

MARYLAND
ADDICTION RECOVERY CENTER
Reconstructing Lives through Innovative Treatment Solutions



COMMUNITY LIVING TREATMENT PROGRAM

MARC's Community Living Treatment

MARC's extended care Community Living Treatment program is a long-term, community reintegration treatment model offering a full continuum of care for those suffering from addiction and co-occurring disorders.

Treatment in MARC's Community Living Treatment Program includes integrated clinical, medical, family, and social services through evidence-based individual, group, and family therapy, psychiatry, medical care, intensive case management, holistic services, life skills development, and either MARC's unique vocational programming or the Caron's College Success™ at Maryland Addiction Recovery Center academic and college programming.

There is nothing more beneficial to a person suffering from drug addiction and alcoholism than a long term, phase model of treatment that truly treats addiction as a chronic illness.

Patients are challenged clinically using the best treatment approaches and modalities while also having the ability to connect with those in recovery outside of treatment, form important beneficial relationships, chart a life course in education or work, and reestablish important family connections. Studies have shown that recovery outcomes skyrocket the longer a patient engages with a substance abuse treatment program or professional.

Benefits of MARC's Community Living Treatment (CLT) Program:

This program offers patients a full continuum of care where they step through phases of treatment, learning the necessary tools and skills to achieve a lifetime of sustainable recovery.



Clinical Philosophy

Addiction is a complex, chronic, progressive illness that requires long-term care to bring about recovery and genuine change.

Each treatment plan is designed individually to meet the clinical and social needs of the patient, but with the overarching approach of challenging patient attitudes, beliefs, and behaviors through creative clinical interventions. This allows each patient to move from a state of dependence to independence, incorporating long-term treatment experiences, family involvement,

and identification of interest, meaning, and purpose through social, relationship, and academic and/or career goal-setting.

This community-reintegration model of treatment removes multiple barriers to recovery typically associated with traditional treatment models. Our approach gives patients the ability to achieve insight, self-observation and awareness, and engagement in a high quality of life.

Patients will obtain the necessary coping mechanisms, abilities and skillset to achieve not just sobriety but a meaningful and fulfilling life that supports lifelong recovery.



Designed individually

Creative clinical interventions to move each patient from a state of dependence to independence

Family Recovery Programming

FRP

Our philosophy in treatment revolves around treating not just the identified patient but also treating and supporting the entire family unit. MARC's treatment includes long-term care, treatment, support, and coaching of a patient's family throughout the entire treatment process, as well as our robust Family Recovery Program.

1

Web-based multifamily

Family members will engage with a small group of other families and a MARC therapist in a series of sessions through Zoom

2

2 and a half day in-person

Family members will typically attend the in-person component of the FRP between 4-8 weeks after the patient's admission to MARC

The Family Recovery Program

- psychoeducational lectures
- experiential activities
- group sessions
- community and relationship building with their MARC patient and the other families in attendance

Families will continue multifamily therapy online sessions with MARC's Family Therapist, as well as continue working with the patient's Primary Therapist.

Family members will typically:

- ✓ Attend the in-person family weekend between 4-8 weeks after the patient's admission to MARC
- ✓ A patient's family will engage with both the patient's Primary Therapist and MARC's Family Therapist, moving on to pre-Family Recovery Program preparation in a series of online sessions



Medication-Assisted Treatment

MAT

Opioid Use Disorder (and addiction as a whole) is a complex, chronic, progressive disease, and medication-assisted treatment is an effective evidence-based approach to deal with an addiction to opioids. Here at Maryland Addiction Recovery Center, we believe that utilizing every available approach and resource in combating addiction and aiding patients into a lifelong recovery is vital in best practices and high-quality patient care.

Detox and/or medication titration

We offer a detox and/or medication titration protocol for those patients in need in the Community Living Treatment program. Under the watchful eye of one of our psychiatrists and the medical team, MAT is integrated into our comprehensive clinical treatment approach, using evidence-based FDA-approved medication on an individualized basis.

Our preferred medication options

Of the many FDA-approved Medication-Assisted Treatment options, here at Maryland Addiction Recovery Center, the preferred options by our staff are:

- Naltrexone XR (Vivitrol)
- Buprenorphine/Suboxone



Caron's College Success™ at Maryland Addiction Recovery Center

At Maryland Addiction Recovery Center, we are committed to providing patients with a continuum of care that includes addressing a patient's educational and academic goals.

