



ORIENTATION

Holly Hill CD-PHP Open H & I Meeting of
Alcoholics Anonymous

Meets Fridays: Noon to 1 pm
3020 Falstaff Road, Raleigh NC 27610
Room 3020 East, 2nd Floor

A Word About Holly Hill Hospital's CD-PHP Philosophy.....

It is very important for presenters to be mindful that many CD-PHP patients are emotionally vulnerable and may have recently discharged from inpatient psychiatric and medical facilities following such traumatic experiences as medical detox, overdoses, or other traumatic events including suicide attempts. Additionally, many may have never been to AA before. For these reasons and more, it is imperative that presenters follow guidelines that are in keeping with Holly Hill Hospital's philosophy of support and treatment. The following guidelines include...

- Avoid the use of profanity or vulgar references.
- Be culturally sensitive by avoiding religious dogma, racial, political, and sexual or gender, etc. opinions.
- When sharing your story, please avoid graphic details of "what happened," including trauma, violence, or "war stories" surrounding substance abuse, etc. These kinds of details may trigger anxiety, flash backs, and cravings. Personal experiences should be shared in very broad terms.
- Focusing on the "Solutions" you found and how the fellowship of AA has enhanced your life, including how you overcame your anxiety of going to AA, how you successfully obtained a sponsor, how meaningful your service work has been, and how sobriety was worthwhile to you is encouraged!

Here are a few Housekeeping Reminders for the Meeting

- ❖ The H & I Meeting Format, readings, chips, etc. are in the Orange Notebook which is placed at the head of the table.
- ❖ A Literature Rack is on the round table in the back of the room.
- ❖ The Chairperson may choose the format: Speaker, Discussion, etc.
- ❖ Please allow the last 15 minutes for patients to ask questions.
- ❖ The Meeting will promptly end at 1:00 pm so patients may go to lunch.

Finally, we sincerely want to express our appreciation to you for helping us carry this message of hope and healing and for providing this great service for the people we serve! As we desire to ensure that every patient has the opportunity to achieve the greatest gain from this important part of their course of treatment, it is essential that you demonstrate a commitment to respect Holly Hill Hospital's CD-PHP mission and philosophy as you lead these meetings by signing the following acknowledgement of agreement that the foregoing guidelines will be respectfully followed.

Presenter Signature: _____

Presenter Signature: _____

Presenter Signature: _____

Presenter Signature: _____



**We Welcome Alcoholics Anonymous
To
THE CHEMICAL DEPENDENCY PARTIAL
HOSPITALIZATION PROGRAM
At
Holly Hill Hospital**

Greeting.....

Our patients and our clinical team have great appreciation for the mission of Alcoholics Anonymous.... "Our primary purpose is to stay sober & help other alcoholics to achieve sobriety." Your message is both life changing and lifesaving!

Overview.....

The CD-PHP is an acute level of psychiatric care for patients whose primary diagnosis is substance dependence. Many patients also have secondary mental health diagnoses, such as depression, anxiety, PTSD, bipolar disorder, and others. Our program is completely voluntary. Our patients are highly motivated for their recovery. They commit to 30 hours each week for 4 weeks to complete the CD-PHP curriculum.

During treatment, patients receive on-going psychiatric evaluation and medication management as indicated. Additionally, they receive group psychotherapy and psycho-education, which includes a family component, recognizing that addiction does not occur in isolation.

Our philosophy is abstinence based. Our therapists utilize Cognitive Behavioral Therapy and Dialectical Behavioral Therapy techniques. Our program incorporates a strong 12 Step philosophy. We also incorporate concepts of Rational Recovery, Recovery Dynamics and The Matrix Model.

When medication management is indicated, our formulary excludes all addictive classes of medication.

The treatment goal of the CD-PHP is *"Sustainable Sobriety and Mood Stabilization."* AA via H & I meetings facilitates our patients' orientation and integration into their recovery community. By the time patients have completed their course of treatment and are ready for discharge, most have a Sponsor, a Home –Group, a Network and 30 days of sobriety.



Enrolling in Chemical Dependency Partial Hospitalization *At Holly Hill Hospital*

After inpatient detoxification, gradually stepping down to lower levels of care ensures your **strongest** recovery plan to avoid relapse. Once you display marked stability in detox symptoms, your Treatment Team may make a recommendation to participate in our **Chemical Dependency Partial Hospitalization Program**.

