



# AdCare Advisor

ADCARE HOSPITAL OF WORCESTER NEWSLETTER | SPRING 2016 VOLUME 22 NO 2

## Pilot Program “Taking Steps” Sets the Standard for Patient Care

■ A pilot program at AdCare Hospital called *Taking Steps* is raising the bar for patient-centered treatment. With a goal of decreasing the instances when clients leave treatment early, *Taking Steps* aims to improve patient satisfaction, comfort levels, and aftercare among 18-30 year old opioid-dependent patients while they are withdrawing from opiates.

New programming on the unit utilizes motivational assessment and enhancement therapies to engage patients in treatment, as well as to better orient patients to detox by providing them with more information and education about:

- Their treatment teams
- Anti-craving medications
- What to expect during detox
- Next steps such as rehab and aftercare

Meditation and mindfulness resources are incorporated in the treatment day as a way to help patients stay in the moment and reduce stress and anxiety while building resiliency. Family-involvement in treatment is also strongly encouraged by counselors when permission to contact family is indicated at point of patient admission.

### Taking Steps Initiatives

On day one during the assessment process, nurses encourage patients to talk with their treatment team about their treatment needs such as withdrawal symptoms, medication requests, and next steps. Handouts describing the treatment team members and their roles are readily accessible to patients.

### Meet the Team

Each patient is assigned a treatment team. Treatment teams are comprised of:

- A physician who evaluates patients and orders medications
- A nurse who helps manage overall care
- A counselor who provides counseling and assists with setting up aftercare
- A case manager who helps with insurance issues and healthcare benefits

**Talk to Your Treatment Team!**  
How will you stay clean after discharge?

### Anti-craving Medications

New displays have been constructed that explain the medication protocols, comfort and anti-craving medications. Handouts about anti-craving medications for use with counseling and support are readily accessible to patients on the floor. Medications include:

- Campral - helps individuals who have already withdrawn from alcohol to maintain sobriety;
- Naltrexone – blocks the effects of opioids and reduces alcohol craving.
- Suboxone – a combination of buprenorphine and naltrexone – helps people reduce or stop their use of opiates such as prescription pain medications and heroin.
- Vivitrol – an extended-release form of Naltrexone – reduces the craving for alcohol. For those who are addicted to opioids, Naltrexone works by blocking the effects of drugs like heroin and cocaine in the brain.
- Antabuse (Disulfiram) – conditions the mind and body to develop an aversion to alcohol and is one of the first anti-craving medications developed.

**YOU HAVE CHOICES**  
Placement will recommend viable Treatment/Placement options.

### Placement: You have options!

A bulletin board welcoming patients explains the placement process and prompts patients to think about what they need and to pick up a placement packet. The placement staff is readily available to educate patients about

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## Keeping Families Together

### FAMILY AND FRIENDS INFORMATIONAL PROGRAMS

■ AdCare’s complimentary Family and Friends Program is designed to educate loved ones about substance use and provide support for family members. The Program is available at all of our locations (see map), to anyone concerned with the substance use of a family member or friend.

#### AdCare Boston Outpatient

1st & 3rd Wednesday of the month, 6:30 PM

#### AdCare Quincy Outpatient

1st & 3rd Thursday of the month, 6:00 PM

#### AdCare North Dartmouth Outpatient

2nd & 4th Wednesday of the month, 6:00 PM

#### AdCare West Springfield Outpatient

2nd & 4th Wednesday of the month, 6:00 PM

#### AdCare Worcester Outpatient

2nd Wednesday of the month, 5:00 PM

4th Wednesday of the month, 6:00 PM

#### AdCare Warwick RI Outpatient

2nd & 4th Tuesday of the month, 6:30 PM

### FAMILY AND FRIENDS SUPPORT GROUP

#### AdCare Hospital

Every Thursday at 6:30 PM

# Reducing 30-Day Patient Re-admissions

■ Over the past three years, a treatment program targeted for patients who are re-admitted within thirty days of discharge has lowered re-admission rates for this high-risk patient population.

As part of the 30-Day Re-admission Program, AdCare clinical staff identifies and tracks patients who are re-admitted within thirty days of their last discharge. The patient demographic and treatment data gathered such as the use of aftercare plans, medication compliance, home environment, and history of AMAs is integrated into specialized treatment plans. *“Significant improvements in re-admissions have occurred since the introduction of the program,”* says Jessica Noto, LMHC, CADCI, LADCI, primary counselor. ”

Patients found to be most at risk for re-admission within thirty days are those who do not follow through on aftercare plans and/or are discharged to an unsafe home environment. *“Last year, 41.8 percent of patients in this 30-day chronic relapse and re-admission category, left with an aftercare plan,”* says Ms. Noto. Counselors continue to use SOCRATES, Stages of Change Readiness and Treatment Eagerness Scale, to help patients identify the changes including aftercare that they need to make to move forward in recovery. Counseling and Placement staff help individuals without a safe haven to return to find viable options. For some patients, halfway houses, extended rehabilitation facilities, and sober houses are necessary next steps.

