



## The Treatment Process

(excerpts from [addictionblog.org](http://addictionblog.org))

### What Happens During Alcohol Rehab Treatment?



Upon entering treatment, you will participate in a complete diagnostic evaluation that will lead to an individualized treatment plan. The evaluation and treatment plan are used to determine the types, level and intensity of services you will receive and to manage the course of the treatment over time.

Several typical treatment strategies may be offered singularly or in combination to people. They include the following:

1. Detoxification – Some people have such a serious physical dependency that they may have to be carefully withdrawn from the chemicals (including alcohol) to address the potentially serious medical consequences of abruptly stopping usage. A physician often supervises this process. Because it does not treat the behavioral or psychosocial causes leading to the chemical dependence, detoxification should be followed by behavioral treatment.
2. Individual Therapy – You will work with a professional therapist (counselor, social worker, psychologist) to understand the factors that lead to alcohol abuse, and to develop coping strategies to deal with the compulsions in order to live differently.

3. Group Therapy – Professionally led group counseling or therapy is a central part of treatment. By offering mutual support, these sessions allow participants to share insights, reinforce therapeutic gains, and to exert group accountability on individual behavior. Often, group therapy is provided to individuals who share some common experience or unresolved issue such as trauma survivors, gender specific focus, criminal justice involvement, parenting focus, etc.

4. Pharmacological Therapy – Some patients receive medication to help decrease the physical craving for alcohol. Medications such as naltrexone, disulfiram, and acamprosate can help you participate more easily in aspects of treatment.

5. Toxicology Screening and Monitoring – Treatment includes a process for monitoring continued abstinence from alcohol. This is accomplished through urine, blood and breath testing.

6. Vocational Rehabilitation – Many people in treatment programs are employed full time, while others enter treatment unemployed with minimal marketable skills. During rehab you may have the option to work with trained vocational specialists who will assist with skill development (resume writing, job seeking skills), gaining work experience, educational assistance, and with finding and maintaining employment.

7. Health and Medical Services – Treatment programs give a complete physical examination or arrange for one to be provided upon initial admission. They also monitor other health conditions and diseases. Treatment programs are especially alert for certain diseases that are highly prevalent among drinkers (hepatitis, tuberculosis, or liver disease).

8. Family Strengthening – Alcoholic drinking strains and sometimes fractures important family relationships. Quality treatment programs offer services to strengthen family functioning and promote family reunification. A wide range of services (depending on your circumstances) and could include: family counseling, parenting education, childcare and services to prevent or respond to domestic violence, trauma, or child abuse

9. Case Management – The multiple, complex needs of most people who enter alcohol rehab extend beyond the chemical dependence services. For example, people may need help with housing, transportation, court advocacy, childcare, or child welfare services. If necessary, treatment centers will work with you to arrange these critical services, make referrals, and assist in the exchange of vital information with other resources. They can also help you overcome difficulties accessing or participating in such services.

*Your Employee Assistance program representative (listed on the second page) can help with the treatment process*



### Substance Abuse Treatment Facility Locator

(excerpts from <https://pubs.niaaa.nih.gov/publications/Treatment/treatment.htm#chapter01>)

[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)  
1-800-662-HELP

#### Mutual-support groups

**Alcoholics Anonymous (AA)**

[www.aa.org](http://www.aa.org), 212-870-3400

**Moderation Management**

[www.moderation.org](http://www.moderation.org), 212-871-0974

**Secular Organizations For Sobriety**

[www.sossobriety.org](http://www.sossobriety.org), 323-666-4295

**SMART Recovery**

[www.smartrecovery.org](http://www.smartrecovery.org) 440-951-5357

**Women For Sobriety**

[www.womenforsobriety.org](http://www.womenforsobriety.org), 215-536-8026



#### Information resources

**National Institute on Alcohol Abuse and Alcoholism:** [www.niaaa.nih.gov](http://www.niaaa.nih.gov), 301-443-3860

**National Institute on Drug Abuse**

[www.nida.nih.gov](http://www.nida.nih.gov), 301-443-1124

**National Institute of Mental Health**

[www.nimh.nih.gov](http://www.nimh.nih.gov), 1-866-615-6464

**National Clearinghouse for Alcohol and Drug Information:**

[www.samhsa.gov](http://www.samhsa.gov), 1-800-729-6686

## IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

### IAM EAP Airline Chairmen

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## 2018 EAP Classes

William W. Winpisinger  
Education/Technology  
Center

EAP I

September 30-October 5

EAP III

June 24-29

Labor's Assistance Program  
Conference

Tropicana - Las Vegas

July 15-20

EAP IV

September 16-21