



09/2021

# Ashley Outpatient **POST-ADMISSION FAMILY INFORMATION PACKET**

[AshleyTreatment.org](https://www.AshleyTreatment.org) | 800.799.HOPE (4673)  
Elkton • Bel Air



**Ashley**  
Everything for Recovery

Welcome to Ashley!

We want to make sure that you stay informed and connected with us while your loved one participates in outpatient treatment. Included in this booklet are descriptions of services available for your loved one, as well as services available for you. Addiction affects the entire family system and strengthening your loved one's connection to positive social and family supports can help your loved one reach and maintain their recovery goals.

We are committed to ensuring the health and safety of our patients and staff. We have a team dedicated to identifying and implementing best practices and recommendations from the [CDC](#), [State of Maryland](#), and the [Harford County Health Department](#).

We are currently offering the following services using the HIPAA Compliant Platform ZOOM®:

- New Patient Registration and Intake Assessment
- [Partial Hospitalization Program \(PHP\)](#)
- [Intensive Outpatient Program \(IOP\)](#)
- [Outpatient Program \(OP\)](#)
- Follow up visits with the Nurse Practitioner

We are currently offering the following services live, following CDC guidelines related to hand hygiene and social distancing:

- History and Physical with the Nurse Practitioner
- Follow up visits with the Nurse Practitioner
- Withdrawal Management
- Daily dosing of medication
- Vivitrol or Sublocade injections
- Toxicology Screening and Labwork

If you or your loved one have any questions, please reach out to us:

Bel Air Campus – 443.760.3456  
[802 Baltimore Pike, Bel Air, MD 21014](#)

Elkton Campus – 443.760.3620  
[Union Hospital Professional Building, 111 W. High Street, Suite 109, Elkton, MD 21921](#)

After hours Emergency – 410.420.2221

In the event of a life threatening emergency, please call 911 or go to the nearest emergency department.

For non-life threatening behavioral health concerns that occur after hours, please visit your county's local crisis center.

Klein Family Harford Crisis Center  
802 Baltimore Pike, Bel Air MD 21014  
Main Number: 410.874.0711

We look forward to working with you and your loved one!

Kindest Regards,  
Ashley Team

## HELPFUL LINKS TO VISIT

Please use the following URL's for visitation and COVID-19 updates:

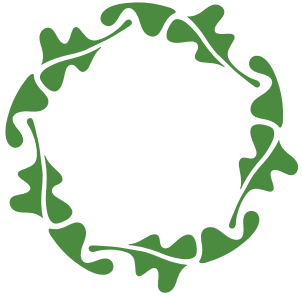
<https://www.ashleytreatment.org/coronavirus/>  
<https://www.ashleytreatment.org/programs/outpatient/op/>

Ashley offers additional support services to our families. We encourage you to attend one of the Parent Family Connection telegroups listed on our website:

<https://www.ashleytreatment.org/recovery-support/parent-family-connection/>

We highly recommend Nar-Anon or Al-Anon meetings. These can be found using the following links:

<https://www.nar-anon.org/>  
<https://al-anon.org/>



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# SERVICES WE CURRENTLY OFFER

## PARTIAL HOSPITALIZATION (PHP)

This program is an excellent step down from residential treatment, or step up for someone who may not be able to go to residential treatment. PHP is a commitment of six hours daily, five days a week. Because every plan is individualized, the length of PHP treatment is dependent on how your symptoms improve over time. You'll participate in group and individual therapy and engage in case management sessions. A multidisciplinary team (nurse practitioner, licensed practical nurse, licensed social worker) will help you to overcome addiction and gain the skills needed to achieve long-term recovery.

## INTENSIVE OUTPATIENT PROGRAM (IOP)

Our most popular program, IOP consists of three-hour groups up to four days a week for approximately eight weeks.

### Group Structure:

Our IOP groups incorporate the following into each three-hour session:

**MINDFULNESS:** All IOP group sessions begin and end with a counselor-led mindfulness exercise, meant to provide you with a technique to use in your daily life outside of treatment.

**PROCESS:** You will discuss current strengths and challenges with your group members in a discussion facilitated by our licensed counselors.

**PSYCHOEDUCATION:** Using evidence-based curriculums The Matrix Model™ and Living in Balance™, you will learn more about the disease of addiction and essential relapse prevention skills to assist you in maintaining abstinence.

