

An Alternative to
**In-Patient Detox
and
In-Patient Treatment**

New Beginnings DETOX has developed a unique program directed toward freeing patients from their addiction and setting them on a path to living a **DRUG-FREE** life. Over the past 20 years the primary antidote for treating addictions has been through extended and expensive hospital or in-patient care facilities. This methodology, although effective in some cases, falls short in administering and helping the patient comprehend the root cause behind their addiction. Removing the addictive cravings has its benefits, but to minimize relapse, a comprehensive therapy program is essential.

The **New Beginnings DETOX** Program is designed to improve and enhance the patient's chances of achieving a sustained abstinence from the addictive hold of drugs. Utilizing the latest FDA approved medications [e.g. [buprenorphine \(Suboxone®/Subutex®\)](#)] in conjunction with Out-Patient Therapy a patient can look forward to living a **DRUG FREE** life in just a FEW SHORT WEEKS.

"...Isn't it time to take back your life?"

BREAK
the chain

of drug
dependency



**How does New Beginnings DETOX
[NBD] work?**

Intake Interview & Psychosocial Assessment:

A confidential interview is conducted by our Clinical Director who is a Certified Addiction Professional [CAP]. The NBD Program requirements, the various treatment options and the fee structure are all discussed. A preliminary assessment is also conducted and the patient is evaluated to determine if they are eligible for the NBD Out-Patient Program. If so, a full psychosocial assessment is conducted and the patient is scheduled for an appointment with a NBD Physician.

Pre-Procedure Medical Evaluation

Prior to starting the detoxification process the patient will receive a complete medical history and physical examination by our Physician who specializes in addiction medicine. This exam includes a laboratory analysis and urine toxicology screen. Our providers remain an integral part of the NBD multi-discipline team that cares for each patient throughout their detoxification.

Induction Phase: Beginning the Detoxification

The Induction Phase is the medically monitored startup for the patient's addictions. The Physician will prescribe the specific medication and dosage for the patient. Which drug and dosage depends on the patient's addiction and the amount of addictive drug the patient has been taking.

Stabilization Phase: Controlling the Cravings

The Stabilization Phase has begun when the patient has discontinued the use of their drug of choice, they no longer have cravings for that drug and they are experiencing few if any side effects. During this Phase the physician may vary the detox medication to ease the patient into complete withdrawal.

Taper Phase: Getting Free

The Taper Phase is reached when the patient is doing well on a steady dose of the prescribed medication. Once the patient shows no sign of withdrawal, then over a period of time the medication is stepped down until the patient is DRUG-FREE.



What is Out-Patient Counseling?



The NBD Out-Patient Therapy Sessions are an integral component and are included in the detoxification program. Each Session provides a blend of psycho-educational and psycho-dynamic therapy in Group settings.

Some of the weekly topics are:

- Identifying Relapse Triggers
- Relapse Prevention
- Defensive Mechanisms
- Family Systems, Dynamics and Roles
- Introduction to the 12 Steps
- Pharmacology
- Addiction is a DISEASE, not a lapse in character or morals
- Symptoms & Stages of Addictions
- 12 Forms of Denial
- Effect of Addiction on the Body
- Setting Boundaries
- Understanding & Managing your Feelings
- Warning Signs & High Risk Situations

If you are high functioning individual who has developed a dependency on drugs or alcohol, and needs to continue to work and lead a productive life...

This Program is for YOU!