



The Alcohol and Drug  
Recovery Center

## A Guide to Treatment

### Cleveland Clinic Neurological Institute

The multidisciplinary Neurological Institute at Cleveland Clinic includes more than 300 medical, surgical and research specialists dedicated to the treatment of adult and pediatric patients with neurological and psychiatric disorders. The institute offers a disease-specific, patient-focused approach to care. Our unique, fully integrated model strengthens our current standard of care, allows us to measure quality and outcomes on a continual basis, and enhances our ability to conduct research.

Staff at the Neurological Institute see more than 1,400 patients annually, and our surgeons perform more than 8,000 surgical and interventional procedures each year.

The *U.S. News & World Report* "America's Best Hospitals" survey has consistently ranked our programs among the top in the nation.

At Cleveland Clinic's Neurological Institute, we are dedicated to maximizing patient care outcomes and the patient experience, and to advancing medical education and research in all areas neurology, neurosurgery and psychiatry.



## Taking the First Step

**Admitting that you or someone you care about has a chemical dependency problem isn't easy.**

How do you know when drinking or drug use has gotten out of hand? Generally, if it interferes with family and social life, work, health, emotional stability and/or spiritual life, then chemical dependency is a problem.

Cleveland Clinic's Alcohol and Drug Recovery Center (ADRC) offers the highest quality evaluation and treatment for people with alcohol and/or drug dependency problems. Our team of board-certified psychiatrists, specially trained and licensed registered nurses, and certified professional counselors all specialize in chemical dependency.

This interdisciplinary ADRC team is committed to providing comprehensive care in a compassionate setting. We have a thorough understanding of the disease process and follow a 12-step philosophy. This environment encourages innovative treatment strategies that serve approximately 7,000 chemically dependent patients a year.

The ADRC offers chemical dependency assessment appointments from 8 a.m. to 5 p.m., Monday through Friday. To make an appointment or referral for an assessment, call **216.636.5860** or **866.588.2264**.

ADRC treatment programs are fully accredited by The Joint Commission and are covered by most major health insurance plans. To speak with a financial counselor about payment options, call **216.363.2235**.

Appointment or referral **216.636.5860**  
or **866.588.2264**

## The Gateway to Treatment: Assessment Clinic

Recovery begins with a comprehensive assessment of your condition. A thorough medical, psychological and laboratory assessment is performed. Then a course of treatment — tailored to your unique needs — is prescribed.

Please arrive 30 minutes early for your assessment appointment to allow time to complete our questionnaire. You can plan on spending three to four hours with our staff. Bring a list of prescribed medications, the names of prescribing physicians, and any prior chemical dependency and/or treatment experiences.

You are encouraged to bring a family member or friend with you to provide additional historical information.

## From Inpatient to Independence: Our Treatment Programs

### **Inpatient Treatment**

- If you need close medical supervision (24 hours per day), detoxification and/or individualized attention to medical or psychiatric needs, you may be admitted to our inpatient unit.
- Inpatient care usually begins with a thorough physical and psychological examination. Once your physical condition has stabilized, your individualized plan will determine your course of treatment.

### **Day Treatment (Partial Hospitalization)**

- To qualify for this program, you must be medically stable and living in a supportive environment or approved hotel accommodations.
- You may enter day treatment immediately if detoxification is not required or if outpatient detoxification is appropriate.

You may also enter day treatment after you have completed inpatient detoxification. Day treatment is also suggested if you need a transition from inpatient treatment to outpatient care.

- The day treatment program runs from 8 a.m. to 4:30 p.m., Monday through Friday, for two weeks.
- Day treatment includes group therapy, educational sessions, self-help groups, medical supervision, and medication monitoring and psychological testing if needed. Additional program details will be provided upon request.
- Each evening, you will return home. If you live out of town, you may stay at a nearby hotel. (Transportation is not provided.)

### **Intensive Outpatient Care**

These programs focus on relapse prevention, reintegration into family and work life, and maintenance of sobriety.