## OUTPATIENT PROGRAM (OP)

Our OP is ideal for someone who has a strong support system and a positive environment to work toward and sustain recovery. This program allows you to continue your education or career pursuits, maintain your recovery network within your community, and continue to be a part of activities or commitments that bring meaning to your life. While in OP, you will attend group therapy weekly or twice weekly. OP is anywhere from six to eight months in duration and is individualized to meet your needs. As you progress in your treatment, your schedule will taper off.



## MEDICATION SUPPORTED RECOVERY (MSR)

MSR can ease withdrawal symptoms and lessen or eliminate cravings to improve your ability to engage and focus in treatment. Ashley's medical staff can evaluate you to see if you are appropriate for anti-craving medication. We currently offer:

### For Alcohol Users:

1. Disulfiram (Antabuse™): prescribed to deter alcohol use; comes in tablet form and taken orally-once daily
2. Naltrexone: Reduces cravings and reduces the risk of relapse; comes in tablet form (Revia) and extended-release injectable form administered as a monthly injection (Vivitrol).
3. Acamprosate (Campral™): prescribed to reduce craving for alcohol; comes in tablet form and taken orally-three times per day.

## For Opiate Users:

1. Buprenorphine: prescribed to reduce withdrawal symptoms and opioid cravings; comes in film, tablet, and extended-release form administered as a monthly injection (Sublocade).
2. Naltrexone: prescribed to block the effects of opioids; comes in tablet form (Revia) and extended-release injectable form administered as a monthly injection (Vivitrol).

## WITHDRAWAL MANAGEMENT

If you are actively using substances, it may not be safe for you to stop use without medical care. We offer ambulatory detoxification services to assist you over a period of five to seven days, three to six hours a day. Ashley's medical team will monitor your symptoms and provide comfort medications so that you can safely stop use of substances without an inpatient or hospital stay.

## CASE MANAGEMENT

While at Ashley, you will meet with your assigned counselor for individual sessions to work on addressing your personalized treatment plan goals. Your counselor can provide you with referrals to community supports that may assist you in reaching your goals (such as mental health treatment), or may coordinate with any existing social supports that you would like involved in your treatment (such as social services, probation/parole, EAP, DMV, attorneys, primary care providers).

## LAB WORK

The Ashley Team will ask you to come into the clinic to provide blood work and urinalysis the same day as your intake assessment.

### REQUIRED LAB WORK

Our in-house LabCorp Tech is available for bloodwork. We require testing at intake for Tuberculous for all patients and routine pregnancy testing for female patients.

### PHLEBOTOMY HOURS

#### BEL AIR

Monday - Thursday

11:00 am - 7:30 pm

Friday 9:00 am - 6:30 pm

Every other Saturday

9:00 am - 12:00 pm

#### ELKTON

Monday/Wednesday/Friday

9:00 am - 5:00 pm

Tuesday/Thursday

10:00 am - 6:00 pm

During treatment at Ashley, you will participate in observed toxicology screenings on a regular and random basis. You should expect to receive a phone call from the Ashley team asking you to come in for your observed urinalysis; you will have 24 hours grace period from the time of the phone call or voice mail message to come in.

During your intake assessment, you are asked to inform the counselor of all



medications and/or substances that you have been using. During treatment, your assigned counselor will be monitoring your urinalyses; results indicating use of unapproved or illicit substances may result in recommendations for extended stay or referral to a higher level of care.

Depending on your insurance coverage, you may be responsible for the costs associated with laboratory testing.

## VIRTUAL FAMILY WORKSHOPS

We highly encourage that all family or social support for a patient in our Outpatient Program participate in at least one of our virtual family workshops. These workshops are held weekly on the zoom platform to help unpack different topics that impact the family. The topics rotate each week on a 4-week basis. Workshops are live and interactive with a family counselor and other families present.

For more information and to sign up please email: Shalayah Sommerville at [ssommerville@ashleytreatment.org](mailto:ssommerville@ashleytreatment.org).

## FAMILY THERAPY SESSIONS

Your loved one's counselor may recommend that you or another supportive partner join them for a therapy session. A family therapy session is an opportunity to discuss your loved one's participation in treatment, share in their successes or revelations, and explore further any challenges that they may be facing in treatment.



**'If you stay sober one day at a time,  
good things will happen in your life.'**

*- Fr. Joseph C. Martin, Ashley Co-Founder*

# WHAT TO EXPECT

*How does my loved one withdrawal management or Medication Supported Recovery (MSR)?*

## WITHDRAWAL MANAGEMENT

Ambulatory detoxification at Ashley's Outpatient Program may be an option for your loved one. To determine if your loved one is appropriate for outpatient detoxification, they will need to come into the clinic to meet with our licensed practical nurse, who will take their vital signs and obtain a more in-depth medical history. If the Ashley team recommends outpatient detoxification, they will coordinate with the Nurse Practitioner and Medical Director to determine when they are appropriate to begin.

