



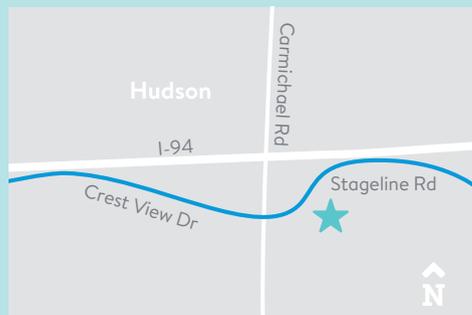
To learn more about our programs, registration and financial information, visit Alcohol & Substance Abuse Recovery at hudsonhospital.org.

Appointments

715-531-6755

Programs for Change Hudson
Hudson Hospital & Clinic
405 Stageline Road, Hudson, WI

Qualifying medical insurance accepted.



Continuing Care program

The Continuing Care program focuses on deepening the individual's commitment to recovery and learning to manage his or her disease to assure an optimal lifestyle. Groups are designed to strengthen the individual's sober support network.

Topics addressed in Continuing Care include: guilt, shame, forgiveness, cross addictions, codependence, spirituality, anger management, coping skills, financial recovery, healthy relationships, family recovery, relapse process, daily inventory and goal setting. In addition to this program, participants are encouraged to attend community support groups.

Completion of an intake assessment is required prior to registration. To schedule an intake assessment, call **715-531-6755**. For current schedule and appointments, visit Alcohol & Substance Abuse Recovery at hudsonhospital.org.

TOGETHER, WE CARE FOR YOU

Programs for Change

ALCOHOL & SUBSTANCE ABUSE RECOVERY

Millions of people, who once were struggling with destructive problems of alcohol or other substance dependence, now live happy, fulfilling and productive lives. They found their way *free* of addiction and on the path to a healthier life.

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Hudson Hospital & Clinic

HealthPartners®



Hudson Hospital & Clinic

HealthPartners®

When is a problem - a problem?

Breaking free from the cycle

Before breaking free, they all had one thing in common – they were convinced their drinking or substance use was *not* out of control. They felt they didn't need help. And they were determined to find a way to avoid the consequences and problems that followed them – while continuing to manage their drinking or use, on their own. Wrapped up in this cycle, it can be difficult to clearly identify and determine the effects of alcohol or substance use. No one initially intends, or considers the possibility, that their drinking or substance use will become a serious problem. But drinking or substance use can become a problem affecting many areas of life including: harming close relationships, impeding productivity or achievement, interfering with physical health, compounding stress and anxiety, or causing financial or even legal problems.

Programs for Change can help

We understand these frustrating and confusing issues. Programs for Change will assess the whole person and identify when alcohol or substance use has become a dependency. We offer compassionate and non-judgmental guidance to help people break free and live the life they've always intended. And we offer access to a wide range of specialty medical care available to program participants.

Intake assessment

Participants must complete an intake assessment session with a Programs for Change counselor before attending a chemical addiction treatment program. Determining an individual's needs is a complex process. Information from a variety of sources is gathered and reviewed by a counselor. The information may include input from family members and friends, medical providers, or possibly employers, counselors or others. The comprehensive assessment process can take up to two hours and includes: a psychological evaluation, and a life history and chemical use history to identify a variety of needs.

The intake assessment will provide recommendations and referral for improved living and treatment options, such as additional mental health, medical resources and Programs for Change when appropriate. Intake assessments are available at Programs for Change Hudson.

Intensive outpatient treatment program

Intensive outpatient treatment is a therapeutic, educational and supportive program that meets three times a week for two and a half hours and is typically 22 sessions in length. The program consists of three weekly group sessions using a variety of techniques and approaches to assist individuals with an understanding of the

impact their chemical use has on their lives and help them make positive life changes.

The treatment goal is for the individual to maintain sobriety and improve his or her quality of life. One of the weekly group sessions includes a Wednesday lecture series. Family members are welcome and encouraged to attend the lecture. Lecture topics include family systems, relapse prevention, disease process, stress management, 12 steps, cognitive, communication, and spirituality/life enhancements.

The intensive outpatient program also includes two multi-family group sessions where clients and their family members explore recovery together.

Adolescent Insights program

Adolescent Insights is a one-day, seven-hour education program for the underage drinker and drug abuser. The program is aimed at interrupting early substance use patterns by exploring attitudes and issues regarding alcohol, drugs, stress, and choices of young people.

Adolescent Insights assists in forging the value system that will support young people's lives. Use of lecture and multimedia presentation is combined with interactive discussion, self-evaluation and abuse prevention planning. Participants under age 18 require attendance of a parent for the morning session from 8:30 a.m. to noon.