#### *Daily Intensive Outpatient Program*

- Program activities are customized to meet your needs.
- The program runs from 9 a.m. to noon (or later as needed), Monday through Friday.
- Most patients attend three to six hours a day for four weeks.
- One weekly aftercare session is offered over eight weeks.

#### *Four-Day Intensive Outpatient Program*

- For patients whose family and job responsibilities permit them to participate in morning treatment.
- The program runs from 9 a.m. to noon, Monday through Thursday, for five weeks.
- One weekly aftercare session is offered over six weeks.

### *Evening Intensive Outpatient Program*

- For recovering patients who must maintain job and family responsibilities during the day.
- The program runs from 6 to 9 p.m., Monday through Thursday, for five weeks.
- One weekly aftercare session is offered over six weeks.

## Aftercare and Relapse Prevention

Patients who are actively involved in aftercare significantly improve their chances of recovering from chemical dependency. Our Aftercare Program helps prevent relapse and promotes patient growth and development. We offer the following aftercare services at convenient times:

- Individual, marital and group counseling
- Employer consultation
- Justice system liaison
- Medication management for chemical dependency and other psychiatric conditions
- Psychiatric care and supervision
- Long-term group therapy
- Office-based opioid therapy with Suboxone®
- Pharmacologic agents for addiction or dependency

## Treatment Tips for Patients and Visitors

- Smoking is prohibited at all Cleveland Clinic facilities, including outside our buildings.
- Cell phones, laptops, portable media players and other electronic devices are not permitted.
- Families have the opportunity to meet with a member of the caregiver team in our weekly Caregiver Support Group.
- Families meet with patients and counseling staff twice per week.
- Patients are expected to attend all treatment group sessions.
- Patients should wear comfortable clothing; laundry facilities are available.
- More information on ADRC policies and dress code will be supplied upon admission.

## Our Coin: A Keepsake for Life

Symbolizing the completion of treatment and the continual road to recovery, the ADRC recovery coin is awarded to patients as they embark upon addiction-free living. Each detail of the coin has meaning.

- The large circle in the center represents the Inner Circle Program, developed in part by Cleveland Clinic. We at ADRC have adopted this professional sports counseling program, focused on treating the whole person, as our primary clinical approach.
- The surrounding circles signify seven virtues: Self-control, purity, honesty, unselfishness, love, humility and gratitude.
- The concentric outer circles signify six virtues: Family, spirituality, emotional stability, responsibility, serenity and commitment.

In keeping with our holistic approach, the coin itself represents the entire recovered individual.



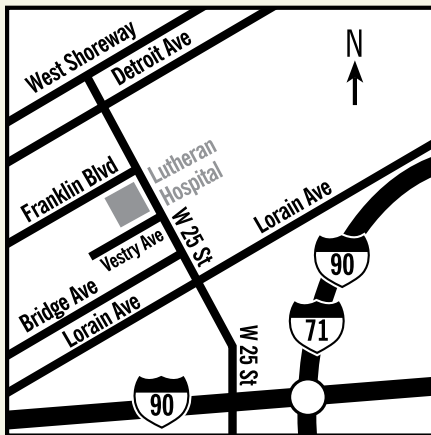
## Contact Us

To make an appointment or refer a patient to the ADRC, call **216.636.5860** or **866.588.2264**.

If you need immediate help:

- Call the Cleveland Clinic Behavioral Health Central Intake line at **216.363.2122** and explain your dependency.

For more information, visit us online at [clevelandclinic.org/adrc](http://clevelandclinic.org/adrc).



Lutheran Hospital  
1730 West 25th Street  
Cleveland, OH 44113

Lutheran Hospital is a 204 bed acute-care facility located in a vibrant and rejuvenated Ohio City. Parking is available in the surface lot at Lutheran Hospital. Enter the hospital from Vestry Avenue, off West 25th Street.