

WeMAC RESIDENTIAL PROGRAM

A Description of Residential Treatment

Residential Treatment and Therapy Services

WeMAC is the only provider in West Michigan who offers a very high-level and intensive therapeutic intervention long-term treatment program with a residential component. Each patient in this program has received a thorough assessment and is prescribed this level of care in order to support a long-term, abstinence-based recovery. As treatment progress unfolds, the level of care is tapered to the intensive outpatient or outpatient level of care all in an effort to support long-term recovery initiatives. This phased approach was first developed for the healthcare professional, but is most definitely appropriate for others who may be high functioning – meaning they have the resources available to mask the signs and symptoms of addiction even in the advanced stage, have a history of past treatments and relapse and who are at risk for experiencing serious consequences if they do not begin and maintain long-term recovery. Many of our patients report depression and other co-occurring conditions and those conditions are also addressed and closely monitored at this level of care.

Residential therapeutic treatment services include:

- Daily - four and a half hours of group therapy
- Weekly Individual Therapy
- Weekly Individual Physician Services
- Wednesday Family Day Programming
- Weekly Women's/Men's Therapy Group
- Weekly Relapse Prevention Course
- Weekly Continuing Care Group

Additional services available:

- Psychological Services
- Family Therapy
- Couples Therapy
- Nicotine Group
- Parenting Group
- Random Drug Screens
- Other Laboratory Testing

The Recovery Community Residences

During treatment, each patient resides at an apartment with other patients admitted to the residential program, which we call the recovery community residences. The recovery community residences are furnished apartments in close proximity to the WeMAC office consisting of 2-bedroom and 2-bath apartments. The goal of the recovery residence experience is to provide a supportive, family-like setting which will provide the patient with the opportunity to learn effective, family-oriented, coping skills that can aid them after their return to their own home. Development of a "family atmosphere" is important to the well-being of the community. Residents are expected to plan menus, shop, prepare and consume appetizing, nutritious meals as a family unit. Eating meals together, attending outside AA/NA meetings, and planning weekend recreational activities as a group are good examples of social development. The community-living group sessions are designed to facilitate this process and to address opportunity for learning that may result from living together in the recovery residence.

Family Support Services

WeMAC also provides supportive services for family members. Families are encouraged to attend the family sessions each Wednesday. Please see the Family Program Description Sheet enclosed for other services offered.

Continuing Care Services

- Saturday morning Continuing Care Group
- On-Going Care Group
- Outpatient Therapy