Consistent with our efforts to deliver cutting edge recovery care support, we have engaged the expertise of Caron Treatment Centers to implement the Caron's College Success™ at Maryland Addiction Recovery Center to provide ongoing support for patients in MARC's extended care program. The expert academic advisors of the College Success Program help patients to clarify, define, and reach their academic goals.

We provide expertise and resources needed for patients to be admitted into and graduate from:

- High School
- Vocational School
- Public and Private Universities
- Graduate School

A Collegiate Recovery Specialist will work to find programs that meets each patient's unique needs and goals, while offering the support services and curriculum necessary for young adults to be successful in both recovery and academics.



If the Caron's College Success program is a good fit:

- ✓ Patients will meet with a MARC Collegiate Recovery Specialist to review available educational services and programs to create an individualized plan
- ✓ Students will determine educational goals with the College Recovery Specialist, which will be reviewed, monitored and adjusted based on their progress throughout the program
- ✓ Follow up appointments are scheduled based on the student's individual plans, goals, and recommendations of his/her therapist

Vocational Program

Much more than job training, MARC's vocational programming teaches patients the necessary life skills to achieve independence and self-sufficiency, aiding patients find meaning, purpose and direction in early recovery and beyond.

Pre-Vocational

Patients will assess their skills by completing a pre-vocational packet & acquire necessary materials needed to successfully start the vocational process.



1

PHASE

Patients attend two vocational groups per week as well as meet individually with MARC's Vocational

- Patients will:
- build a resume
 - practice job interview skills
 - apply for work
 - attend job interviews

And find a job that suits their individualized needs, interests, and passion.

2

PHASE

Patients will be actively working and

Patients will also be signed up for and utilize a True Link Card so the vocational specialist can see and monitor their spending habits and help them to and sustain budgeting skills.

3

PHASE

Patients will begin to experience even more independence and less

Patients will continue working, attending vocational groups when necessary, and meet with the MARC Vocational Specialist individually twice monthly for continue support and direction.

ALL 3 PHASES INCLUDE

Full access to clinical, medical, and vocational support.

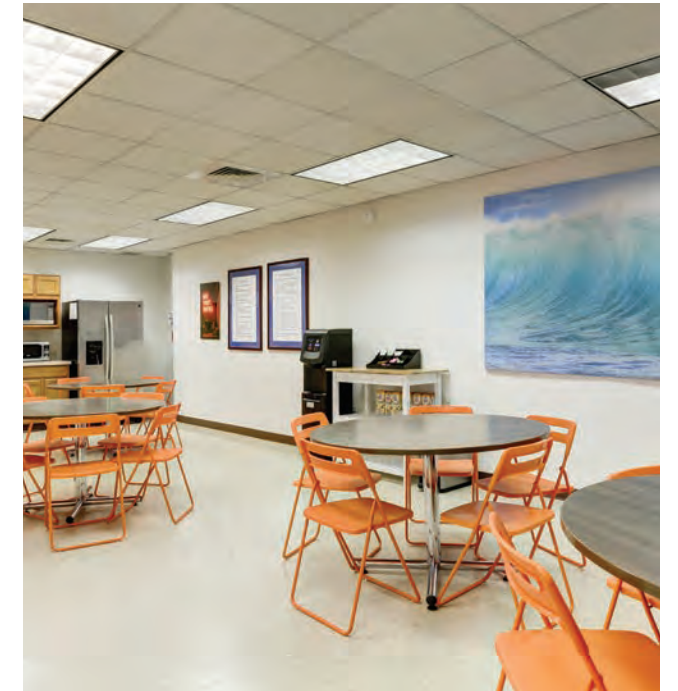
Life Skills Development & Holistic Services

Medicine and psychotherapy is not enough.

A full mind, body, and spirit approach is vital to find sustainable recovery from the disease of addiction.

Integrated life skills development and holistic services include:

- Fitness
- Nutrition
- Wellness education and coaching
- Outside recovery community support
- Engagement with local recovery community
- Individualized recovery program, that can include 12 Step meeting, SMART meetings, Celebrate Recovery, and/or Refuge Recovery meetings
- Social and relationship development through outings with sober supports, recovery-related events, community team building activities, and social outings







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