



# Adult Inpatient Programs

Drug and Alcohol Detoxification

and

Chemical Dependency Rehabilitation Program



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## Drug and Alcohol Detoxification program

### Inpatient Services:

When going through detoxification, some individuals may have severe withdrawal problems that require inpatient medical services. St. Charles Hospital offers medically supervised detoxification to help reduce the physiological and psychological risks for ages 18 and older.

### How the process works:

A physician or another medical professional uses evidence-based screening tools to determine admission.

- The patient enters our acute-care setting for a 24-hour, medically directed evaluation and treatment.
- Physicians and nurses provide specialized care and observation.
- Physicians and nurses administer medication according to physical needs, while helping to maintain a manageable level of comfort.

St. Charles Hospital has up to 20 hospital beds dedicated to medically supervised detoxification. As a licensed acute care hospital, we can manage complex medical conditions. The adult detoxification program is for those aged 18 and older.

Detoxification is the first step in recovery. Requesting a referral to an inpatient or outpatient program at St. Charles Hospital is recommended.

## Chemical Dependency Rehabilitation program

This program is for adults over the age of 18 and it is voluntary, based on the philosophy that recovery begins with the desire to change. The 40-bed inpatient unit at St. Charles Hospital offers a program designed to promote recovery for the chemically dependent patient. We believe that individuals who want to change can achieve success with the proper recovery program. Our experts are highly skilled in all aspects of recovery from addiction to drugs or alcohol and provide patients with the tools they need to stay substance-free, develop a new self-image, cope with life's difficulties and make positive and lasting changes in their lives.

### Treatment method

The ultimate goal of treatment is to minimize the possibility of relapse and maximize each patient's ability to live without the use of addicting drugs or alcohol. Our program utilizes various approaches to achieve recovery goals including cognitive restructuring, relapse prevention training, effect regulation, wellness concepts and 12-step principles. Depending on the individual, treatment plans include issues such as biomedical conditions, emotional/behavioral health syndromes, co-existing psychiatric disorders, as well as family, work and community concerns.



### Chemical Dependency Rehabilitation services include:

- Assessment
- Individual therapy
- Group therapy
- Family therapy and education
- Workshops and homework assignments
- Medical supervision
- Urine screens and breathalyzer tests
- Support groups

### Continuum of care

Patients are provided with information on support services after discharge to ensure continued recovery.

### Support services include:

- Support groups
- Wellness understanding
- Use of 12-step principles



For further information about the Drug and Alcohol Detoxification program or the Chemical Dependency Rehabilitation program, please call

**(631) 474-6233**