

PROFESSIONALS TREATMENT
at
PROMISES
TREATMENT CENTERS

Creating Extraordinary Lives

Professionals Treatment at Promises (PTP)

Program Overview

Professionals Treatment at Promises (PTP) is a residential day treatment program designed for men and women (25 and up) with an established record of career development.

PTP's curriculum has been specifically designed to assist our clients to leverage their intellectual and analytic skills through the skillful integration of medical and behavioral health sciences with emotional and spiritual recovery and renewal.

At PTP we believe that addiction is a disease and should be treated as such.

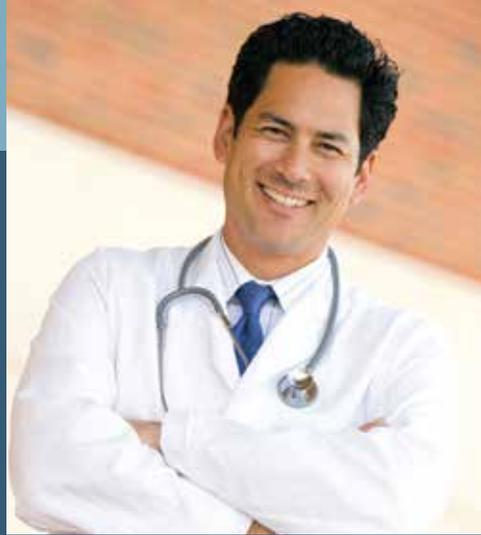
As a result we treat clients individually, monitor their progress through treatment and provide comprehensive continuing care plans.

Who is a PTP Client?

The treatment milieu is of paramount importance in developing a foundation for recovery.

Years of experience have demonstrated that clients have a far richer treatment experience when they are treated with others who have had similar life experiences and will likely face similar recovery challenges when they return home.





PTP Clients Include:

Licensed professionals:

Healthcare Professionals

- Physicians
- Pharmacists
- Dentists
- Nurses
- Behavioral Health Clinicians
- Other Healthcare Professionals

Legal Professionals

- Attorneys
- Stenographers
- Judges
- Polygraphers
- Paralegals
- Law Enforcement Officers

Airline Pilots

Business Professionals

- Senior Executives
- Entrepreneurs
- Engineers
- Corporate Officers
- Small Business Owners
- Members of the Clergy
- Managers
- Accountants
- Teachers /Professors

Others May Include:

Self Made Business People who have been able to establish significant professional accomplishment utilizing the "school of life" or street savvy or *Full Time Caregivers or Parents* who have previously established careers and have chosen to suspend or leave their career to serve another cause



Dear Colleagues:

One of my primary motivations for joining PTP is to utilize what I have learned running both professionals treatment programs and a state physician health program to help clients achieve the best possible treatment outcomes.

State Professionals Health Programs (PHPs) have always sought to achieve the very best treatment outcomes for their participants. In the process, these programs have developed the most effective system of care that has ever existed for addicted individuals. Prior to joining Promises, I was privileged to serve as principle investigator in a national study of these programs; how they function and their outcomes. Our study showed a relapse rate of less than 21% over an average of 7.2 years. That is less than a 3.5% relapse rate per year. Our study also showed that this system of care is a team effort between State Professionals Health Programs and specialized treatment centers. At PTP, we utilize the same team and continuing care approaches to enhance the outcomes for all the different types of professionals we treat.

I believe the care offered at Professionals Treatment at Promises (PTP) is second to none. We look forward to working with you and / or your patients to assist in their journey to build successful long-term recoveries.



Sincerely,

Greg Skipper, MD, FABAM
Director of Professionals Health Services

Treatment Philosophy

Like all other Promises Treatment Centers programs, PTP is abstinence based. Our treatment emphasizes the importance of 12-Step recovery; however, we also utilize a broad range of other evidence based therapies.

Continuum of Care

PTP offers a broad continuum of care including:

- Detox / Stabilization
- Evaluations
- Fitness for Duty Assessments
- Residential Day Treatment
- Intensive Outpatient Treatment

Components of Every Client's Treatment Plan

Rigorous Evaluation

Intensive Diagnostic Evaluations (IDE) identify specific diagnoses and make recommendations for treatment that cover a broad range of complexities and problems.

Customized Treatment

Unique treatment plans with clearly defined treatment and recovery goals.

Continuing Care with Post-Discharge Monitoring & Drug Screening

At PTP we consistently emphasize to our clients the importance of taking responsibility for their recovery and the value of being accountable to others (such as continuing care providers). Contingency contracts are recommended for all clients to assist the clients, treatment providers and family.



Treatment Setting

Professionals Treatment at Promises (PTP) is a residential day treatment program located in picturesque Santa Monica California.

Clients attend treatment at our Professionals Treatment Center and live at our professionals residence which is staffed 24 hours a day, seven days a week. This ideal location affords clients opportunities to integrate real world activities into their treatment experience.

Clients live in condominium style apartments at a premier Santa Monica location.

Each apartment is attractively appointed with state of the art kitchens, living rooms, dining room areas, furnished patios, first class bedding and towels, 50 " flatscreen TVs and wireless internet access. The residence also has a health center, barbeque facilities and outdoor seating areas.