Your loved one should expect to attend their outpatient detoxification daily for five to seven days and remain onsite anywhere from three to six hours daily. They are welcome to bring a book or laptop with them during this process. During their detoxification, or shortly afterwards, they will make an appointment for a History and Physical with our Nurse Practitioner, who will review their progress and make recommendations for any additional medical services needed.



## MEDICATION SUPPORTED RECOVERY

Do you think that MSR may be helpful for your loved one's recovery journey? Your loved one can let their counselor know that they are interested in learning more about MSR. Your loved one will need to attend two separate appointments:

1. They will meet in person with our Licensed Practical Nurse, who will take their vital signs and obtain a more in-depth medical history.

*Note: If the Ashley team recommends buprenorphine treatment, they will coordinate with the Nurse Practitioner to determine when your loved one is appropriate to begin treatment. Your loved one may need to begin with a buprenorphine induction. An induction lasts anywhere from five to seven days, from two to four hours daily. While it is possible that your loved one will begin buprenorphine induction the same day at their appointment with our Licensed Practical Nurse, it is dependent upon their last use of substances and their current withdrawal symptoms.*

2. They will attend a History and Physical with the Nurse Practitioner, who will discuss with them the best treatment options given their individual needs.



## HOW DO I ATTEND TREATMENT VIRTUALLY?

Your loved one has developed a group and individual schedule with their counselor. To be appropriate for telehealth services, they should have access to internet, a smart phone or computer, and privacy for the duration of their treatment sessions. They will need to provide us with a working, current email address. At least 1 hour prior to their session, they will receive an email from Ashley with the link to their telehealth session. If they do not receive this email, please call us. If they are unable to make a scheduled session, please call us and let us know so that we can reschedule their session.

Your loved one may sign a release of information for you so that you can participate in their treatment. While you are not able to participate in their group therapy sessions, you may be able to participate in an individual session with your loved one and their counselor.

Please let us know beforehand if you are planning to attend services virtually while out of the state so that we can check the current regulations related to Out-of-State Telehealth for your state. Our providers are licensed in Maryland and you may not be able to participate in telehealth while out of the state, depending on your location.

‘**How far do you go to help an alcoholic?**  
**As far as you can and then one step more.**’

- Fr. Joseph C. Martin, Ashley Co-Founder



# What Is Trac9?

## Information for Families

Trac9 or Trac9 Informatics is an assessment tool that monitors specific factors that have a scientifically-validated and evidence-based association with long-term recovery. We track treatment outcomes through assessments during and 12 months following your loved one's time with us.

### WHY ARE WE USING IT?

- Trac9 allows us to measure the effectiveness of treatment and is an essential tool in addressing your loved one's individual treatment needs.
- With Trac9, we can assess your loved one's clinical needs and assign a clinician that will work with your loved one to create an individualized path through treatment that maximizes their therapeutic experience.
- The data we collect through the Trac9 assessments helps us advocate for continued treatment with insurance providers while your loved one is in our care.

**In short, Trac9 will help us provide your loved one with truly individualized care, maximizing their treatment experience and advancing the science of addiction medicine – saving more lives through more effective care.**

### HOW DOES TRAC9 WORK?

Your loved one will be registered in the Trac9 system during the admission process. One of our staff members will help them complete the initial assessment, identifying your loved one's treatment needs and the clinician best suited to address them.

During their time with us, your loved one will take the Trac9 assessment on a weekly basis. We will use their assessments to develop an individualized treatment plan, identify beneficial clinical services and create a comprehensive aftercare plan.

For the first 12 months following treatment at Ashley, your loved one will receive a monthly email invitation to complete their Trac9 assessments online from home; they are anonymous and follow-ups take less than five minutes.

If your loved one's answers to the post-treatment assessments indicate a recurrence of use, Trac9 will automatically ask them if they would like to notify Ashley. Trac9 will only contact Ashley if your loved one asks them to.



For more information on Trac9,  
please approach our staff or visit our website: [www.ashleytreatment.org/trac9](http://www.ashleytreatment.org/trac9).

