

DAYONE

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DayOne

SUBSTANCE USE DISORDER TREATMENT

Providing Rehabilitation Services in a Mental Health Setting

DayOne, a division of the Psychiatry Service at Fletcher Allen, is an outpatient rehabilitation program for substance use disorders that provides comprehensive treatment at several levels of intensity, ranging from office-based evaluation and treatment to intensive outpatient services.

DayOne services are offered to adult men and women who are experiencing symptoms related to addiction and co-occurring mental health disorders.

DayOne provided treatment services to **299** patients in **FY13**. Their primary substance use disorder is as follows:

Alcohol	- 49%
Opioids	- 35%
Cocaine, etc.	- 10%
Cannabis	- 6%

DayOne measures a successful outcome by the following:

- Completion of Individualized Treatment Plan Goals
- Acquired and maintained abstinence
- Addressing co-occurring mental health disorders (if necessary)
- Social Connectedness (12-Step Meetings, Recovery Center visits, self-help groups, etc.)

ACADEMIC COLLABORATION

DayOne is operated by Fletcher Allen, Vermont's Academic Medical Center, in alliance with the University of Vermont College of Medicine.

DAYONE PROVIDES THE FOLLOWING REHABILITATION SERVICES:

- Intensive Outpatient Program (IOP) and Outpatient services with a concentration on group therapy which utilizes emotion regulation, mindfulness, group psychotherapy, motivational enhancement, Cognitive Behavior Therapy, relapse prevention, coping & life skills training and other evidence based solution focused techniques.
- Each group meets for a minimum of 12 sessions.
- Medical mental health assessment with onsite psychiatric services.
- Psychopharmacological evaluation and monitoring.
- Random urine screens and breath alcohol testing to verify self-report.
- Consultation for integrating mental health services.
- Assessment for detoxification services.
- Referral services to residential services as needed.
- Collaboration with Seneca Center and/or Mood and Anxiety Disorders Clinic at Fletcher Allen.
- Educational services and assistance to other Fletcher Allen departments or agencies.

SCREENING AND ASSESSMENT

- A comprehensive assessment to determine the appropriate level of care.
- Provide information regarding treatment options.
- Individualized treatment planning.

TREATMENT DELIVERY

Our range of outpatient treatment services include:

LEVEL III – This level of service is our Intensive Outpatient Program (IOP) which meets three times a week for three hour sessions. We offer a morning and an afternoon IOP. The morning IOP meets Monday/Wednesday/Friday from 8:45 – 11:45am with a concentration on co-occurring mental health disorders. The afternoon IOP meets Monday/Tuesday/Thursday from 2:00 – 5:00pm.

LEVEL II – This group meets twice a week on Tuesday and Thursday from 9:00 – 11:00am.

LEVEL I – This level of service might include group or individual counseling. The Level I groups meet once a week for ninety minutes. The Level I focus groups include: Women's Recovery Group, Men's Group, Cognitive Behavior Therapy* Skills Group, Relapse Prevention, Gambling, etc.

**Cognitive Behavioral Therapy* emphasizes problem-solving, identifying thought distortions and teaching people to think/act more constructively.

The Staff at DayOne

PSYCHIATRIST:

Joseph Messina, MD

Medical Director

CLINICIANS:

William Keithcart, MA, LADC

Clinical Supervisor

Karen Brown, LCMHC, LADC

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