

Effective Treatment for Substance Abuse

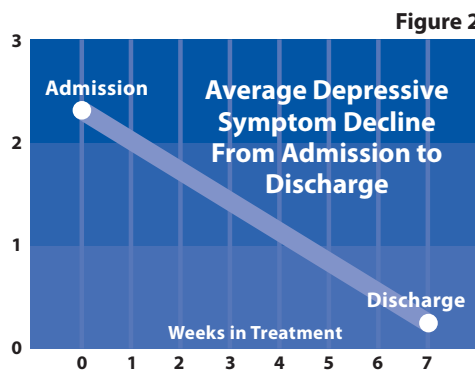
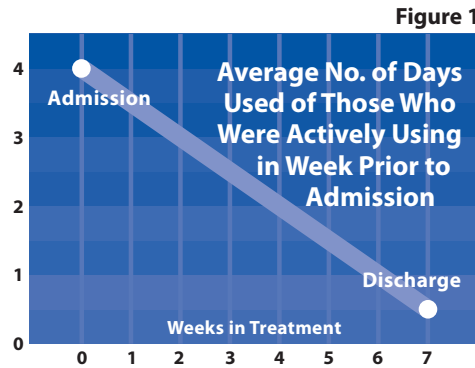
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Mental Health Resources, PLLC

MENTAL HEALTH RESOURCES (MHR) offers a Dual Diagnosis/Substance Abuse Intensive Outpatient Program (IOP) in a private practice setting. MHR treats individuals suffering from substance abuse or dependence as well as other comorbid conditions. Substance abuse is most frequently accompanied by depression, anxiety, chronic pain and other chronic medical illnesses in our treatment population. Our treatment goals are to assist those who are attempting to stop or reduce their substance abuse, while addressing the management of their comorbid conditions. Untreated depression, for example, contributes to continued substance abuse and non-compliance with medical treatment plans.

MHR's IOP was developed to provide an intensive treatment experience in an outpatient setting. Our average Dual Diagnosis IOP patient attends three days per week for approximately six weeks, though most patients will need more visits earlier and fewer visits later in treatment.

The philosophy of our Dual Diagnosis/Substance Abuse IOP is to meet the patients where they are in the process of their recovery. Not all individuals are ready for abstinence, but might be prepared to significantly reduce their intake of alcohol or drugs. We view this as one important step along the path to recovery. We believe that motivation is a crucial, dynamic state that determines when an individual will enter into, continue and adhere to change, and engage the patient according to where they are in stages of change.

Figure 1 shows an ongoing significant reduction in the number of days substances were abused in each week of treatment from Admission to Discharge. On average, each patient who reported using in the week prior to admission, used approximately four days per week, and by



the time of Discharge was using 0 to 1 days per week. Many of these individuals have achieved abstinence.

Consistent with our previous results, Figure 2 shows a similar significant decline in depressive symptoms from Admission to Discharge as measured by the patient's report on the BSI Depression scale.

Figure 3 demonstrates that our IOP clients report a very high degree of Client Satisfaction with their treatment and related services.

These findings are consistent with our previously published outcomes and client satisfaction data with our Psychiatric IOP. It seems clear that our empirically validated techniques result in similar outcomes with our Dual Diagnosis IOP. Indeed, the replication of these findings with Dual Diagnosis patients once again validates the effectiveness of our treatments, with both Psychiatric and Dual Diagnosis patients.

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To make a referral, you, your staff or your patient may call us at 682-6136. We have Urgent appointments set aside for Intake admissions daily (Monday through Friday) and will schedule your patient as quickly as possible. Most commercial insurance plans accepted.

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Dr. Wise is the President of MHR. He is a Distinguished Practitioner in the National Academies of Practice, a Member of the National Register of Health Service Providers in Psychology, a Fellow of APA, has published numerous scientific articles in peer reviewed journals, received the American Psychological Association Award for Distinguished Contributions to Independent Practice (2005) and the University of Wyoming Outstanding Alumnus Award (2006).



MHR

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