

DayOne

SUBSTANCE USE 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%

Cannabis - 6%

Cocaine, etc. - 10%

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.)

SCREENING AND ASSESSMENT

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

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.

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.

ACADEMIC COLLABORATION

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

The Staff at DayOne

PSYCHIATRIST:

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Medical Director

CLINICIANS:

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