THE TREATMENT TEAM

Our PTP treatment team is very experienced in caring for professionals and high profile individuals. The team consists of experienced clinicians with extensive, diverse experiences in dealing with the unique behavioral challenges and highly developed defense mechanisms that this patient population frequently possesses. The team includes, but is not limited to:

- Internal Medicine Physician
- Addiction Medicine Physician
- Primary Counselor
- Licensed Nurses
- Psychiatrist
- Psychologist
- Family Counselor
- Spiritual Advisor

LOCATIONS & LENGTH OF STAY

West Los Angeles & Malibu

- Intensive Diagnostic Evaluations (IDE) - 4 to 5 days
- Primary Care – West Los Angeles 30 days / Malibu 31 days
- Extended Therapeutic Care – 15 to 60 days following Primary Care

Intensive Outpatient Program (IOP)

- Day Treatment - 3 weeks
- IOP – 12 weeks (4 evenings/week)
- Intensive Diagnostic Evaluations (IDE) – not available

PSYCHO-SEXUAL EVALUATION & TREATMENT

Promises' parent company, Elements Behavioral Health recently acquired the Sexual Recovery Institute (SRI) headed by SRI founder, Robert Weiss, LCSW, CSAT-S. Mr. Weiss received extensive post-graduate sexual disorder's training with addiction author and clinical leader, Dr. Patrick Carnes. In a field with few genuine experts, Mr. Weiss is a specialized, knowledgeable and recognizable provider in the areas of intimacy, addiction and sexual disorders. Located in Los Angeles, SRI will make state of the art evaluation and treatment services available to Promises’ professional clients.

EXPERIENCE

With over twenty years of experience, Promises has cared for many professionals and returned them to healthier and more productive professional and family lives. The Professionals Treatment Program will continue to evolve and grow with the increasing demands for assistance and will continue to be involved in education and outreach on topics relevant to the health of professionals.
WELCOME
The Promises Professional Treatment Program (PTP) is designed to provide compassionate assistance to professionals who are dealing with problems that might result in their impairment in their professional activities. The program is focused not only on issues that are related to inappropriate use of drugs and alcohol, but also other addictive behaviors as well as mental health issues that are self-defeating and problematic for the professional. Support is also available for family and significant other through Promises family programs.

OVERVIEW
Promises PTP is a comprehensive, multidisciplinary treatment process tailored to address difficulties experienced in the areas of mental or behavioral health, inappropriate use of drugs or alcohol, boundary violations, and problems relating to the aging process. During the treatment process professionals will learn tools to maintain and improve their own health and wellness.

INTENSIVE DIAGNOSTIC EVALUATION (IDE)
The IDE offers healthcare professionals and referents, including State Physician Health Programs and hospital Wellbeing Committees an intensive four-five day assessment and evaluation. This medically supervised, diagnostic process includes forensic investigation and an introduction to all aspects of treatment.

• Physical examination by an Internal Medicine certified physician
• Psychiatric evaluation by addiction certified psychiatrist - including personality disorders
• Psychological evaluation & testing - assessment for stress, OCD, disruptive behavior, trauma and PTSD
• Addiction assessment by Director of Physician Healthcare (APA certified) psychiatrist
• Assessment for co-dependency & behavioral addictions
• Assessment for professional boundary problems
• Psycho-sexual evaluation available through Sexual Recovery Institute (SRI) when appropriate
• Complete psycho-social history
• Chain of custody urine, blood & hair drug testing
• Laboratory testing, including: CBC, electrolytes, TSH, liver function studies
• Collateral information from appropriate sources including: family members, co-workers, supervisors, colleagues, partners, treating medical providers and pharmacies
• Review of medical treatment records and pharmacy records as appropriate
• Diagnostic studies (CT Scans, MRI, EEG, etc.) when appropriate
• Neuropsychiatric Testing when appropriate
• Medical Polygraph Testing when appropriate

RESULTS
Upon completion of an IDE, the PTP treatment team will provide the healthcare professional and referent (providing there is a signed release from the client) with:

1) Complete Diagnosis
2) Treatment Recommendations
3) Fitness for Duty Report.

The PTP treatment team will first meet with the patient to review their recommendations and to assist in his/her decision-making process regarding what actions need to be taken next. When appropriate, while in the patient’s presence, the treatment team will convey to the PHP, licensing agency or other referent the IDE results. Written IDE summaries will be available within three business days.

LENGTH OF STAY (30 – 90 Days)

• As clinically indicated
• As required by State PHP, licensing agency and/or Wellbeing Committees or other referent (medical group, hospital, etc.)

TREATMENT PROGRAM / PROFESSIONAL SPECIFIC ELEMENTS
Healthcare professional clients will be expected to complete all elements of Promises chemical dependency and dual diagnosis treatment programs. In addition healthcare professionals will participate in:

• Twice weekly impaired professionals process groups
• Twice weekly impaired professionals support groups (attended by local professionals in all phases of recovery)
• Practice Re-entry Preparation (PRP) - volunteer work at local, public treatment facilities intended to prepare clients to balance the demands of their recoveries and professional lives when they return home
• Week Caduceus Group (at Promises IOP location)
• Practice Assessment (prior to discharge)
• Transition Planning to provide seamless integration the continuing care plan, monitoring and drug screening with referring body (PHP, Wellbeing Committee)
• Post-discharge monitoring and drug screening available through select national providers

Prior to discharge the PTP treatment team will meet with the patient to review recommendations for continuing care and a fitness for duty report. When appropriate and in the patient’s presence, the treatment team will convey those results to the PHP, licensing agency or other referent. Written discharge summaries will be available within seven business days.