### FAQS

#### What factors does Trac9 measure?

Trac9 monitors resilience and pathology factors. Both factors are equally important in your loved one's recovery journey. Trac9 focuses on these factors as they have a scientifically-validated and evidence-based association with long-term recovery.

**Resilience factors** Trac9 monitors: commitment to sobriety, optimism, spirituality and quality of life in recovery. Resilience factors are those that help your loved one make it through stressful and challenging times and strengthen them in their sobriety.

**Pathology factors** Trac9 monitors: anxiety, depression, stress, verbal craving and visual cue reactivity of craving. Pathology factors are the clinical symptoms of a disease, in your loved one's case, those associated with their substance use disorder (SUD).

Increasing scores for resilience factors and decreasing scores for pathology factors indicate improved health and recovery.

#### Will my loved one's assessment data stay confidential?

Yes, all data we collect is protected health information and will be handled according to the HIPAA Privacy Rules.

#### How will you use the assessment data for my loved one's treatment?

We will use your loved one's in-treatment data to assign a clinician that best fits their needs, create an individualized treatment and aftercare plan and advocate with insurance companies on their behalf.

#### How will the data be used once they discharge?

Post-treatment data, together with other patients' data, will help us monitor long-term treatment success and give your loved one a direct option to reach out to us in the event that they are struggling.

#### What will you do with the data besides using it directly for my loved one's treatment?

De-identified in-treatment and post-treatment data will help us measure the effectiveness of treatment, improve our model of care, advance the science of addiction medicine and increase accessibility of services through improved insurance coverage. Altogether, the data will help us advance the SUD treatment field as a whole.



# FAMILY WELLNESS PROGRAM

## VIRTUAL PROGRAMMING

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*The health and safety of our patients, staff, families, and community are of the utmost importance. It is with this in mind, that we transformed our once 3-Day In-Person Family Wellness Program and made it virtual. This allows us to continue our valuable family programming from the comfort of your home.*

*During this virtual programming, we will provide education, and opportunities to interact with other family members to gain support and understanding for a successful recovery. Total commitment from family can make all the difference in lifelong recovery. It takes family participation from the entire support system to get well and enjoy every day experiences again.*

### FOUNDATION EDUCATION

Supplied to the primary contact via email from a Family Services staff member.

### FAMILY COACHING

The primary contact will engage with a family counselor, one-on-one, to process through the videos and concerns.

### FAMILY WORKSHOPS

These workshops are held weekly on the Zoom platform to help unpack different topics that impact the family. The topics rotate each week on a 4-week basis. Workshops are live and interactive with a family counselor and other families present.



[AshleyTreatment.org](https://www.AshleyTreatment.org)

800.799.HOPE (4673)

800 Tydings Lane  
Havre de Grace, MD, 21078



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For more information and to sign up  
please email: [Shalaiyah Sommerville at  
ssommerville@ashleytreatment.org](mailto:Shalaiyah.Sommerville@ashleytreatment.org)



# ADDITIONAL SUPPORT

*Resources for Recovery: Online and by Telephone*

## ONLINE MEETINGS

- **NA:** <https://virtual-na.org/meetings/>
- **AA:** <http://aa-intergroup.org/directory.php>
- **Al-Anon:** <https://al-anon.org/al-anon-meetings/electronic-meetings/>
- **Ashley 12-Step Meetings:** <https://www.ashleytreatment.org/recovery-support/>. Download the 'Chalk Talk – Ashley Treatment' app. They are doing virtual 12-Step support groups daily at 9 am, 1 pm, and 6 pm.
- **SMART:** <https://www.smartrecovery.org/community/calendar.php>
- **Mindfulness/Meditation-Based:** <https://recoverydharma.online/>
- **In the Rooms:** MANY different kinds of meetings including AA/NA, Codependency, Overeaters, and Marijuana, Women in Recovery, Christian-based, Recovery during Coronavirus meetings <https://www.intherooms.com/home/>
- **24-Hour Zoom Meeting Link:** ID 144-108-372 Password 169258 Catch a meeting anytime!
- **Cecil County LGBTQ+ Recovery Support:** Every Tuesday at 6:00 p.m. EST Online Meeting Link <https://uso4web.zoom.us/j/3358356704?status=success>
- **Grief Support Groups:** <https://www.griefshare.org/groups/search>

## RECOVERY APPS

- **Recovery Path:** Available free, has a meeting finder, abstinence calculator, coping skills, affirmations, breathing techniques, trigger management: <https://www.recoverypath.com/>
- **Apps for Meditation:** Insight Timer, Calm, Headspace