



At Decision Point our goal is to help everyone who comes to us for treatment to develop the kind of self-awareness that enables them to discover their strengths, and to become the healthy, loving and sober people they aspire to be. This process begins with recognizing that addiction is a disease, not a personal or moral failure. It continues with understanding the role trauma and co-occurring mental health disorders play in addiction. Because addiction affects all aspects of life, our treatment program is holistic and comprehensive. It includes a variety of therapy and psychoeducational groups, individual therapy, trauma treatment, recreation and adventure activities, and career counseling. Experience has demonstrated that this approach is effective in achieving long lasting recovery.

Like any program, ours has rules and requirements. Some are mandated by the Department of Health Services, some by the Joint Commission, and some are based on our years of experience working with individuals with some form of addiction. These rules are designed to address problems before they come up, and to help our clients learn to be responsible as well as learn how to cope out in the real world effectively.

Information for loved ones:

- The program and what it has to offer
- Safety call (phone call at time of admission)
- Blackout period
- Mail and packages
- Weekly progress updates
- How releases of information work
- Family Therapy
- Recommendations for aftercare

We hope the enclosed information will give you an idea of what to expect while your loved one is engaged in our program. If you have any questions, don't hesitate to ask a staff member. 928-778-4600



ABOUT OUR PROGRAM

At Decision Point, we begin our Treatment program with a 14-day comprehensive assessment period that incorporates psychology, family relationships, work and home life, physical fitness and nutrition and diet.

The following assessments are performed during the first two weeks of treatment, and care plans are developed for any issues identified during the assessment process:

Medical:

- Nursing Evaluation
- Medication Reconciliation
- Nutrition Assessment (Referred to registered dietician as needed)
- Initial Pain Scale
- History and Physical
- Initial Psychiatric Assessment
- AIMS (Abnormal Involuntary Movement Scale)

Clinical:

- Biopsychosocial Assessment
- ACES (Adverse Childhood Experience) Assessment for Trauma
- Brief Substance Craving Scale
- PHQ-9 Depression Severity Scale
- GAD-7 Anxiety Severity Scale
- DES (Dissociative Experience Scale) **for use during EMDR*
- Genogram Family Assessment
- Neuropsychological Assessment (as recommended by treatment team)

Case Management:

- Case Management Assessment

Career Counseling:

- Holland Self-Directed Search



Our treatment program has been developed by experienced clinical and medical professionals to meet the needs of individuals whose lives have been negatively impacted by addiction or substance use. The program involves a holistic combination of therapeutic approaches, medical treatment, psychological interventions, and individualized strategies designed to address all aspects of our clients' lives. Substance use and addiction are addressed in individual and group therapy. Psycho-educational groups and activities challenge clients' dysfunctional beliefs and behavior while helping them develop a healthy, sober sense of self that supports sustained sobriety. Individualized treatment is provided in therapy sessions based on collaboratively created treatment plans designed to address issues that are of particular importance to the recovery of individual clients.

The Adventure and Recreation component of our treatment program is designed to challenge our clients to push themselves both physically and emotionally. Clients learn teamwork and how to have fun while sober. Mindfulness groups and yoga promote the ability to focus and remain calm.

Family therapy is available to help clients repair family relationships and to provide education about addiction and recovery. Communication skills and learning to set boundaries are a priority as they set the stage for resolving family conflicts, and moving forward as a healthier, more functional family.

Trauma therapy (EMDR) is available to clients with underlying trauma issues, while treatment of co-occurring mental health disorders is provided by our highly qualified psychiatrists.

Physical health Services, are available to address any needs a client might have, including nutritional needs. Clients are assessed and treated by our medical staff or by medical specialists in the Prescott community. RNs are on-duty 24/7 in order to ensure all of our clients' medical needs are met.

SAFETY CALL

A safety call is performed within 24-hour hours of admission to your loved one's emergency contact. During this phone call you will be able to speak to clinical staff to address any questions or concerns.



