



*Bringing hope and lasting recovery  
to individuals and families since 1993.*



PALMETTO  
ADDICTION RECOVERY CENTER

"What lies behind us and what lies before us are  
*tiny matters* compared to what lies within us."

Ralph Waldo Emerson

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## OUR STATEMENT OF INTENT & PURPOSE

Palmetto provides fundamental treatment that is both effective and cost-efficient. In addition, our therapy is for people of all walks of life, including a plan specifically created for recovering professionals.

Our addiction recovery center will continue to deliver successful treatment outcomes at reasonable prices through residential, day-residential, and intensive outpatient programs.



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## PALMETTO'S TREATMENT PHILOSOPHY

A rigid approach to treatment that requires adherence to a fixed treatment program without careful evaluation often results in instances of misdiagnosis and mistreatment of the patient. A primary goal at Palmetto is to ensure that this does not occur. At Palmetto, we believe that the key to successful treatment is an accurate and thorough evaluation, which assesses all aspects of the patient's symptoms and living situation. This is completed before an individual treatment plan is formulated. We assess several factors including:

- Co-occurring psychological disorders
- Psychosocial functioning
- Medical conditions
- Substance use/misuse

Once a proper treatment plan is initiated, our multi-disciplinary team meets each morning to review each patient's progress. A monitored, goal-oriented and patient-centered treatment program includes:

- Detoxification and 24-hour nursing care
- Group, individual and family psychotherapy
- Social skills development and relapse prevention
- Physical fitness and proper nutrition
- Daily attendance at 12-step meetings
- Addressing special issues such as gambling, sexual addiction, and eating disorders
- Medication management, if necessary, determined by a physician

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## RESIDENTIAL PROGRAM

Palmetto's Primary Residential Program offers a treatment stay of up to 90 days, with length of stay contingent upon the individual's treatment plan.

Located within a beautiful 70-acre rural setting on Lake Lafourche, Palmetto's private, tranquil setting promotes a safe and healing environment. The facility amenities include:

- Separate men's and women's self-contained 8-bed cabins
- State-of-the-art 3,000 sq. ft. fitness center
- Tennis courts, basketball court, and volleyball court
- A 5,000 sq. ft. pavilion for family therapy, lectures, and conferences with A/V equipment and a full-sized kitchen

In this working environment, with the guidance of counselors, residents learn to live and solve problems together, accomplishing step-by-step goals including:

- Breaking down denial
- Beginning self-disclosure
- Changing thinking and behavior
- Learning long-term sobriety skills

The carefully planned treatment makes the best use of each day, addressing many topics and issues essential to recovery including:

- Trauma and abuse survivors
- Process addictions
- Family of origin issues
- Neurobiology of addiction
- Spirituality
- Relapse triggers & prevention
- Shame & guilt
- Personality & character defects





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## THERAPEUTIC COMMUNITY AND TREATMENT ENVIRONMENT

Palmetto staff and patients work together to assist each residential community member in moving through four phases of treatment. Each patient is given an explanation of assignments to be achieved in moving through the phases, with advancement based upon:

- Assignment completion
- Notably improved behavior
- Emotional and spiritual changes

The overall goal is to lift each patient from the depths of addiction to a higher plane of living while also learning the importance of a healthy and balanced life style.

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## PSYCHIATRIC SERVICES

Psychiatric conditions are common in individuals with substance use disorders. As part of the multi-disciplinary team approach, Palmetto has a full-time board certified Psychiatrist on staff to assess and treat co-occurring psychiatric conditions. In addition, our staff stays abreast of the latest developments in psychotherapy and psychopharmacology.

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***We believe recovery must occur in three areas:***

***PHYSICAL***

***EMOTIONAL***

***SPIRITUAL***

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## FAMILY PROGRAM

Palmetto's Continuous Family Counseling Program is committed to enhancing and strengthening family relationships for the individual in treatment as well as for family members.

