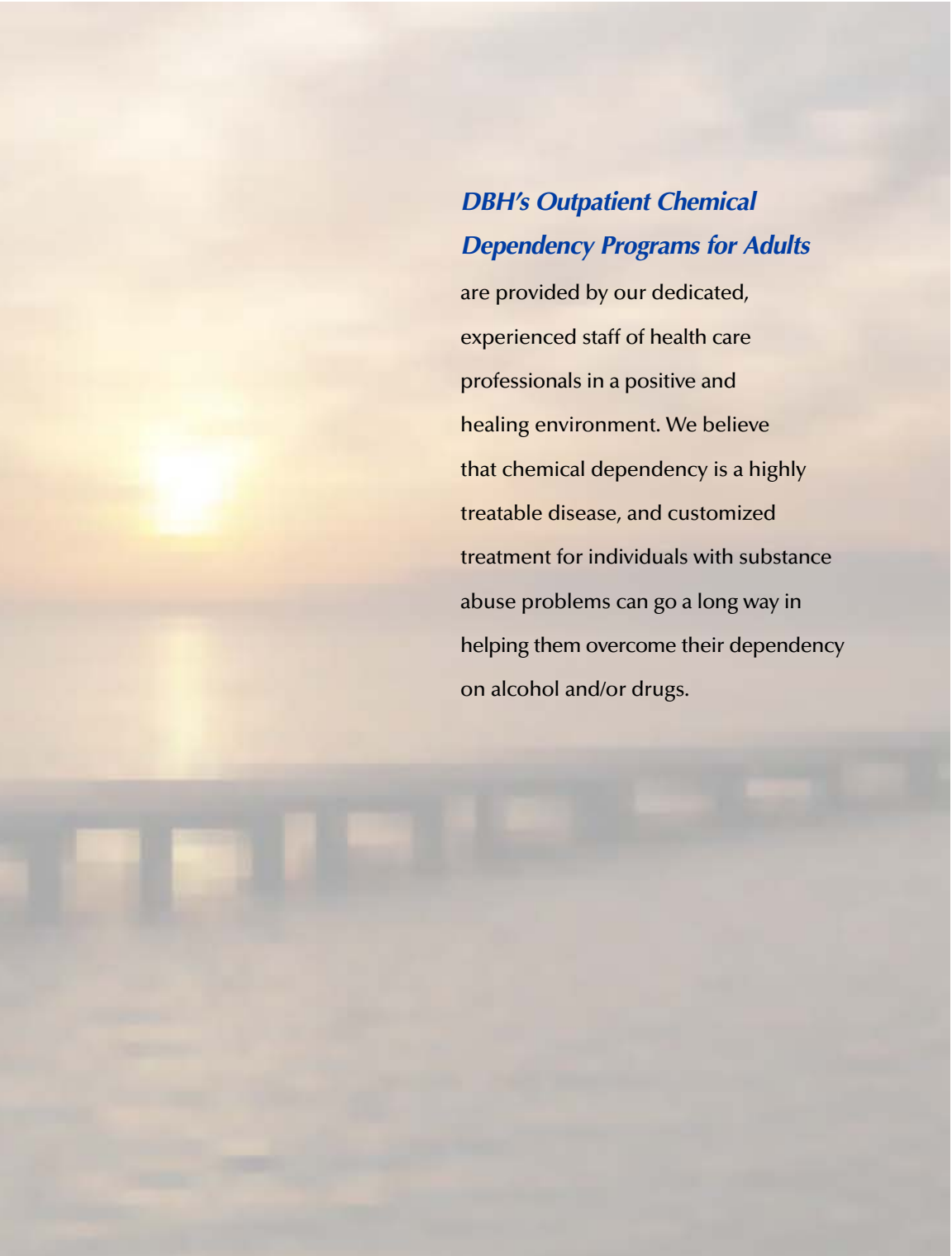




Dover Behavioral Health System
Caring, Consistent, Collaborative Healthcare

***Outpatient Chemical Dependency Programs
for Adults***



***DBH's Outpatient Chemical
Dependency Programs for Adults***

are provided by our dedicated, experienced staff of health care professionals in a positive and healing environment. We believe that chemical dependency is a highly treatable disease, and customized treatment for individuals with substance abuse problems can go a long way in helping them overcome their dependency on alcohol and/or drugs.

