

Schick Shadel Hospital Rehabilitation Interviews



Rehabilitation interviews are an important component of the Schick Shadel 10-day treatment program.

Rehabilitation interviews – also known by patients as “sleepys” – are short interviews given to the patient while they are sedated – using Propofol – administered by a nurse anesthetist. They are used for a variety of purposes including: to give clarity to **substance use history** – identifying past triggers for cravings and relapsing; to confirm aversion level (strength) and its progression during the treatment period; and to make positive affirmations to enhance motivation and treatment responsiveness.

The questions asked of the patient during the interviews include several written by a clinician and several written by the patient. Patients are encouraged to write down questions that they have not been able to answer in the past.

As a patient moves through the 10-day program, the goal is for their aversion to become progressively stronger. To help measure their progress, patients are asked to assess their level of aversion on a scale of one to five – one being little or no aversion and five, representing a strong aversion.

In addition to **measuring the patient’s level of aversion**, the rehab interview allows honest communication between patient and provider. Patients can effectively access their subconscious mind and recall information or events that may have led them to use drugs or alcohol. These breakthroughs can replicate years of traditional therapy, where trust, consistency and replication are carefully managed over time.

Schick Shadel’s medical staff can also receive information about **polysubstance abuse** and relapse events during the interview process. Rehab interviews are transcribed and shared with the patient and the patient’s counselor at the hospital to help inform the long-term recovery process. During the patient’s 30- and 90-day reinforcement sessions, providers begin with a rehab interview to assess the level aversion and also to learn if the patient has used since their treatment.

In many cases, the patient will share the transcribed interviews with their therapist when they return to counseling in their community – after treatment – to help with their ongoing therapy.

Examples of questions used during the rehab interviews:

- What are the possibilities in your life now without using alcohol (or drugs)?
- What do you think is causing you to drink (or use other substances)?
- How do you feel about yourself?
- Patients are encouraged to write down two questions (to be used in the interview) that they have not been able to answer in the past.

Examples of affirmations used during rehab interviews:

- Every day I grow stronger in my sobriety.
- The quality of my life depends on me.
- I love my new life!

Rehab interview facts:

Medications Used: Propofol (Diprivan)

Administration: parenteral (intravenous)

Technicians: Nurse Anesthetist to administer; registered Nurse for recovery monitoring; counselor as interviewer/therapist and scribe

Duration: Time in treatment room 20 to 30 minutes; time in recovery up to one hour

Frequency: Four interviews – one every other day – over a 10 day inpatient stay, one on each reinforcement (recap) visits (30 and 90 days)

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