



## ADDICTION TREATMENT CENTER

### ASSESSMENT

CenterPointe provides free, confidential assessments to determine the need for treatment and the appropriate level of care based on the severity of the illness. Our 24-hour assessment team is available to assist individuals and families with the assessment and admission process and understands the emergent circumstances that may precede a call for assistance or information. CenterPointe's professional assessment team is available by calling

636-477-2136 Admissions  
800-345-5407 Toll Free

### TREATMENT PHILOSOPHY

Treatment at CenterPointe is based on the philosophy that addiction is a disease with identifiable, diagnosable symptoms. CenterPointe Hospital also believes that addiction can be effectively treated in a medically monitored, multi-disciplinary environment utilizing proven therapeutic techniques. Life-long sobriety can be maintained by utilizing effective coping and relapse prevention skills and with the support of a 12-step recovery model.

### TREATMENT GOALS

CenterPointe's addiction recovery programs are designed to initiate the recovery process and promote a substance-free lifestyle. Patients learn about addiction as a disease, the ways it affects their lives and the lives of their families, as well as the techniques necessary to maintain a life of recovery.

## CENTERPOINTE STAFF

Individualized patient care is directed by CenterPointe's medical director of addiction services who specializes in both addiction and psychiatric treatment. The treatment team also includes licensed professionals and specialists from disciplines including nursing, social work, counseling, dietary services and activity therapy. The treatment team works closely with the patient to develop a treatment plan that meets their unique needs, with frequent reviews on patient progress and treatment plan revisions, as indicated.

**A**ddiction to mood-altering substances including alcohol, prescription and over-the-counter medications, or illegal drugs has affected individuals, families and societies throughout recorded history. Research demonstrates that genetics, brain physiology and the ways the brain processes the neurotransmitters responsible for emotions, physiological cravings and behaviors combine to leave approximately 10 percent of our population at risk for addiction to a mood-altering substance. That physiological risk, combined with environmental events and situations, and exposure to the mood-altering substance, can lead to an addiction to one or more of these substances.

Addiction to alcohol and other drugs is a chronic, progressive and sometimes fatal disease. It causes emotional, physical, financial, employment and social problems that can destroy relationships and ruin lives. Addiction does not discriminate—it affects men and women of all ages, intellects and income levels.

### ADDICTION IS TREATABLE

The good news is that addiction is treatable. With an opportunity to learn about addiction, develop coping skills and establish alternate behaviors, many individuals addicted to alcohol and other drugs can manage their addictions and live lives of recovery. Treatment provides the opportunity to stop the progression of the disease and offers hope for individuals and families.

### CENTERPOINTE — SPECIALISTS IN ADDICTION TREATMENT

For more than a decade, CenterPointe Hospital has provided the St. Louis Metro Area's only private treatment services for addictions to alcohol, prescription drugs, opioids and other mood altering substances. Our comprehensive continuum includes a range of inpatient detoxification, residential and outpatient treatment programs that have helped hundreds of individuals learn to manage their addictions.



## CENTERPOINTE HOSPITAL

CenterPointe Hospital is a 150-bed, private, psychiatric hospital serving the mental health and addiction needs of adults, senior adults and adolescents. The freestanding facility, located in the beautiful and historic area of St. Charles, Missouri, is committed to providing quality behavioral health care in a safe, secure environment. With inpatient, residential, and outpatient services at its St. Charles location, CenterPointe offers additional outpatient programs at several locations throughout the St. Louis Metro and mid-Missouri region.

#### Outpatient Locations:

St. Charles, MO   St. Peters, MO   West County, St. Louis  
South County, St. Louis   Columbia, MO

For more information on any CenterPointe Hospital service or to schedule a free, confidential assessment, call Admissions 636-477-2136 or toll free 800-345-5407, or visit [CenterPointeHospital.com](http://CenterPointeHospital.com).



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636-477-2136 Admissions • 800-345-5407 Toll Free  
[www.CenterPointeHospital.com](http://www.CenterPointeHospital.com)

CenterPointe Hospital does not discriminate against any person on the basis of race, color, national origin, disability or age in admission, treatment or participation in its programs, services and activities, or in employment.

