

For over thirty years, the AdCare name has represented innovation, quality and cost efficiency in alcohol and drug abuse treatment.

Today, AdCare is a regionally focused, integrated system of care, offering a network of outpatient facilities, a nationally recognized inpatient facility and the leadership of some of America's acknowledged experts in alcohol and drug abuse treatment.

AdCare is New England's largest provider of alcohol and drug abuse treatment through a philosophy of quality-driven, patient-centered programs that are also relevant to the challenge of today's managed care environment. This means that AdCare has developed a spectrum of treatment levels and modalities, allowing us to match the needs of the patient with the most appropriate level and cost of care.

We believe that addiction is a bio-behavioral disease that not only affects the individual, but his or her family as well. Successful treatment requires placement at the appropriate level of care and involvement of the family throughout the treatment continuum. Such a treatment philosophy has allowed us, equally, to be an advocate for the patient and to be responsive to the interests of managed care companies and other insurers.

OUR PHILOSOPHY

AdCare Hospital is accredited by the Joint Commission on Healthcare Organizations; it also has been recognized as one of the 100 best treatment centers for alcoholism and drug abuse in the United States.



At AdCare, we realize that the treatment methods for substance abusers must match the individual's needs and the needs of the changing health care environment in which we live.

One of AdCare's strengths is matching patients to the appropriate level of care, something that has become a challenge to providers of substance abuse treatment. We are firm believers that each patient's situation is different, and drawing from our highly qualified staff and wide variety of inpatient and outpatient services, we appropriately match each patient with an individualized treatment plan.

When a patient contacts AdCare, we immediately conduct an assessment to determine the appropriate level of care at which to initiate services. The level of intensity and setting that our patients are placed in varies from individual to individual, depending on past and present circumstances.

AdCare offers a wide spectrum of inpatient and outpatient services, all designed to meet the treatment needs of patients, regardless of the severity of their addiction.

The different levels of care offered by AdCare:

★ Inpatient Services

- Medically Managed Detoxification
- Medically Monitored Detoxification
- Medically Managed Rehabilitation
- Medically Monitored Residential

★ Outpatient Services

- Observation
- Ambulatory Detoxification
- Intensive Outpatient Treatment
- Outpatient Counseling Services

Discharge planning is a component of all levels of care and overseen by our case management staff.

Specialty services are available within each level of care to individually meet the patient's treatment needs.



AdCare believes that evaluation and stabilization of our patients is the key to efficient and effective utilization of treatment resources.

Accordingly, we have developed a multi-level system designed to properly observe and evaluate patients, which allows us to place our patients at the most appropriate level of care.

Observation Beds

Observation beds are utilized when it is unclear as to the patient's treatment needs. A patient can be admitted to observation beds at any time and can remain up to twenty-three hours.

Upon admission to this service, a patient receives a nursing assessment, a breath alcohol test and urine toxicology, if indicated. Potential biomedical complications are identified by the AdCare staff. Throughout this crucial period, the patient is actively observed by the nursing staff to monitor detoxification needs.

A biopsychosocial assessment is initiated, which includes contacting other treatment providers and family members. Within twenty-three hours, the treatment team will determine the appropriate level of care and triage the patient to the appropriate treatment service.

Highlights:

- ★ Provides a safe setting to observe patients for whom appropriate level of care placement is unclear.
- ★ Triage patients to the appropriate treatment services to address alcohol/drug problems.
- ★ Develops an initial treatment plan.



AdCare Hospital of Worcester is a 114-bed hospital equipped to meet the treatment needs of substance abuse patients at all levels of addiction. AdCare's staff is comprised of the region's most highly qualified physicians, nurses, clinicians, nurse practitioners, counselors and case managers.

We designed our inpatient services to treat each patient as an individual, preparing a treatment plan that ensures that the patient receives the proper level of care for his or her specific circumstance.

Inpatient Management

AdCare takes a multidisciplinary approach to acute inpatient treatment, designing a specific course of treatment for each individual.

When an inpatient admission is required, AdCare programming provides a flexible length of stay based upon active case management. At the heart of our acute care philosophy is recognition of the need to stabilize acute symptoms and to prepare the patient to continue receiving treatment at a less intensive level of care.

Inpatient Detoxification

- ★ Medically Managed
- ★ Medically Monitored

During inpatient detoxification, patients are assigned based on their acuity level to a medically managed or medically monitored detoxification program.

Inpatient Rehabilitation

Inpatient Rehabilitation provides *medically-managed* treatment for patients with co-occurring medical or psychiatric conditions that may place them at immediate risk for relapse.

Inpatient Acute Residential

Inpatient Acute Residential provides *medically-monitored* care for those patients whose medical and psychiatric conditions are more stable.

Highlights:

- ★ Assists the patient in recognizing the consequences of his or her alcohol/drug abuse.
- ★ Involves the patient in determining what problems need continued treatment.
- ★ Involves other treatment providers and family in treatment planning and offers structured family groups/programs



AdCare has created a wide range of acute outpatient treatment services that allow patients to receive intensive levels of care on an outpatient basis, without sacrificing quality of care. Outpatient services at AdCare are expanding, enabling patients to receive effective treatment throughout New England.