This program uses The Matrix Model to integrate Cognitive Behavioral Therapy, Contingency Management, Motivational Interviewing, Twelve Step facilitation, family involvement and other elements to give patients the skills and understanding they need to overcome addiction.

During Chemical Dependency Partial Hospitalization, you will:

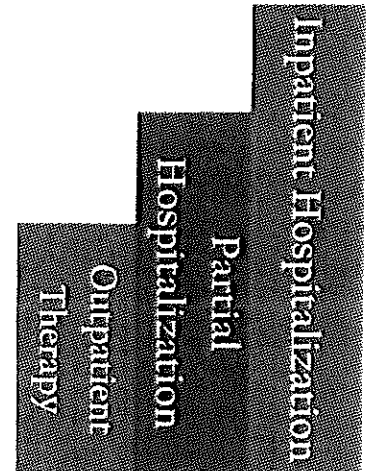
- Meet with the Psychiatrist for medication management weekly and at admission and discharge.
- Review medication or medical concerns with a PHP Registered Nurse as needed.
- See a Therapist daily in group sessions, education and cognitive-behavioral therapy.

How to Enroll in Chemical Dependency Partial Hospitalization:

You will begin this program immediately after your discharge. Your Treatment Team will tell you the time you should arrive for your scheduled admission. The Partial Hospitalization Program is located across from the main Holly Hill Hospital Campus at 3020 Falstaff Road in Raleigh.

Lunch will be provided on a daily basis.

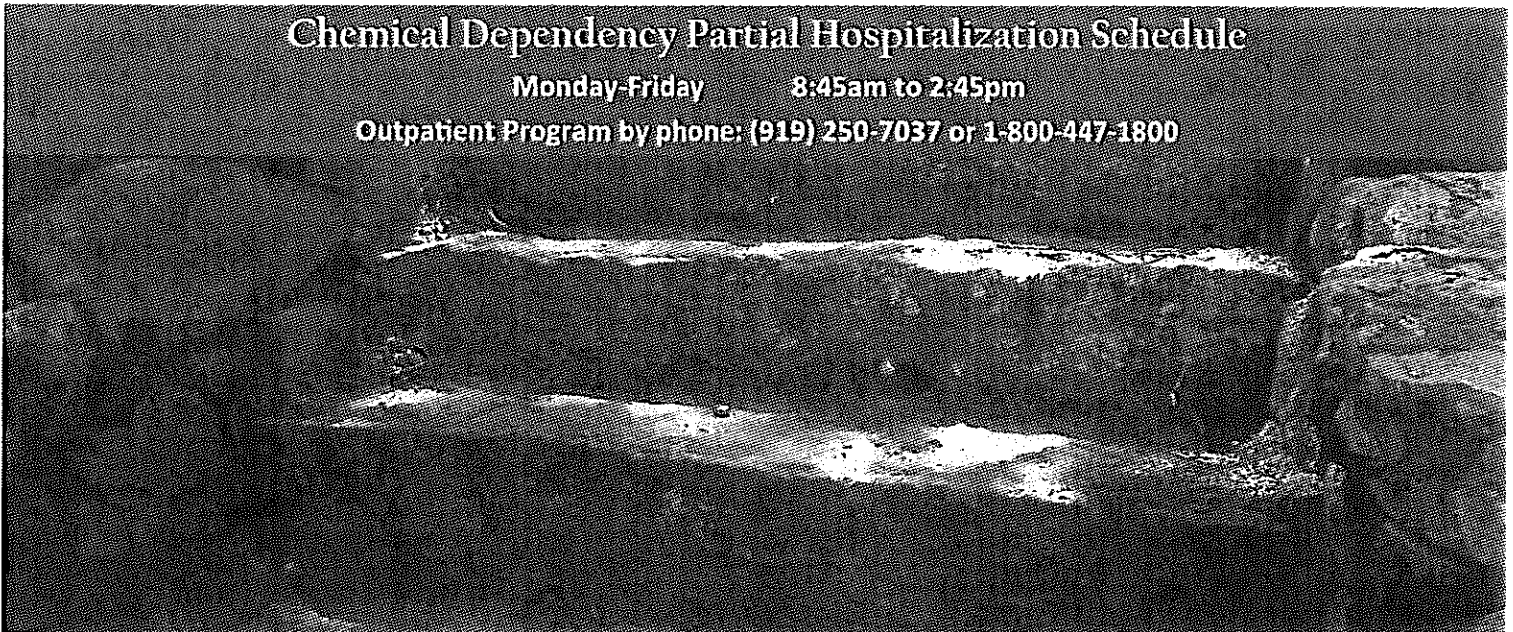
Further questions can be directed to the Outpatient Program at (919) 250-7037 or to your Treatment Team.



