

FOUNTAIN CENTERS

A Mayo Clinic Health System program for substance abuse and addiction

EXTENDED CARE PROGRAM

STAFF

- 24-hour awake staff
- Staff trained in behavioral interventions
- Multidisciplinary team includes an addiction Psychiatrist, mental health professional, clinical supervisor, medical director, nursing manager, licensed alcohol and drug counselors, nurses and treatment technicians

ADDICTION MEDICINE CLINIC

Patients in the extended care program have access to the latest medical resources for addiction and co-morbid mental health symptoms. The Addiction Medicine Clinic is staffed by an Addiction Psychiatrist (Medical Director), nurse and Psychologist. Our staff psychologist and psychiatrist work closely with the treatment team to guide the treatment planning for each patient.

Services include:

- Psychological assessment completed by our staff psychologist
- Referral to our staff Addiction Psychiatrist for medical interventions or a follow-up with the psychologist to further explore treatment opportunities for the co-occurring disorder.
- Medical interventions could include utilization of pharmacology to address addiction such as anti-craving medications. Our staff psychiatrist is a Suboxone provider. Suboxone has shown to be an effective maintenance medication for individuals that are trying to stop the use of illicit opioids such as Heroin or harmful use of narcotics.
- A review of medical complications resulting from the addiction and a plan to address in recovery.

THERAPY

The treatment environment will support the development of peer-leaders. Use of medication interventions to help manage craving, minimize withdrawal symptoms, and manage co-occurring mental health disorders will be supported through involvement with medical providers from Mayo Clinic Health System.

- A primary counselor coordinates and directs all aspects of treatment
- Group counseling specifically focusing on factors associated with relapse, avoiding circumstances that increase relapse risk, and developing assertiveness and independent living skills to live a drug-free lifestyle on return to the community
- Healthy relationships group to support an open dialogue about chemical health issues, healthy family functioning, and strategies for healthy living
- Daily meditation and relaxation skills training
- Therapeutic groups including:
 - Recovery & Wellness group
 - 12 Step facilitation based on the behavioral, spiritual, and cognitive principles of Alcoholics Anonymous and Narcotics Anonymous
 - Nutrition education and meal planning and preparation
 - Recreation, exercise education, and leisure time