

Young Adult Intensive Outpatient Treatment Program

Our goal is to provide a treatment regimen that will maximize the chances of long-term recovery for all our patients. Healthy support by both adults and peers throughout the process is an essential component of recovery. Young adults prosper in recovery more often when their home lives and social lives, as well as school and work environments, are supportive of their recovery goals. At the Dilworth Center, we consider it our responsibility to assist our patients and their families in effectively treating the chemical dependency and helping them structure positive support systems. We believe that treatment indeed works, and that effective treatment can be conducted on an outpatient basis. Current research indicates that continued alcohol and other drug abstinence rates are similar between young adults who completed inpatient treatment programs and outpatient treatment programs.

Our Philosophy

The Dilworth Center supports the American Medical Association's definition of alcoholism in describing chemical dependency as a primary, chronic disease with genetic, psychosocial, and environmental factors influencing its development and manifestations. The disease is often both progressive and fatal. It is characterized by impaired control over chemical use, preoccupation with the drug, use of the drug despite adverse consequences, and distortions in thinking, most notably denial. Each of these symptoms may be continuous or periodic.

The onset of chemical dependency in the young adult stage of human development can result in arrested development preventing the sufferer from maturing into healthy adulthood. Consequently, treatment issues must address not only chemical dependency itself, but also the healthy integration of coping strategies or living skills appropriate for the young adult's stage of development. Young adults frequently desire independence, but are often still dependent upon their parents or guardians for support. Participation in treatment by parents and guardians is critically important in maximizing positive treatment outcomes.

The Treatment Program

The young adult, 16-week treatment program offered by the Dilworth Center is designed to deliver effective and intensive chemical dependency treatment in a manner that allows participants and their families to continue their work and home routines.

The goal of treatment is to establish abstinence from alcohol and other drugs with an emphasis on continuous recovery as a means of moving toward a well integrated life.

Each patient participates in an intake session prior to beginning treatment. Following a thorough assessment involving parents or guardians and the patient, a preliminary treatment plan is developed and the patient is given an orientation to the treatment process. Once the patient begins treatment, all involved parents or guardians will be required to attend a treatment orientation session followed by weekly attendance at family program sessions.

Level I Treatment (Eight Weeks) – Level I Treatment consists of two evening sessions and one Saturday morning session per week for a minimum of eight weeks. Based on the goals and objectives of individualized treatment plans, some participants may be involved in Level I beyond eight weeks. Each of these sessions lasts three hours and fifteen minutes.

All Level I sessions have two primary components, a psycho-educational lecture and a group therapy session. The lectures cover topics such as “The Disease of Chemical Dependency,” “Dual-Diagnosis,” “Relapse Traps,” and “The Family Illness.” Lectures centered on each of the first three Steps of recovery are provided as well. Because denial is a major symptom of chemical dependency, these educational presentations and lectures are designed to enable the participants to confront their disease and recognize and admit their addiction. This process not only instructs, but also

involves the patient in the recovery process. Group therapy provides a climate where bonding with other recovering people can take place. New learning and behaviors are tested, and feelings are shared.

Level II Treatment (Eight Weeks) – Level II Treatment follows successful completion of Level I Treatment and consists of 16 sessions, two sessions per week for eight weeks. Based on the goals and objectives of individualized treatment plans, some participants may be involved in Level II beyond eight weeks. The Level II sessions are scheduled Tuesday and Thursday evenings and last ninety minutes.

The purpose of Level II Treatment is to facilitate a continuity of care as the patient moves away from Level I Treatment. Level II Treatment is more than just the provision of a structured transitional experience. It provides an opportunity for patients to capitalize on the gains made during Level I Phase. It is a means by which patients can continue to work on issues derived from their treatment plans. It is continuing reinforcement for the necessity of ongoing involvement in Alcoholics Anonymous or Narcotics Anonymous. It is also an environment in which patients may learn relapse prevention strategies.

Alcoholics Anonymous (AA) and Narcotics

Anonymous (NA) – From the beginning of Level I and throughout Level II, each patient is required to participate in meetings of Alcoholics Anonymous or Narcotics Anonymous. Young adults are expected to attend meetings on days they are not in treatment.

Young Adult Family Treatment Program – Young Adult family members are expected to participate in Family Program sessions for a minimum of eight consecutive weeks on Thursdays or Saturdays and attend weekly Al-Anon meetings throughout the duration of their patient's treatment. In addition, family members will participate in Family Counseling Conjoint sessions.

■ Schedule for the Young Adult Treatment Program

Level I (8 weeks minimum)

6:00 pm – 9:15 pm	Tuesdays and Thursdays
9:00 am – 12:15 pm	Saturdays

Level II (8 weeks minimum)

6:00 pm – 7:45 pm	Tuesdays and Thursdays
<i>or</i>	
7:30 pm – 9:15 pm	

Family Treatment (8 weeks minimum)

Includes weekly Family Program sessions, weekly Al-Anon meetings and Family Counseling Conjoint sessions. Family Counseling Conjoint sessions are scheduled on an individual basis. Family members commit to attend the Family Treatment Program on Thursdays or Saturdays.

Family Orientation Program

Sessions scheduled on individual basis

Family Program Sessions

6:00 pm – 9:15 pm	Thursdays
<i>and/or</i>	
9:00am – 12:15 pm	Saturdays

Family participation beyond the minimum eight weeks is welcomed and strongly encouraged.



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