

## Palmetto Provides A Safe And Tranquil Treatment Environment



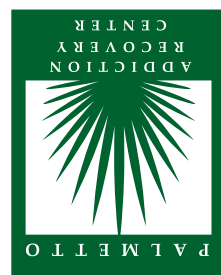
Our 70-acre campus is almost completely enclosed by the beautiful Lake Lafourche.

Founded in 1993, Palmetto Addiction Recovery Center has been effectively treating patients for over a decade. We are a 92-bed residential treatment facility that provides 5-day evaluations, residential, and intensive outpatient treatment programs.

We are located on scenic Lake Lafourche, in the northeast Louisiana region of "Sportsman's Paradise." Our 70-acre campus includes 11 cabins, an administrative building, a pavilion, a fully equipped 3000 sq. ft. gym, as well as tennis, basketball and volleyball courts.

Palmetto Addiction Recovery Center • 86 Palmetto Road, Rayville, LA 71269  
Ph: 1-800-203-6612 • Fax 318-728-2272  
www.palmettocenter.com • e-mail: info@palmettocenter.com

86 Palmetto Road,  
Rayville, LA 71269



Winter 2010

# PALMETTO ADDICTION RECOVERY CENTER NEWS

## Staff Physicians Earn ASAM and ABAM Certification

by Dr. Jay Weiss, Medical Director

The story begins in the 1950s with Dr. Ruth Fox and her group in New York. She argued persuasively that alcohol and other drug addictions should be seen as a disease process rather than a moral or character problem. She and Dr. Marty Mann established the New York City medical committee on alcoholism in 1951. By 1967 the New York City Medical Society on Alcoholism became the American Medical Society on Alcoholism (AMSA). Meanwhile, California also was active in treatment of alcohol and drug addiction. The American Society of Addiction Medicine (ASAM) was approved and accepted into the American Medical Association in 1988. ASA approved guidelines for fellowship training in 1990, and the Principles of Addiction Medicine Textbook was published in 1994. A medical specialty action group was created in 2006, and in 2009, the American Board of Addiction Medicine (ABAM) was created.

Grandfathering is a process through which board certification may be acquired without fellowship training, based on experience and testing early in the history of a new

specialty. Palmetto staff physician Dr. John Colaluca and I took advantage of this pathway to qualify for ABAM certification based on our previous qualification and experience. We were required to study for and pass a comprehensive test on addiction medicine in order to obtain the ASAM qualification. We were also required to have board certification in another specialty prior to ASAM qualification. Dr. Colaluca and I met requirements for board certification in addiction medicine soon after the addiction medicine board was created this year. We are both proud of this accomplishment as ASAM and ABAM certifications are recognized throughout the world as signifying excellence in the practice of addiction medicine.

These certifications demonstrate that a doctor has met vigorous standards through intensive study, experience, assessment and evaluation. These certifications are designed to assure the public that a medical specialist has successfully completed approved education, evaluation, and examination of skills requisite to the provision of high-quality patient care.

### In This Issue:

#### Palmetto Opens Additional Intensive Outpatient Programs

Allowing Patients to Maintain Their Daily Lives While Helping them Overcome Addiction

#### From Darren's Desk

Keys to Our Success

#### Thurman's Timely Tips

Help in Understanding Your Insurance Coverage

#### Counselor Bio

Cyndi Smith

#### Parting Thoughts

Sage Advice to Live By

# Palmetto Opens Intensive Outpatient Programs

Palmetto has opened two additional Intensive Outpatient Programs. One in Monroe and another in Lafayette, Louisiana.

Palmetto's Intensive Outpatient Program for Chemical Dependency subscribes to the theory of addiction as a chronic, progressive and potentially fatal disease. The disease has biological, psychological and social repercussions for the individual and the family. The Outpatient Program is used as either a primary treatment modality or transitional treatment modality following a residential stay.

The Intensive Outpatient Program for Chemical Dependency provides intensive treatment for clients with substance abuse problems or a combination of substance abuse and co-occurring psychological disorders. Clients participate in the treatment program three evenings a week, allowing them to maintain their employment or educational status and live at home while receiving the vital help they need. The program includes educating clients on the disease concept and determining their stage of abuse/addiction; identifying psychosocial stressors that lead to substance abuse; treating the addiction

following the 12-step model; providing drug and alcohol education; and providing relapse prevention education.