BLACKOUT PERIOD

The first 14-days of treatment clients are not permitted to make phone calls to anyone other than their sponsor or potential sponsor. The exception to this would be clients who have young children. If it is deemed appropriate, clients will be given one 10-minute phone call and one 10-minute face time visit a week until they are off blackout.

MAIL AND PACKAGES

505 Whipple Street

Prescott, AZ 86301

All mail must be sent to this address. All mail and packages must be opened with staff. Please do not forward your loved one's personal mail to Decision Point. If it is necessary for mail to be forwarded, please have it forwarded to you, then send it to you loved one at the address above.

Prohibited Items:

- Products containing alcohol
- Wet wipes of any kind (facial wipes, baby wipes, acne wipes, etc.)
- Perfumes / Colognes
- Nail polish remover with acetone
- Aerosol related products of any type
- Bug repellents
- Hair Cutting Clippers
- Hair dyes, straighteners, or any other chemicals that alter hair (clients have the opportunity to make salon appointments)
- Scissors
- Tattooing machines – additional piercings and tattoos are not permitted during treatment



- Pornography and/or any sexually related material
- Sexual gratification aids
- Candles or incense
- Vape
- Fireworks
- Cameras
- Cell Phones
- Food or beverage products which contain alcohol (vanilla extract, etc.)
- Herbal laxatives or dietary supplements
- Personal supplements
- Protein powder – unless otherwise approved by the medical provider

PROGRESS UPDATES

Expect a bi-weekly call, usually on Friday's, from your loved one's primary therapist to discuss progress made throughout their treatment. There are times when clients refuse to sign a release of information for a loved one preventing their therapist the ability to provide weekly progress updates. If this is the case with your loved one, you will be notified that there is a limited release of information in place, and that you will only be notified in the event of an emergency.

WHAT IS A RELEASE OF INFORMATION?

A release of information is a form that a client signs indicating who staff members can speak to, and what staff members can speak to this person about.

The following is a list of items a client can give Decision Point staff consent to speak to loved ones about:



- Biopsychosocial Assessment
- Discharge / Transfer Planning
- Progress Updates
- Medical History / Current Status
- Discharge Summary / Aftercare Recommendations
- Treatment Plans
- Presence in Treatment
- Medical Progress Notes & Assessments
- Urinalysis Results
- Laboratory Test Results
- Psychiatric History & Assessment / Evaluation
- Family Information
- Legal Status
- Employment Information

During the safety call, staff will inform you of what items the client is allowing staff to discuss with you.

FAMILY THERAPY

Here at Decision Point, clients are encouraged to engage in family therapy with loved ones. It is a client's right to decline family therapy, even if the family and treatment team believe it is necessary and appropriate. You can speak to your loved one's primary therapist about the option for family therapy during your weekly progress update calls.

RECOMMENDATIONS FOR AFTERCARE

Every client is assigned a client care manager upon admission into the program. Two weeks prior to discharging from the program, the client and their client care manager will discuss options for aftercare that fit the clients needs and promote success in long-term recovery.

Services typically recommended:

- Intensive Outpatient
- Sober Living
- Psychiatric Services



- Primary Care Physician
- Individual Counseling
- Recovery Programs (12-step, refuge recovery, CODA, etc.)

Because treatment is individualized, additional aftercare recommendations may include EMDR, family therapy, and/or neuropsychological assessments.

Decision Point Center provides a confidential, therapeutic, and healing environment to reduce or eliminate the barriers to recovery. We challenge individuals to discover their own personal strengths, so they become the healthy loving people they aspire to be.

We understand that this can be a difficult time for loved ones, which is why we encourage family members to engage in their own healing process. Here is a list of some resources to help you find your own support.

<https://palgroup.org/>

<https://coda.org/>

<https://www.familiesanonymous.org/>

<https://al-anon.org/>