



Specialty Services

• Equine is a form of experiential therapy providing an opportunity for intensity that traditional talk therapy cannot match. One of the most tragic consequences of addiction is the disconnection from feelings. Horses have unique abilities to sense feelings and connect. Working with the horses can help patients with an addictive disorder reconnect to their emotions and use this experience to create a path back to themselves and the important people in their lives.

• **Trauma Track meets to address the special needs of patients who struggle with the after effects of traumatic events experienced from childhood to adulthood.**

• Grief Recovery Track meets weekly to focus on unresolved issues related to grief and loss throughout the lifespan.

• **Family Resource Program is designed to assess family needs, provide education about addiction, and offer guidance during the treatment process and beyond.**

• Relationship Group is designed to assist patients with identifying unhealthy patterns in their current relationship and provide them with effective tools to develop healthy relationships. It assists patients with identifying and implementing boundaries in their current relationships and provides patients with techniques for healthy communication skills.

• **Psychiatric assessment and treatment is available. We have a psychiatrist on staff skilled in treating addiction as a co-occurring disorder.**



CORE PROGRAM

- Group and Individual therapy
- Individualized treatment planning
- Recovery Education
- Recreational therapy
- Family therapy
- Family workshop
- Linkage to sober living
- Discharge planning

The Circle of Hope Begins With You

It's easy to begin the recovery process. Simply call the number listed below. Don't wait. Call today. Find freedom from addiction in our circle of hope.

Addiction Recovery Program

1713 6th Ave South
Birmingham, Alabama 35294

For Admission Information
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UAB MEDICINE

PSYCHIATRY

uabmedicine.org/addiction

The Circle of Hope

The Addiction Recovery Program at UAB



UAB MEDICINE

PSYCHIATRY



Unique Populations

Young Adults

This specialty track is built on a foundation of research. Young adults have better outcomes when treated in their own peer groups. They benefit from services designed to engage them in a way that is meaningful for their age, yet still therapeutic, using activities such as rock climbing, drum circle, music, and art. Family therapy services are also extremely important for this age group, and are offered as a standard of care.

Healthcare Professionals

UAB was the first in the state to offer specialty services to healthcare professionals. A dedicated counselor on staff leads a group designed for healthcare professionals, addressing the vulnerabilities they have to addiction and the obstacles they face as they return to work in their fields. The program has a long and established relationship with professional boards in the state that allows for the guidance to assist these healthcare professionals on the challenging journey to health and a routine work environment.

A Circle of Support

The Addiction Recovery Program unites renowned specialists, innovative treatments, the most advanced research and knowledge, and state-of-the-art medical resources to provide many advantages for our patients.

As a member of the UAB Health System, we are an integral part of one of the region's major medical centers. Our patients have access to more than 1,000 expert physicians in 35 medical fields—including psychology and psychiatry—should they need it. Our staff is truly multidisciplinary, blending expertise and experiences in a multitude of areas—from spirituality, social work, and relationships to pain management, sexual abuse, grief, and trauma—to create a strong network of support for each patient. We tailor our treatment approach to meet each patient's individual needs.

Assessment Services

To ensure individualized care, our team of specialists conducts a comprehensive assessment for each patient. Patient and physician work together to decide the appropriate level of care needed to ensure success in recovery.

Levels of Care

- The Recovery Stabilization Unit provides a safe living environment as patients begin their recovery process. If needed, detoxification services are provided during this phase of treatment.
- The Partial Hospitalization Program combines components of outpatient and inpatient treatment. While learning to cope without mood-altering substances, patients attend structured activities during the day and return to their home environments at night. This program meets Monday-Friday 8:30am-3:00pm.
- The Intensive Outpatient Program is scheduled to allow the individual to work and attend to other obligations while learning about recovery. Program hours are 8:30-12:00pm, varying days available.
- The Aftercare Program offers continued support for up to 2 years. Participation in aftercare correlates with long term sobriety.

People suffering from addiction often feel surrounded—by external temptations and internal problems, devastated families and careers, and feelings of helplessness.

But there is a place where hope replaces helplessness—where highly skilled specialists, comprehensive treatment, and unparalleled medical resources are brought together, creating a circle of care centered on the individual: the Addiction Recovery Program at the University of Alabama at Birmingham.

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uab.medicine.org/addiction

