

Schick Shadel Hospital Counseling

A vital component of the Schick 10-Day Treatment Program



The counseling professionals at Schick Shadel Hospital work with patients with variety of issues aside from substance abuse disorders. Many suffer from anxiety, depression, childhood abuse, domestic violence and PTSD. Our job is to coordinate care with medical staff to help stabilize the patient's mental health symptoms until they are able to receive appropriate treatment during or after the 10-day program.

Our counselors seek to educate and motivate patients to move from pre-contemplation to readiness and then accepting recovery from addiction to their drug(s) of choice. To do this, we use evidence-based techniques. Since each patient has such a short stay, counseling has to delve into underlying issues more quickly than longer programs. This is done with the help of sedation therapy interviews. The interviews conducted while the patient is sedated (using propofol) help to break through the patient's denial of problems. The interviews help the counselor and patient to identify specific problem areas. In addition, the patient reads the results of the rehab interview in a counseling session within just a few hours after the interview.

The patient learns what their subconscious is saying about their motivation to quit using substances and their progress in treatment. By being privy to this useful information, the patient then feels like they have an active role in their treatment.

Counselors work with each individual to break down barriers

by challenging old negative beliefs, helping to identify coping skills that have worked for them in the past and introducing new skills to start practicing. For example patients that have been isolated in the past are encouraged to practice being social with other patients during their 10-day stay. Support from fellow patients who are about to complete the program is vital for helping newer patients see that recovery is possible – it seems more believable from someone who has gone through the program. A healthy bonding occurs between patients and they tend to cheer each other on to success.

SCHICK SHADEL
HOSPITAL

www.schickshadel.com



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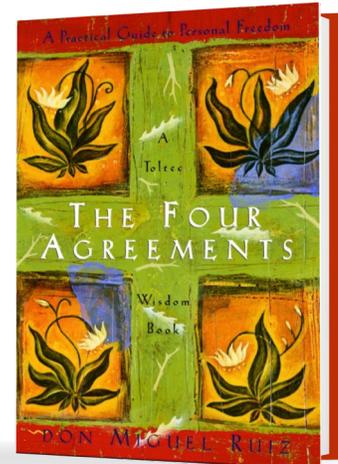
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DURING TREATMENT EACH PATIENT RECEIVES:

- A comprehensive assessment by a chemical dependency professional (using the addiction severity index) and an individualized treatment plan that includes patient input.
- A continuing care plan that may include individual counseling sessions with a therapist and/or ongoing support group meetings.
- A minimum of four individual counseling sessions.
- Psycho-educational groups – four times a day – focusing on relapse prevention skill building – based on the principles of *The Four Agreements: A Practical Guide to Personal Freedom*, written by Don Miguel Ruiz.

PRINCIPLES INCLUDE:

1. Be impeccable with your word
2. Don't take things personally
3. Don't make assumptions
4. Always do your best



- Multi-disciplinary review of patient progress by the seventh day of treatment and a discussion to determine whether there is a need for more interventions or referrals to additional resources.
- Education about resources available after discharge.

CONTINUING CARE CONSISTS OF:

- Return for two recaps in 30 and 90 days after being discharged from the 10-day program.
- Individualized care plans may include referrals to professionals in the patient's community for after care.
- Periodic phone calls by staff on their progress (up to one year).
- Invitation to attend Schick on-site groups after discharge (either by phone or in-person).
- Invitation to attend Schick community support groups.
 - Patients who have completed their 90-days recap can be trained to facilitate Schick community support groups.
- Phone contact with Schick counseling or continuing care staff.