

Program Structure

Our Outpatient Drug and Alcohol Treatment and Education Program runs five days per week, three—six hours each day, to include a one-hour lunch break. During treatment, consumers generally attend multiple groups a day and receive other individualized care provided by certified substance abuse counselors, licensed therapists and a psychiatrist in accordance with the consumer's treatment plan to help them reach a healthier lifestyle.

Each day:

- Begins with a community meeting group to review the daily schedule / Check In
- Welcomes any new individuals
- Reviews progress on treatment goals
- Addresses any concerns or challenges

The DATEP consists of 4 groups daily Monday through Friday. Groups offered include:

- Cognitive Behavioral Therapy / Dialectical Behavioral Therapy
- Anger Management / Assertiveness/ Self esteem
- Alcohol / Tobacco / Stimulants / Hallucinogens/ and Opioids
- Cannabis/ Synthetic Cannabinoids/ Cold and Cough Medicines
- Communication / Boundaries / Self Coaching
- Coping skills / Goal setting
- Strengths / Positive Psychology
- Shame / Grief and loss / 12 Steps
- Recovery / Addiction / Wellness
- Stress Management / Distress Tolerance
- Mindfulness and Relaxation Training
- Relapse / Cravings / Urine Screening
- Medication Education / Medication Management

The Treatment Team

Our DATEP services are provided by our dedicated, experienced staff of health care professionals in a positive and healing environment. We believe that chemical dependency is a highly treatable disease, and customized treatment for individuals with substance abuse problems can go a long way in helping them overcome their dependency on alcohol and/or drugs. Our staff is led by a caring professional multidisciplinary treatment team to include: board certified psychiatrists, registered nurses, licensed social workers, and therapists, professionals from the field of addiction, psycho-educational group leaders, case managers utilizing evidence-based treatment modalities.

Access to Treatment

Referrals to DATEP can be made by a physician, mental-health professional, a hospital or intermediate care facility, friends, family and oneself. Our Specialized DATEP contracts with most insurance plans. To determine what your insurance will cover, please contact your insurance provider. For more information or to make an appointment, call 404-298-9005. If you are already involved in treatment, it is recommended that you speak with your provider about making a referral.

For questions, comments, referrals or more information:

Office: (404) 298-9005 • Direct: (404) 569-3742

Fax: (404) 298-0046

Email: bhs@positivegrowthinc.org

Website: www.positivegrowthinc.org

Location

900 N. Hairston Rd • Stone Mountain, GA 30083

**Office Hours: 9am -6pm Monday -Friday /
Saturday 9am-1pm**

Positive Growth is an equal opportunity employer and is prohibited from discriminating on the basis of race, color, religion, national origin, sex, age or disability.

Positive Growth

Recovery Center

**Specialized
Outpatient Drug and
Alcohol Treatment
and Education
PROGRAMS
(DATEP)**

A DBHDD Licensed Program

**“Working toward a better tomorrow
for Adolescents, Adults, and
Families.”**





Positive Growth, Inc. Community Mental Health Center



SERVICE FOCUSED ON INDIVIDUAL RESULTS

The consequences of alcohol and other drug addictions affect millions of American families, many of them right here in Georgia. Recognizing the impact of substance use and addiction in the greater Metro Atlanta area, as well as the limited treatment resources available locally, Positive Growth Inc. has developed a specialized substance abuse treatment program for individuals and families whose lives are affected by alcohol and other drugs.

Two Programs to Meet Differing Levels of Care

Because the levels of care needed by individuals seeking treatment for substance abuse/chemical dependency differ, we offer two distinct outpatient programs for adults.

I. Intensive Outpatient Day Program:

This highly structured program is designed for individuals transitioning from an inpatient stay for substance abuse/chemical dependency or for those requiring more support and services than those offered in a traditional outpatient setting. Hours: 9:00 a.m. to 3:00 p.m. – Monday through Friday.

II. Intensive Evening Program

This highly effective program is designed for individuals who have a stable environment and are able to receive treatment while maintaining a daily work routine. It is appropriate for individuals in which the chronic nature of their substance abuse/chemical dependency has not progressed to the extent where it requires more intensive levels of care. Hours: 5:00 p.m. to 9:00 p.m. – Monday through Thursday 8:00 a.m. to 11:00 a.m. – Saturday for the Family Session. It is mandatory for all patients and their families to attend at least one family session.

We believe that recovery is a journey not a destination, and that treatment needs to be specific to you. At Positive Growth you are our priority.

Who Do We Serve?

Our DATEP provides treatment to men and women ranging in age from young adults to seniors who meet criteria for admission and cannot be adequately treated through traditional outpatient services. Treatment is tailored to each consumer's specific needs and is provided in a confidential, supportive, and structured environment.

Program Objective

Our DATEP is designed to treat consumers whose addictions are too severe to be managed in outpatient therapy alone, and who might otherwise require inpatient treatment. Our DATAP emphasizes treatment of the *whole* person, not just the addiction. We do this by addressing the spiritual, emotional, and physical effects of substance abuse. The program includes group counseling, drug and alcohol education, relapse prevention, introduction to the 12-step program, and aftercare planning. The primary goals of individual's treatment are to increase coping skills and stabilize symptoms by addressing life management skills, and exploring cognitive and behavioral changes. Progress toward these goals helps in the development of independent and healthy lifestyles.

Benefits for Consumers

- Minimal family and home life disruption allowing participant to maintain important links to their family and the community.
- An opportunity to practice newly learned abstinence skills at home in the evening and thus be aware of strengths and abilities to promote confidence and independence.
- A less stressful transition from inpatient substance abuse program to the home environment.
- A safe alternative to those not requiring inpatient substance abuse services.

Our Treatment Approach

Our chemical dependency/substance abuse treatment approach is based on state-of-the-art knowledge about what has proven to be effective. We stay up to date on best practices and capitalize on the skills and experience of our professional healthcare team for the benefit of our patients and their families.

Our approach begins with a thorough, confidential assessment that guides our multidisciplinary treatment team in developing a customized treatment plan based on the individual's specific needs. Treatment plans may include medical, pharmacological, clinical, behavioral, and 12-step interventions. Because many people, who come to us may be cross-addicted that is, have two or more addictions; our program is designed to meet these needs as well.

Our treatment programs integrate the 12 Step Program, which over the years has become the most widely used approach for dealing with substance abuse and has proven to be very effective in helping people recover from addictive behaviors.

Because we understand the importance of preventing relapses, our individualized treatment plans include prevention relapse treatment modality-ties that each patient is capable of carrying out. For treatment to be successful, it is essential to include a personalized discharge and aftercare plan that provides ongoing support. As a continuing care plan, it will address the physical, mental and social needs of each patient. Family relationship support is a key element, and referrals to 12-step meetings and outpatient programs may be made.