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## Creating New Pathways to Treatment

AdCare Partners with Town of Hopkinton to Provide Treatment, Support, and Education

■ As part of a Substance Abuse Prevention Grant, AdCare has partnered with the Town of Hopkinton to provide individuals and families with greater access to substance abuse education, support, and treatment services.

AdCare services will include referrals to intervention and treatment within the AdCare system, as well as other treatment providers by an AdCare Patient Care Coordinator. The Coordinator will also make the initial contact with resources and assist individuals and families in navigating the scheduling and intake process.

For those individuals and families who may not be ready to initiate treatment, but are seeking support and information, an AdCare Community Support Staff Member will be available to offer empathic support, as well as information about addiction, treatment options, interventions, and support groups.

Additionally, educational sessions on a variety of substance use topics will be available to the community at large or professional groups within the community such as nurses, counselors, psychologists, and case managers.

**For more information about AdCare treatment and support services, or to schedule an educational session, please contact Community Services at 508.345.3068**

Please Join AdCare for  
Food, Fellowship and Guest Speaker

# WALLY P

AA Historian and Author of  
*Back to the Basics of Recovery*  
*“It’s all about saving lives”*

Friday, May 20 at 7:00 PM  
AdCare Rhode Island Dining Room  
1950 Tower Hill Road, North Kingstown, RI

Saturday, May 21 at 6:30 PM  
Worcester Historical Museum  
Fletcher Auditorium  
30 Elm Street, Worcester, MA  
On the corner of Elm & Pearl Streets  
Parking at the Pearl Street Garage is \$1 for the evening

RSVP: [alumni@adcare.com](mailto:alumni@adcare.com) or  
[mbpapcsy@adcare.com](mailto:mbpapcsy@adcare.com)  
508.799.9000, ext. 4058

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*“Taking Steps” continued from page 1*

resources, offer viable options, and assist them in completing the screening process. Once a placement is obtained, the placement staff facilitates the patient’s transition to this next level of care.

### How ready are you for treatment?

AdCare staff administers SOCRATES, the Stages of Change Readiness and Treatment Eagerness Scale, used to measure an individual’s level of readiness in treatment by gauging Recognition, Ambivalence, and Taking Steps. The primary counselor will score and review the SOCRATES with the patient, then follow up by identifying with the patient changes they need to make to take steps towards recovery.

### What’s stopping you from achieving your goals?

Counselors use Motivational Interviewing, which is a style of counseling that can help patients resolve the ambivalence preventing them from realizing personal goals. This approach works on facilitating and engaging intrinsic motivation within the patient in order to change behavior.

### A way to stay in the moment!

Meditation is simply emptying the mind of extraneous thoughts and focusing on breathing to feel better and more relaxed. Mindfulness is a psychological state in which people have an increased awareness of their sensations, thoughts, and feelings. Meditation and mindfulness videos are available to patients as a way to help them stay in the moment.

### Family Matters

Individual family sessions assist the family in addressing individual concerns as the patient prepares for discharge. Sessions are encouraged and arranged through the patient’s counselor.

### Follow-up after Discharge

Counselors encourage all patients to follow up with AdCare after discharge and to join our Alumni program.

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**For more information about Taking Steps, please contact Clinical Services at 508.453.3040.**

# Community Services on the Move

APRIL

## April is Alcohol and Drug Awareness Month

AdCare Hospital is pleased to sponsor these events and conferences.

**April 9**  
**Scituate FACTS, Families, Adolescents and Communities Together against Substances**  
*"Healthy Boundaries and Communication"* presentation by **Karen MacDonald**, LADC-II, Arise Interventionist, AdCare Community Services Representative for Southeastern, MA

**April 12, 5:30-7:45PM**  
**Massachusetts Organization for Addiction Recovery (MOAR) Statewide Alcohol Awareness Month Meeting**  
 Mechanics Hall, Worcester, MA

**April 13, 11 AM-2PM**  
**College of the Holy Cross Wellness Fair**  
 Hogan Center, Worcester, MA

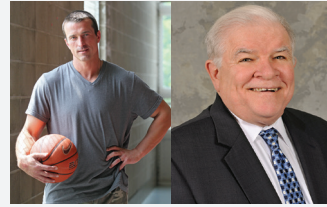


**April 15, 8:30 AM to Noon**  
**A Forum on the Health Insurance Portability and Accountability Act**  
 Southcoast Behavioral Health Hospital, Dartmouth, MA  
*HIPAA: Legal Considerations* presentation by **Jeffrey Hillis, JD**, MBA, AdCare Hospital President and General Counsel,