Though clients are encouraged to live in semiprivate rooms, private rooms are also available for an additional fee.





PTP offers multiple types of evaluations. The addiction related Intensive Diagnostic Evaluation (IDE) has been designed to identify substance use and co-occurring disorders. An IDE can generally be completed in seventy two hours. More complex evaluations may take a longer period depending on the services and testing required. The goal of every evaluation is to determine:

1. Diagnoses
2. Recommendations for Treatment
3. Fitness for Duty (when required)

Addiction Related Intensive Diagnostic Evaluation (IDE)

This IDE has been designed to diagnose and determine a course of treatment for substance use and co-occurring disorders with findings validated by diagnostic criteria. Standard IDE* components are:

- Addiction Medicine Evaluation (MD)
- Psychiatric Evaluation (MD)
- Psychological Evaluation (PhD)
- Extensive Psychological Testing

- Physical Examination & Lab work
- Toxicology (urine, hair & nails)

*To complete a comprehensive evaluation, additional components may become necessary (i.e. Neuropsych testing, polygraph, additional medical tests).

Evaluation Teams

To minimize even the appearance of a conflict of interest, all members of Promises Professionals Evaluation Teams are independent contractors. IDE Teams* include:

- Addiction Medicine Specialist
- Attending Physician
- Addiction Psychiatrist
- Forensic Psychologist

*Additional specialists may be necessary based on preliminary findings of all types of evaluations. Many evaluations include the addiction related / co-occurring evaluation described above. Though numerous types of evaluations are available, two frequently sought after types of evaluations focus on:



Sexual Disorders / Professional Boundary Issues

PTP utilizes The Sexual Recovery Institute (www.sexualrecovery.com) to assist with Sexual Disorder evaluations. The process will determine if there is a problem with Sex Addiction and/or Boundary Improprieties or Violations and what should be done to treat any existing disorder. The Sexual Disorder Evaluation includes the Standard Evaluation plus the following:

- Certified Sex Addiction Therapist (CSAT) Interview
- Sexual Disorder Inventory (SDI-R 3.0)
- Additional Testing (Abel Test, SAST & other necessary tests)

Chronic Pain Evaluations

The problem of chronic pain and its interaction with addiction and other mental disorders is complex.

PTP has joined with the world renowned California Pain Medicine Center at UCLA to conduct customized combined evaluations for individuals with chronic pain. The Chronic Pain Evaluation includes the standard evaluation plus the following:

The Chronic Pain Evaluation includes the standard evaluation plus the following:

- Pain Medicine Assessment
- Pain Psychologist Evaluation
- Neurofeedback Evaluation
- Physical Therapy Evaluation
- Other (as needed)



Treatment Team

The delivery of the highest possible quality of care is our major goal at PTP. Our treatment team is made-up of the most qualified and experienced behavioral health professionals anywhere. All clinicians are either licensed psychologists or masters level clinicians. Each client is assigned an attending physician, a psychiatrist and primary therapist. Other specialists are assigned to meet specific client needs.

Core Treatment Components

At PTP we utilize a broad range of treatment modalities to address our clients substance use and co-occurring disorders. PTP clients will have a minimum of four individual sessions each week.

Individual Sessions

- Primary Therapist - 2 x weeks (minimum)
- Family Therapy – 1 x week (minimum)
- Consultation with Professionals Healthcare Physician – 1 x week

Substance Use & Co-occurring Disorders - Treatment Groups

- 12-Step
- Relapse Prevention
- Effective Communication
- CBT
- Emotional Sobriety
- Family of Origin
- Biblio Therapy
- Psychoeducational Lectures
- Process Groups
- Mens / Womens Issues
- Affect Regulation
- DBT Skills
- Psychodrama
- Family Dynamics
- Yoga / Meditation



Professionals Issues Treatment Groups

- Professionals Issues
- Return to Work Group
- Profession Specific Support Groups
- Caduceus (Healthcare)
- The Other Bar (Legal)
- Executive Support Groups

Family Programs

We recommend families and / or significant others participate in PTP's Family Program. This program includes weekly sessions (at the facility or via Skye or Teleconference) and family weekends. Family Weekends or our Couples Intensive Therapy will be scheduled based on client needs and family availability.

Client Return Visits

Clients who successfully completed treatment and have maintained abstinence are encouraged to return to PTP for a five day follow-up visit. During this week, program graduates will meet with their therapist and participate in as many aspects of treatment as they wish. There is no fee for this service.

Admissions

Admissions specialists are available twenty four hours a day, seven days a week (including holidays) to speak with perspective clients, family members or referring professionals.

Client may admit in two ways:

1. Direct Admission to Treatment

Though a client may admit directly to treatment, every client undergoes an Intensive Diagnostic Evaluation

2. Evaluation Admission

Some clients may be referred by state licensing agencies or other referral sources to initially only complete a diagnostic evaluation. Clients who subsequently admit to PTP for treatment may deduct the cost of the Addiction Related Evaluation from the fee for their first month of treatment.

Transportation will be provided from any Los Angeles area airport



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Creating Extraordinary Lives

A family member of Elements Behavioral Health™

*Give yourself or your loved one the chance to
maximize the opportunity to build long-term sobriety*

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For more information or assistance with admissions:

800.595.8779

www.professionaltreatment.com