(LICENSED BY: MO Department of Health and Senior Services | ACCREDITED BY: The Joint Commission)

[www.CenterPointeHospital.com](http://www.CenterPointeHospital.com)



## ADDICTION TREATMENT CENTER



*Hope  
for a bright future*

Providing comprehensive treatment for Alcoholism, Drug Addiction and Mental Health Issues



*Offering a Comprehensive Continuum of Care*  
DETOXIFICATION • RESIDENTIAL • MENTAL HEALTH ISSUES  
PARTIAL HOSPITALIZATION • INTENSIVE OUTPATIENT • FAMILY SERVICES  
AFTERCARE • MEDICATION-ASSISTED RECOVERY

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CenterPointe Hospital's **The Changing Pointe** is an addiction treatment program for substance use and dependence. For maximum therapeutic benefit **all** patients are encouraged to complete the entire program.

### ■ DUAL DIAGNOSIS

- Separate illnesses that occur simultaneously and have overlapping & interwoven symptoms
- Example: depression or anxiety and an addiction to alcohol requires dual diagnosis treatment
- Treatment is provided for addiction and the mental health issues simultaneously

### ■ MEDICATION ASSISTED TREATMENT

- Reduces symptoms of withdrawal and cravings
- Reduces the drug-induced highs & lows, frees the person from thinking about drugs all the time
- Provides an opportunity to focus on lifestyle changes that lead to healthy living
- Medications include buprenorphine and naltrexone
- Requires physician evaluation, supervision and prescription



## A COMPREHENSIVE CONTINUUM OF CARE

CenterPointe understands that the needs of each patient vary and, for optimal outcome, treatment is tailored to meet those needs. Depending upon the severity and stage of the illness, as well as the family, employment and community support systems, patients may begin treatment in our inpatient detox program, the residential program or at one of CenterPointe's outpatient locations.

### DETOX

- Stabilization of chemical dependence from alcohol, prescription medications, opioids and other drugs
- Approximately 7 inpatient days for detoxification
- 24-hour medical supervision
- Medical oversight by physician
- Comprehensive assessment
- 12-step philosophy
- Hazelden's Living in Balance curriculum
- Dual diagnosis treatment
- Treatment team consisting of Physicians, Nurses, Addiction Counselors/Social Workers, Mental Health Technicians, Activity Therapist, Dietician
- Medication-assisted treatments available
- Upon completion, transfer to another level of care



### OUTPATIENT TREATMENT

- Can be the starting point for treatment if medically stable or the next treatment progression after residential treatment or detoxification
- Addiction education & counseling in a group setting
- Medical oversight by physician
- Development of coping and life skills to maintain recovery
- Medication-assisted treatment
- Partial Hospitalization Program (PHP) - 5 full days per week
- Intensive Outpatient Program (IOP) - 3 half days per week



### RESIDENTIAL TREATMENT

- Dual diagnosis treatment (both addiction and mental health issues)
- Highly structured environment and schedule
- 4-week residential treatment
- Comprehensive assessment of addiction and mental health concerns
- Holistic approach addresses emotional, physical, spiritual and psychological needs
- 24-hour medical supervision
- Medical oversight by physician
- Medication-assisted treatment
- Individual and group therapy
- 12-step philosophy
- AA or NA meetings on site
- Hazelden's Living in Balance curriculum
- Addiction disease education & educational lectures
- Trauma-informed therapy
- Relapse prevention
- Sober coping skills and supports
- Mindfulness based skills
- Reflection/journaling
- Therapeutic activities
- Family support meetings
- Aftercare



### ■ AFTERCARE

- Aftercare groups provide the ongoing support necessary to maintain a life of recovery
- Available to patients who have completed a component of care at CenterPointe - detox, residential or outpatient
- Aftercare groups are offered weekly at CenterPointe Hospital and at St. Peters Outpatient
- There is no charge to attend Aftercare groups

### ■ FAMILY SERVICES

- Spouses, children, parents and siblings sometimes endure years of complex emotions and strained relationships resulting from a loved one's addiction
- **Family Group** offers weekly support for family members and significant others of patients currently receiving care in one of CenterPointe's addiction treatment programs
- **Family Meetings** with CenterPointe staff help provide additional information to enhance the patient's treatment plan, the patient's progress or to establish discharge plans
- Families may meet with CenterPointe staff in person or via phone conference call