Ambulatory Detoxification Program

AdCare's ambulatory detoxification program combines medical supervision during withdrawal with substance abuse treatment to enhance continued abstinence.

Highlights:

- ★ Provides safe, medically monitored withdrawal from alcohol and other drugs while developing a continuing care plan.
- ★ Provides support and encouragement for continued participation in treatment.
- ★ Patients will receive withdrawal medications and continuing education on a daily basis.
- ★ Upon completion of the detoxification program, patients will be triaged to the next appropriate level of care.

Supervised Sober Living

Patients whose home environment is not conducive to sobriety can be provided with a supervised sober living environment that includes overnight accommodations and three meals a day. The program is designed to enhance outpatient treatment participation and to support the transition to an alternative sober residence.

Highlights:

- ★ Sober recovery environment.
- ★ Staff available for crisis intervention.



AdCare offers outpatient services at a number of convenient locations throughout Massachusetts and Rhode Island, allowing patients to receive treatment at the times and locations that are most conducive to their schedules.

Intensive Outpatient Treatment Programs

AdCare offers both day and evening intensive outpatient services to ensure that patients are able to receive convenient, quality treatment. Each patient in Day and Evening Treatment is managed by an outpatient therapist who designs the specific treatment activities appropriate for the patient. Activities consist of individual and group counseling, focused educational sessions, skills groups, self-help participation and a family program.

Highlights:

- ★ The Day Treatment Program is a structured 6-hour treatment program available seven days a week.
- ★ Day and Evening Intensive Outpatient Treatment Programs are available three hours per day/evening, three-to-six-times a week.
- ★ The intensity and duration of participation is individualized for each patient.

Outpatient Counseling And Comprehensive Evaluation

Outpatient Counseling is available at all of AdCare's offices. Counseling begins with an initial assessment and development of a treatment plan. A Comprehensive Assessment Service is also available, including patient interviews with the Outpatient Clinician, a medical screening, urine toxicology, collateral contacts and the use of standardized assessment tools when indicated.

Individual, couple's and family counseling is available for substance abuse and its related problems at all stages of recovery. Family intervention and specific group counseling services are available at each AdCare site.



AdCare provides a variety of specialty services for substance abuse patients who may require treatment that is not available through traditional programs.

Specialized Services For Older Adults

AdCare realizes that patients who seek treatment later in life have special needs. Medical complications, malnutrition, isolation, prescribed medication abuse and memory impairment are common in the older substance abuser. AdCare provides a variety of treatment approaches for older adults.

Highlights:

- ★ Medically managed withdrawal from alcohol, prescription medication and other drugs.
- ★ Psychiatric and medication assessments.
- ★ Coordination with other health care providers.
- ★ Specialty groups on-site.

Services For Patients Dually Diagnosed With Addiction And Psychiatric Illness

AdCare offers an intensive treatment program to substance abuse patients who have a concomitant psychiatric illness. We believe that these patients can progress through the continuum of care successfully with the appropriate treatment.

Highlights:

- ★ Comprehensive assessment.
- ★ Psychiatric consultation.
- ★ Psychological consultation.
- ★ Initiation of psychiatric medications when appropriate.
- ★ Medication monitoring.
- ★ Individual psychotherapy.
- ★ Dual diagnosis relapse prevention groups.
- ★ Aggressive case management and continuing care planning.
- ★ Structured family program.



At AdCare, case management plays an integral role in the delivery of coordinated care for patients along a treatment continuum. Designed as an “umbrella unit” of various skills, case management serves as a catalyst for the following:

- ★ Internal and external utilization reviews.
- ★ Identification and provision of social services responsibilities.
- ★ Assistance in identifying and completing individual placement of patients.
- ★ Coordination of an appropriate individualized treatment plan as the patient moves along the continuum of care.

Case managers are key members of an integrated treatment team, meeting patients on daily rounds and coordinating the services of the team including medicine, nursing, psychiatry, psychology and counseling. Our case managers are a resource for patients and families and referral sources as patients progress through levels of treatment - evaluation, admission, inpatient, outpatient and aftercare.

P.A.G.E.

AdCare’s case management is guided by the following philosophy:

- ★ Personalized service.
- ★ Advocacy of patient needs in conjunction with accountability of services delivered.
- ★ Guidance in development of appropriate treatment plans and use of patient benefits.
- ★ Engaging all appropriate parties in treatment decisions.

Aftercare And Discharge Planning

The aftercare planning process begins at admission and continues throughout all levels of care to identify the specific physical, social, emotional, behavioral and spiritual problem areas that will need attention after discharge. The patient and his or her counselor discuss these issues throughout treatment and formulate a concrete discharge plan together.

Highlights:

- ★ Aftercare support groups are offered at convenient locations throughout New England at no extra charge.
- ★ A Patient Satisfaction Survey is completed by patients; a Managed Care Survey and a Referral Source Survey are conducted annually.