Program goals focus on:

- Understanding the physical, psychological, emotional, and spiritual aspects of addiction
- Improving communication and setting healthy boundaries
- Learning about codependency and enabling behaviors
- Identifying resources for the family

Program goals are accomplished in several ways:

- Customized treatment plan based on individual and family needs
- Regularly scheduled telephone conferences with the family
- Education and counseling for the family
- Two-day family workshop on Palmetto's campus
- Family visitation on weekends
- Ongoing support during and after treatment



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***Family relationships play a vital role in the recovery process.***

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## RELAPSE TRACK

Addiction is a chronic disease; therefore the potential for relapse exists. Palmetto offers a specialized residential relapse program for adults who have successfully accomplished some quality sobriety or significant recovery time, but have returned to using alcohol or drugs again.

The relapse track is a specialized residential program that consists of:

- Two phases lasting 6 to 8 weeks
- Admission to the residential treatment center on our main campus
- A comprehensive assessment and evaluation of underlying issues contributing to the individual's "stuck-point" in recovery
- Identification and exploration of relapse patterns and triggers

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***Relapse follows a set pattern.  
Once this pattern is understood, the relapse process  
can be interrupted before the individual returns  
to substance abuse.***

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## PROFESSIONALS' RECOVERY PROGRAM

Palmetto provides a specialized group curriculum to meet the specific needs of recovering professionals including:

- Healthcare
- Legal
- Other licensed professionals

The professionals' residential therapy and education process focuses on the following:

- Career adjustment and return to work issues
- Self-image and self-care
- Relapse prevention addressing core issues
- Professional ethics and boundaries
- Balanced lifestyle and stress management
- Co-occurring mental health issues

The referral sources and monitoring/licensing organizations receive weekly updates of each professional's progress. Length of stay in this program averages 60 days, followed by specific discharge planning with continuing care recommendations clearly outlined.

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***Palmetto works closely with professional advocates, collaborating to ensure successful recovery for each professional.***

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## THREE-DAY INPATIENT EVALUATION

Utilizing a multi-disciplinary team, patients are evaluated for substance use disorders, process addictions, or any psychiatric condition using current DSM-5 criteria. For assessment, a patient's information is gathered from the following sources:

- Medical history
- Physical exam
- Addiction medicine assessment
- Laboratory studies
- Psychosocial history
- Psychiatric evaluation
- Psychological testing
- Collateral sources

During this evaluation, patients attend didactic group sessions and group therapy in order to provide insight regarding severity of the substance use and their progression in the disease process.

The information and impressions gathered are discussed in the daily treatment team meeting, and an evaluation is shared with the patient on the third day.

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***Individuals may be admitted to Palmetto for a three-day period to assess the presence and extent of their usage.***

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## INTENSIVE OUTPATIENT PROGRAM (IOP)

For clients with mild substance use disorders (with or without co-occurring psychological disorders), there are two modalities in which Palmetto's IOP is used:

1. Primary treatment, or
2. Transitional treatment following a residential stay

Clients participate three evenings a week, allowing them to maintain employment or educational status while living at home. The counselor and the patient's physician provide assessments. The cost-efficient program includes:

- Chronic disease education
- Identifying psychosocial stressors
- Addiction treatment following the 12-step model
- Drug and alcohol education
- Relapse prevention education

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***Palmetto has IOP locations across Louisiana.  
Contact us in regard to the nearest location.  
800-203-6612***

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## TREATMENT TEAM

The multi-disciplinary staff who works together with each patient at Palmetto includes:

- Medical Director
- Attending physicians that are Board Certified Addiction Medicine Specialists
- Psychiatrist
- Psychologists
- Registered Nurses
- Licensed Practical Nurses
- PhD and Masters-Level Counselors
- Licensed Clinical Social Workers
- Licensed Professional Counselors

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## ADMISSIONS

Although Palmetto does accept referrals, an individual does not need one to enter our facility. For those meeting criteria to enter residential treatment, simply call and ask to speak to an intake coordinator who will assist you in making all the appropriate arrangements. Insurance and financial arrangements are also initiated with this call. Palmetto is in network with most insurance providers. Regarding questions or admissions, please call toll free 1-800-203-6612.

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***Understanding that recovery is a lifelong process,  
Palmetto provides ongoing support  
to alumni and their families.***

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