



Your Patient Experience at Schick Shadel Hospital

DETOX

Your detox period is based on your individual needs. The 10-day treatment program begins after detox.

DAILY PATIENT SCHEDULE

Your 10-day treatment program consists of counter-conditioning, sedation therapy, individual counseling and group/educational lectures. The program also includes studying the philosophy of *The Four Agreements: A Practical Guide to Personal Freedom*, written by Don Miguel Ruiz.

YOUR FIRST DAY includes orientation and an exam by your physician.

YOUR DAILY SCHEDULE INCLUDES:

- Breakfast
- Education – including study and discussion of *The Four Agreements*.
- On alternate days, you will receive counter conditioning or sedation therapy treatment.
- Lunch
- Afternoon group/education session
- Physician rounds
- Dinner
- Evening group/education

Ongoing throughout the 10-day program: Counseling sessions including treatment planning, relapse prevention and continuing care planning. Information from the sedation therapy sessions is used to customize your individual sessions.

During your stay, you will have access to your cell phone and computer and your family and friends are welcome to visit you.

After completing the 10-day program, you will return for 30- and 90-day follow up sessions to ensure that your level of aversion is maintained over time.

SCHICK SHADEL
HOSPITAL

www.schickshadel.com



DBHR Certification #17 1638 00

Washington State Hospital Licensed for Chemical Dependency • HALC.FS 60238024

WHAT OUR PATIENTS SAY ABOUT SCHICK SHADEL HOSPITAL:

"Over a year sober. This place saved my life. Trust the physicians and staff and have faith in the treatment."

"For me the most remarkable thing about Schick's treatment is that it takes away the cravings. If you have no more cravings why would you want to go back to drinking and the nightmares it caused? I am so grateful to Schick because it truly has given me back my life."

"This has been an absolutely transformational experience. I was somewhat skeptical at first but then became a firm believer of the treatment program. God bless you in your journey."

"The best decision of my life was to enter this program. This is the first day of my new life! It's an awesome place with wonderful staff and never ending support!"



Our 10-day substance abuse treatment program eliminates cravings for a better chance of success in long term sobriety.

"Thanks to everyone at Schick Shadel. This has been a very fulfilling experience - I have never felt so optimistic and faith filled as I am today."

"You gave me back my happy. The last 10 days have created a change that took years to create. Thank you very much."

"To everyone at Schick, thank you so much for giving me back my wife of 35 years. I don't know how you did it but it was like a miracle to have her sober and happy again. Your incredible 10 day program was amazing."

"To say this program is life changing is a gross understatement. You have honestly changed my life. I will be forever grateful."

"I should have been here years ago! Thank you Schick."

SCHICK  **SHADEL**
HOSPITAL

www.schickshadel.com