

## **MENDING HEARTS, INC.**

### **PROGRAM DESCRIPTION -RESIDENTIAL REHABILITATION**

**Treatment Program Type:**Adult Continuum of Care – Residential Rehabilitation

**ASAM Level:** III.3, III.5, III.7

**Staffing:** Contract Medical Director, Clinical Director, Residential Program Director, Nurse Practitioner and/or Registered Nurse, Case Manager, Admissions Coordinator, Treatment Monitors

**Qualifications:** Medical Doctor, Licensed Nurse Practitioner and/or Registered Nurse, Licensed Professional Counselor, a Senior Psychological Examiner, Case Managers in process of LADAC licensure, Certified Peer Support Specialists, and staff (many with Bachelor's or Master's degrees) receive extra training through inservices and outside trainings

Admissions are for women over the age of 18 who meet admission criteria for a chemical dependency, co-occurring disorder and/or ASAM Level III.7, III.5, and III.3. Preference is given to treating pregnant IV drug users, pregnant women using alcohol or other drugs, IV drug users, and then all other substance users. Admission into the program is without regard to race, color, religion, disability, gender, sexual orientation, age, or national origin. Outreach services will be provided to IV drug abusers and other chemically dependent persons through presentations at community organizations, jails and prisons as well as having booths at community functions.

All services and treatment of the Residential Rehabilitation Program are directed toward maximizing the client's functioning and reducing symptoms. This phase is designed to teach the chemical abuser the facts surrounding her disease and how to explore alternative lifestyles and behavior in depth and in a safe environment. Upon admission, every client is given an assessment by the Nurse and meets the Primary Counselor and Case Manager who are responsible for initial counseling, developing an individual treatment plan, individual and group therapy sessions, group educational sessions, client assignments, case management, referral process and Continuing Care Plans. All clients are expected to attend 12 Step meetings along with educational sessions on 12 Step programs. All Treatment Team members meet weekly for case consultation for all clients.

Each client's treatment is highly individualized based on initial and subsequent assessments of the client's needs. Treatment goals include chemical abstinence stabilization, mental health issues and relapse prevention. Mending Hearts strongly adheres to the Best Practice Guidelines issued by the State of Tennessee and incorporates evidence-based treatment curricula such as Hazelden's Co-Occurring Disorders Program, the Matrix Model, Seeking Safety, and Living in Balance.