is obtained, the placement staff facilitates the patient’s transition to this next level of care.

OUTPATIENT SERVICES

AdCare offers outpatient services at a number of convenient locations throughout Massachusetts and Rhode Island, allowing patients to receive treatment at the times and locations that are most conducive to their schedules.

Outpatient Detoxification Program (Worcester Only)

AdCare’s outpatient detoxification program combines medical supervision during withdrawal with alcohol and drug abuse treatment to enhance continued abstinence.

Highlights:

- Provides safe, medically monitored detoxification from alcohol and other drugs while developing a continuing care plan.
- Provides support and encouragement for continued participation in treatment. Patients will receive withdrawal medications and continuing education on a daily basis.
- Upon completion of the detoxification program, patients will be triaged to the next appropriate level of care.

Outpatient Counseling And Comprehensive Evaluation

Outpatient Counseling is available at all of AdCare’s offices. Counseling begins with an initial assessment and development of a treatment plan. A Comprehensive

“ AdCare’s Treatment On Your Time™ allows patients to receive treatment while still maintaining their daily schedule. ”

Assessment Service is also available, including patient interviews with the outpatient clinician, a medical screening, urine toxicology, collateral contacts and the use of standardized assessment tools when indicated.

Individual, couple’s and family counseling is available for alcohol and drug abuse and its related problems at all stages of recovery. Family intervention and specific group counseling services are available at each AdCare site.

Intensive Outpatient Treatment Programs

AdCare offers both day and evening intensive outpatient services to ensure that patients are able to receive convenient, quality treatment. Each patient in Day and Evening Treatment is managed by an outpatient therapist who designs the specific treatment activities appropriate for the patient. Activities consist of individual and group counseling, psycho-educational sessions, recovery-skills groups, self-help participation and a family program.

Highlights:

- The Day Treatment Program is a structured six-hour treatment program available seven days per week.
- Day and Evening Intensive Outpatient Treatment Programs are available three hours per day/evening, three-to six-times per week.
- The intensity and duration of participation is individualized for each patient.

ALUMNI SERVICES

At AdCare, we understand that recovery is a lifelong commitment. AdCare provides alumni services to assist alumni on their road to recovery, personal growth, and a life free from alcohol and drugs. Access alumni/recovery news, resources, and events online at <http://www.adcare.com/adcare/alumni.php>. And stay connected.