Two Programs to Meet Differing Levels of Care

Because the levels of care needed by individuals seeking treatment for substance abuse/chemical dependency differ, we offer two distinct outpatient programs for adults.

I. Day Partial Hospitalization Program

This highly structured program is designed for individuals transitioning from an inpatient stay for substance abuse/chemical dependency or for those requiring more support and services than those offered in a traditional outpatient setting.

Hours:

9:00 a.m. to 3:00 p.m. – Monday through Friday

II. Evening Partial Program

This highly effective program is designed for individuals who have a stable environment and are able to receive treatment while maintaining a daily work routine. It is appropriate for individuals in which the chronic nature of their substance abuse/chemical dependency has not progressed to the extent where it requires more intensive levels of care.

Hours:

5:00 p.m. to 9:00 p.m. – Monday through Thursday

8:00 a.m. to 11:00 a.m. – Saturday for the Family Session

It is mandatory for all patients and their families to attend at least one family session.



A Comprehensive, Proven Approach to Treatment

Our chemical dependency/substance abuse treatment approach is based on state-of-the-art knowledge about what has proven to be effective. We stay up to date on best practices and capitalize on the skills and experience of our professional healthcare team for the benefit of our patients and their families.

Treatment Program Components

- Our approach begins with a thorough, confidential assessment that guides our multidisciplinary treatment team in developing a customized treatment plan based on the individual's specific needs. Our treatment team includes professionals from the fields of addictions, psychiatry, psychology, social work, and case management.
- Treatment plans may include medical, pharmacological, clinical, behavioral, and 12-step interventions.
- Because many people who come to us may be cross-addicted—that is, have two or more addictions—our program is designed to meet these needs as well. It is not unusual for this to occur, and treatment programs can effectively treat cross addictions simultaneously.

- Our treatment programs integrate the 12 Step Program, which over the years has become the most widely used approach for dealing with substance abuse and has proven to be very effective in helping people recover from addictive behaviors.



- Because we understand the importance of preventing relapses, our individualized treatment plans include prevention relapse treatment modalities that each patient is capable of carrying out.
- For treatment to be successful, it is essential to include a personalized discharge and aftercare plan that provides ongoing support. As a continuing care plan, it will address the physical, , mental and social needs of each patient. Family relationship support is a key element, and referrals to 12-step meetings and outpatient programs may be made.

Dover Behavioral Health System can be counted on to help you or someone you love overcome chemical dependency and substance abuse problems to lead healthier, more satisfying lives.

***Please call us for a free confidential assessment—
available 24 hours a day, 7 days a week at 302-741-0140,
or visit our website at: www.doverbehavioral.com***

We accept most insurance plans, Medicaid, Medicare and Tricare.

About Dover Behavioral Health System

Our experienced, caring professionals are the heart of what we do, providing superior inpatient and outpatient behavioral healthcare services for adolescents and adults. We provide consistent attention to our patients and are responsive to their individual needs. Our treatment programs are tailored to the needs of each patient and are developed and implemented through a collaborative, multidisciplinary approach that combines the skill and expertise of our healthcare professionals. All who turn to us for assistance will find a helping hand and a compassionate heart.





Dover Behavioral Health System

Caring, Consistent, Collaborative Healthcare

*725 Horsepond Road
Dover, DE 19901
Phone: (302) 741-0140
www.doverbehavioral.com*

DIRECTIONS

From the South

Take Route 1 North to Exit 95, SR-10W—
toward Camden/Branch Bay Road/Dover
At 3/10 mile, merge onto S Bay Road (US 113 N)
At 7/10 mile, turn right onto Lafferty Lane
At 1.1 miles, turn left onto Horsepond Road
Drive 2/10 mile, and DBH will be on your right
at 725 Horsepond Road

From the North

Take Route 1 South to Exit 95—
toward SR 10S-Dover/Camden
At 2/10 mile, turn left onto South Bay Road (US 113 S)
At 3/10 of a mile, turn left onto Lafferty Lane
Drive 1.1 mile, then turn left onto Horsepond Rd.
Drive 2/10 mile, and DBH will be on your right
at 725 Horsepond Road