Many changes have occurred in the past decade concerning the treatment of chemical dependency and alcoholism (CD treatment). The most painful of these has been systematic shrinkage of inpatient carriers who are rarely willing to pay for more than three to five days of detoxification. As the old inpatient hospital-based centers have closed, two cost efficient alternatives have survived: **Intensive Outpatient and Residential**. Both forms of treatment have survived because they provide the core essentials without the unnecessary frills, and because they have demonstrated successful outcomes.

The Monroe program is directed by Phillip Ables, LPC and meets on Monday, Tuesday, and Thursday evenings, with aftercare at Palmetto on Monday and Tuesday at 6pm.

The Lafayette program is directed by Dwayne Abshire, LAC, and meets on Monday, Wednesday, and Thursday evenings, with aftercare on Monday and Wednesday at 5:30 pm.

## From Darren's Desk

by Darren Davis, CEO

As we begin another year at Palmetto, the frigid temperatures that are gripping the nation are also paralleling the financial winter the country has been in for more than a year. Our industry, like all other industries, has seen tremendous amount of downturn in revenues and overall fiscal health due to the tough economic times that have rocked our nation. But like springtime temperatures that warm the planet, the financial climate at least at Palmetto has seen a thawing out of sorts.

In 2009 we had a record amount of admissions. This can be attributed to an organization that—from top to bottom—believes communication with our clients and their families is the vital ingredient of success in this abstract medicine we call “chemical dependency treatment”.

Another key factor has been in some very creative financial agreements with clients that have helped to keep them in treatment so they may receive the help they need to get well. We also have employed new marketing strategies which focus on a more personal touch instead of a stale, sterile approach to business relationships with referral sources.

Palmetto continues to be a top treatment facility in the country for the treatment of drug addiction and alcoholism. I am extremely proud of our staff and the work they continue to put forth everyday in this battle with addiction and the pain it causes clients and their families.



Darren Davis CEO

## Thurman's Timely Tips

by Thurman E. Brown, Utilization Review Nurse Manager

I trust you've all enjoyed the Holidays and are now looking forward to the year 2010. Here at Palmetto Addiction Recovery Center we continue our mission of providing the best in patient care while still growing and adapting with the changing times. It is in this spirit that I kick off the new year with my first contribution to our seasonal newsletters. In each issue I will provide some timely and relevant helpful information regarding current issues in addiction recovery.

For this edition, I'd like to offer a few tips for persons expecting to utilize their private insurance as payment for services upon admission to Palmetto Addiction Recovery Center. Most if not all insurance policies have a “Medical Necessity” clause written into the benefit plan. Medical Necessity is the term used by insurance providers when determining if treatment is appropriate at the level being requested (i.e. Detoxification, Residential, Day Treatment, or Intensive Outpatient Program).

In assessing a patient's medical necessity for Inpatient Treatment, an insurance provider considers their history for prior treatments at a lower level of care. Patients usually have to display acute detox symptoms that will require a nurse or physician monitored detox as part of the admittance criteria. It is possible to be admitted to a Residential Treatment Center to allow for acute stabilization without having had prior treatments, but patients will be expected to reduce to an Intensive

Outpatient Program once they are medically stable.

Managed Care is a very complex method of health care that assists in cost management and screens those patients who have already demonstrated the inability to maintain sobriety without the structure of Residential and/or Day Treatment. Be aware that when you call your insurance to verify coverage, it does not mean that they will automatically pay. They are informing you of the limits of your Benefits Plan only. Medical Necessity is determined after you have a Medical Addiction Assessment and that information is presented to the clinical case management division of your insurance carrier. Most importantly, every case is different as determined by your personal clinical history.

Please call us at 1-800-203-6612 if you need assistance in helping to determine the extent of your insurance coverage regarding addiction treatment programs.



Thurman E. Brown

## Parting Thoughts

*You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you.*

—Brian Tracy

*Understanding is the first step to acceptance, and only with acceptance can there be recovery.*

—Joanne Kathleen Rowling

## Counselor Bio:

**Cyndi Smith**  
MA, LPC, NCC, NCGC



Cyndi received her Bachelor's in Counseling Psychology and Master's in Clinical Psychology from Northeastern State University in Tahlequah, OK. As a Licensed Professional Counselor in Oklahoma and Louisiana, a National Certified Counselor and National Certified Gambling Counselor, she has provided individual and family counseling for children and adults. While Cyndi has experience working in residential programs, intensive outpatient treatment, and dual diagnosis, she specializes in treatment of gambling addiction.

Cyndi describes her approach like this: *I believe in an all inclusive strengths based approach for treating people with issues related to all mental health, substance abuse, gambling and other addictions.*