



HOPE HOUSE TREATMENT CENTERS

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RESIDENTIAL

Medically Supervised Withdrawal Management

Hope House provides residential medically supervised withdrawal services to reduce the severity of withdrawal symptoms during the earliest phase of treatment. The average length of medically supervised withdrawal varies upon the individual and the amount, frequency and duration of alcohol and/or substances they have been using. Medically supervised withdrawal care typically spans 3-10 days. We encourage Medication Assisted Treatment (MAT) early in treatment and also offer acupuncture to ease withdrawal symptoms. Medical evaluation, toxicology screening, medical monitoring, chemical assistance, client education, group and individual counseling, and continuing care planning are all a part of a comprehensive treatment program.

Residential Treatment Inpatient Care

After a comprehensive assessment is completed, inpatient care is an intensive, approximately 30-day inpatient program designed to provide a safe, drug-free environment for individuals who are unable to abstain from alcohol and drug use in their normal environment. This level of care provides a comprehensive assessment of the patient's needs, medical stabilization, psychiatric assessment when needed, medication as required, cognitive/behavioral counseling (both group and individual), introduction to recovery self-help groups, relapse prevention counseling and a high level of education about substance use disorders and the process of recovery.

Medical and Nursing Care

We provide 24-hour nursing care under the direction of a physician. Our staff is specially trained to address the complex needs of individuals with co-occurring substance use disorders and mental health challenges.

Individual Counseling and Therapy

Our individualized care utilizes Cognitive Behavioral Therapy (CBT): a type of therapy for alcohol and drug use, depression, and other problems, that focuses on changing behavioral and thinking patterns; and incorporates Didactic based psycho-educational group counseling on disease of Substance Use Disorder

Small Group Counseling

Small Group Counseling at Hope House focuses on Post Traumatic Stress Disorder (PTSD), anxiety and depression, and is specific to gender and counselor assignments.

Peer Support

Activities and interactions between people who share similar experiences of being diagnosed with a substance use disorder



Medication Assisted Treatment (MAT)

The MAT Program uses medication in combination with counseling and behavioral therapies to provide a more complete approach to the treatment of substance use disorders. MAT is primarily used for the treatment of opioid misuse and prescription pain relievers that contain opiates. The MAT Program at Hope House currently consists of Sublocade injections, Vivitrol injections, Brixadi, Naltrexone, and Suboxone/Zubsolv maintenance. The prescribed medication operates to normalize brain chemistry, block the euphoric effects of alcohol and opioids, relieve psychological cravings, and normalize body functions without the negative effects of the abused drug. Medications used in MAT are approved by the Food and Drug Administration (FDA), and MAT programs are clinically driven and tailored to meet each patient's needs. Individuals seeking to participate in the MAT Program can do so with the requirement of enrolling in Hope House's Intensive Outpatient/Outpatient (IOP/OP) Program. Patients who cannot join our OP program can still be started on MAT and we will connect them with a provider who will be convenient for them to continue to see

RI Learning System

The RI program delivers greater engagement for leading evidence-based and best practice theories in mental health, substance use disorder, and life skills. It provides interactive tools, training, and technology solutions that enable effective implementation and use of evidence-based practices such as motivational interviewing (MI) and cognitive behavioral therapy (CBT). The central tools of the system, the Discovery Cards (and RI Discover App), provide a hands-on, concrete approach that enables both practitioners and clients to learn and apply these theories to real-life situations and circumstances. RI's tools are effective and easily adapted for different populations and settings and by practitioners at all levels of knowledge, skill, and experience.

Triple Track Treatment

Triple Track Treatment (TTT) is a smoking cessation program that uses interventions on three levels - mind (psychotherapy), body (medication) and social (family, friends)- with a coordinated plan to keep you on track and prevent relapse. TTT treats all forms of nicotine use including cigarettes, cigars, pipes, hookah, vaping of e-cigarettes, smokeless tobacco (chewed and dip) and nicotine pouches.

Setback Prevention Counseling

Formerly known as relapse prevention, Setback Prevention Counseling includes sober housing, outpatient and ongoing MAT referral as required.

Treatment for Gambling

A comprehensive gambling assessment is completed to determine specific treatment needs and appropriate level of care recommended. We also provide counseling to individuals who had previously chosen to be placed on the Maryland Voluntary Exclusion Program's list and are requesting approval to return to Maryland Casinos.

Acudetox Acupuncture

Acudetox is provided to patients upon request. This form of acupuncture is proven to minimize withdrawal symptoms, reduce cravings for alcohol and drugs (including nicotine), relieve stress, and increase calmness in an effort to facilitate productive counseling sessions.

We also offer: **Therapeutic Yoga, Meditation, Recreational Therapy, Art for Recovery, and Family Education Program (FEP).**



SCAN ME