Chemical Dependency Partial Hospitalization Schedule

Monday-Friday 8:45am to 2:45pm

Outpatient Program by phone: (919) 250-7037 or 1-800-447-1800



CD-PHP Education Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Theme: Disease of Addiction 1. Daily Reflections 2. Process Group 3. Video: Medical Aspects 4. Journaling 5. History of AA: Bill W. & Dr. Bob (The Doctor's Opinion)	Theme: Honesty 1. Daily Reflections 2. Process Group 3. AA/NA: How It Works 4. Journaling 5. Rigorous Honesty: Preparation for Step 1 (How it Works)	Theme: Powerlessness 1. Daily Reflections 2. Process Group 3. Step 1: What it Means to Me 4. Journaling 5. Matrix: ERS 1A- Triggers Triggers Role Play (Bill's Story)	Theme: Unmanageability 1. Daily Reflections 2. Multi-Family Group 3. Matrix: ERS 1C- Thought Stopping Techniques 4. Journaling 5. Values: What is Important To Me? (Bill's Story)	Theme: Fellowship 1. Daily Reflections 2. RP 8: Truthfulness 3. Matrix ERS 4A - 12 Step Recovery 4. AA Meeting/Journaling 5. Weekend Scheduling (There is a Solution)
Week 2	Theme: Open-Mindedness 1. Daily Reflections 2. Process Group 3. Spirituality v. Religion 4. Journaling 5. Faith & Recovery (We Agnostics)	Theme: Sanity 1. Daily Reflections 2. Process Group 3. Step 2: H.P. or Self-Will? 4. Journaling 5. Matrix ERS6A- 5 Recovery Challenges (More About Alcoholism)	Theme: Self-Will 1. Daily Reflections 2. Process Group 3. Alcoholic Personality: p60-61 Big Book 4. Journaling 5. Goodbye Letters (How it Works)	Theme: Willingness 1. Daily Reflections 2. Multi-Family Group 3. Step 3: Into Action 4. Journaling 5. Partnering/ Willingness Exercise (How it Works)	Theme: Accountability 1. Daily Reflections 2. RP 13: Be Smart Not Strong 3. Matrix ERS8- HALT 4. AA Meeting/Journaling 5. Weekend Scheduling (How it Works)
Week 3	Theme: Emotions 1. Daily Reflections 2. Process Group 3. Truth v. Feelings: p8 Big Book 4. Journaling 5. Matrix: ERS 7A Emotions (Bill's Story)	Theme: Character 1. Daily Reflections 2. Process Group 3. Character Traits 4. Journaling 5. POTS Exercise/Guilt & Shame (How it Works)	Theme: Resentments 1. Daily Reflections 2. Process Group 3. #1 Offender: p64 Big Book/Resent Somebody 4. Journaling 5. Intro to Step 4 (How it Works)	Theme: Anger 1. Daily Reflections 2. Multi-Family Group 3. Al-Anon's 3 C's /Detachment: p84 Al-Anon 4. Journaling 5. Matrix: Session 23: Anger (Chapter 11 Al-Anon)	Theme: Sex Conduct 1. Daily Reflections 2. RP 6: Staying Busy 3. Matrix Session 10: Sex/ Sex List: Big Book p69 4. AA Meeting/Journaling 5. Matrix Session 2: Boredom (How it Works)
Week 4	Theme: Grudge List 1. Daily Reflections 2. Process Group 3. Step 4: Who/Why List 4. Journaling 5. Matrix Session 26: Re-pairing relationships (How it Works)	Theme: Fear 1. Daily Reflections 2. Process Group 3. Step 4: Fear List 4. Journaling 5. Matrix Session 27: Serenity Prayer (Acceptance was the Ans.)	Theme: My Part 1. Daily Reflections 2. Process Group 3. Step 4: My Part 4. Journaling 5. Step 5 (Into Action)	Theme: Acceptance 1. Daily Reflections 2. Multi-Family Group 3. Acceptance: p417 Big Book 4. Journaling 5. Life on Life's Terms (Acceptance was the Ans.)	Theme: Gratitude 1. Daily Reflections 2. RP3: Relapse Drift 3. Gratitude List 4. AA meeting/Journaling 5. Internal/External Triggers- Weekend Scheduling (The Promises)