**April 15-16**  
**Rhode Island Academy of Family Physicians Conference**  
 Hyatt Regency, Newport, RI

**April 27, 5-8 PM**  
**Substance Abuse Awareness Panel and Resource Fair**  
 Millbury High School, Millbury, MA  
 Featuring Guest Speaker **Chris Herren**, former Celtics player & substance abuse prevention advocate. AdCare will be represented on the panel by **Jim McKenna**, LCSW, LADC I, BRI II, Vice President of Special Projects, AdCare Rhode Island. Jim has dedicated his career

over the past 40 years to enhancing treatment opportunities for persons and families struggling with substance use disorders. Learn what AdCare and other providers are doing to relieve the opioid crisis in New England.



MAY

**May 6**  
**NASW CT Chapter Conference**  
 Crowne Plaza, Cromwell, CT

**May 20, 8:30 AM start**  
**Massachusetts Association of Alcohol and Drug Counselors (MAADAC) Golf Tournament**  
 Heritage Country Club, Charlton, MA

**May 25**  
**Western New England Social Work Conference**  
 Western New England University  
 Springfield, MA  
 Presentation on substance abuse and treatment by **Annie Park**, MSW, LICSW, Director of AdCare Outpatient West Springfield

JUNE

**June 3**  
**CASA, Court Appointed Special Advocates for Children, Training**  
 Florian Hall, Dorchester

**June 13, 7:15AM**  
**Labor Assistance Professionals (LAP) Golf Tournament**  
 Crosswinds Golf Club, Plymouth

**June 17**  
**MA/RI Employee Assistance Professionals Association (EAPA) Symposium**  
 Waltham, MA

**June 22-25**  
**National Association of Social Workers (NASW) Conference**  
 Washington, DC

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Check us out online: [AdCare.com](http://AdCare.com)



### INPATIENT PROGRAMS

**1 AdCare Hospital Worcester**  
 107 Lincoln St., Worcester, MA  
 508.799.9000

**2 AdCare Rhode Island**  
 1950 Tower Hill Rd., North Kingstown, RI  
 401.294.6160

### OUTPATIENT PROGRAMS

- 3 | North Dartmouth, MA** 88 Faunce Corner Rd., 508.999.1102
- 4 | Quincy, MA** 1419 Hancock St., 617.328.0639
- 5 | Boston, MA** 14 Beacon St., 617.227.2622
- 6 | West Springfield, MA** 117 Park Ave., 413.209.3124
- 7 | Worcester, MA** 95 Lincoln St., 508.453.3053
- 8 | Warwick, RI** 400 Bald Hill Rd., 401.732.1500
- 9 | North Kingstown, RI** 1950 Tower Hill Rd., 401.294.6160

## AdCare Welcomes Kate Toomey, Community Services Representative for Central Massachusetts



■ Worcester resident, Kate Toomey has nearly a decade of experience in the healthcare industry and almost three decades of experience in community and external affairs. Ms. Toomey, who is serving her sixth two-year term as a Worcester City Councilor, has also served on the Worcester School Committee.

*"Helping people get the treatment they need to recover is rewarding,"* says Ms. Toomey, who assists individuals and families, as well as employee assistance, healthcare and other treatment providers access care. *"When a family is in crisis, it is difficult to ascertain the appropriate course of action, and AdCare Hospital has a myriad of choices to fit the needs of those impacted by addiction."*

Ms. Toomey, a former art therapist and secondary education instructor, graduated from Regis College in Weston, MA with a bachelor's of arts degree. She is a member of District Attorney Early's Opioid Task Force, which was formed to address the pervasive problem of heroin and prescription drug addiction.

Check us  
out online:  
[AdCare.com](http://AdCare.com)



## New Treatment Options: AdCare Rhode Island

■ Spring is a season of new beginnings and a perfect time for exploring new and valuable treatment options such as AdCare Rhode Island!

Nestled on a 30-acre campus in North Kingstown, AdCare Rhode Island offers a transformative recovery experience for individuals and families struggling with substance use.

Levels of inpatient care provided at the 46-bed state-of-the-art facility include:

- Medically-monitored detoxification
- Crisis Stabilization for individuals with co-occurring disorders
- Acute Residential Program to help support a healthy and ongoing recovery

AdCare Rhode Island also has an Outpatient Program and a Family Program offering education and support to families in a therapeutic setting.

The AdCare clinical team uses cognitive therapies and focuses on helping individuals and families develop solid coping strategies and healthy decision-making related to substance use. The program includes a holistic approach to wellness by offering yoga, acupuncture, art therapy and recreational activities.

Most insurance plans are accepted.

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**For admission, please call 800-ALCOHOL. For more information and a tour of AdCare Rhode Island, please call Community Services at 508.345.3068.**