

## Inpatient Treatment

### Detox

Our Detox services are:

- Offered to individuals age 18 and older
- Led by a team of physicians, nurses, trained substance use professionals and recovery coaches
- Typically lasting 5-7 days, depending on the type of addiction
- Family and support-focused, offering information and support to not only the individual, but the family or support system as well
- State-of-the-art, utilizing suboxone treatment for opioid detoxification, as medically and clinically appropriate
- Spiritually-focused, with 12-step groups on site, in addition to yoga/meditation classes

### Residential

Inpatient residential services are held at CBHC's Jay Glynn Recovery Center in a scenic location on our 40-acre campus, offering a quiet and restful atmosphere to begin your recovery.

Our licensed residential program typically lasts 3-4 weeks. The residential program provides individualized, intensive, structured treatment and therapy to chemically dependent adults.

Our treatment team will work with you or your family member to specifically target:

- Changing self-defeating thoughts, attitudes, and behaviors related to the addiction
- Development of positive leisure skills
- Improvement in family dynamics/interactions
- Relapse prevention and developing supports for maintaining abstinence after discharge



**The Jay Glynn Recovery Center  
at Charlotte Behavioral Health Care**

CBHC is committed to making treatment as affordable as possible. Most Medicaid and Medicare HMOs are accepted as well as private insurance, when applicable. For individuals without insurance coverage, a sliding fee scale is utilized for services, based on family size and income.



LEARN MORE AT [CBHCFL.ORG](http://CBHCFL.ORG)

(941) 639-8300

1700 Education Avenue, Punta Gorda, FL 33950

## Substance Use Disorder Services

Charlotte Behavioral Health Care



## Outpatient Services



Too often, people who need alcohol or drug rehab don't receive the appropriate care because it would mean taking extended time away from their work or family.

With the flexibility of Charlotte Behavioral Health Care's outpatient substance use disorder treatment program, adults, adolescents and children can work through addiction treatment without putting life on hold.

Individuals are treated with respect and concern and are encouraged to view substance use issues not as evidence of personal failure and unworthiness but as a highly treatable condition for which there can be successful resolution. Our treatment services are effective in reducing drug and/or alcohol use and helping people like you live more productive, rewarding lives.

At Charlotte Behavioral, each patient receives an individualized outpatient treatment plan designed to address issues specific to them.

## Benefits of Outpatient Treatment

### Drug Court

An intensive substance use disorder program for individuals with non-violent criminal drug charges. It lasts approximately 12 months and involves supervision by DOC Probation and intensive treatment. Treatment expectations include therapy (at least 4 times a week), involvement in 12 step recovery programs, weekly drug screens, and weekly court appearances. Program is ideal for people with a strong support system, a stable living situation, and the internal motivate to change.

### Seeking Safety

Seeking Safety is the most popular evidence-based program designed to help people attain safety from all types of trauma and/or addiction. Rather than having you delve into past to relive painful and traumatic experiences, this program is a present-focused program that focuses on what you can do right now to create a better life for yourself. A focal point is teaching you how to become more safe in relationships, thinking, and actions.

### WRAP Group

WRAP is a popular, evidence-based practice developed by peers. Peers guide individuals through the process of discovering their own personal resources and then show group members how to use those resources to get well, stay well, and effectively deal with life challenges, improving health and quality of life over time. Must be 18+ to enroll.

## Outpatient Programs

### MAT Support Group

The Medication Assisted Treatment Support Group offers free, open discussion and support among recovery peers. You don't have to make this journey alone, or accept stigma as you make healthy, positive choices for your life.

### Anger Management

This 16-week program seeks to help individuals understand where behavior comes from, develop insight on the triggering events, and cues to implement cognitive restructuring techniques. This evidenced-based curriculum is offered through the Substance Abuse and Mental Health Services Administration and meets the requirements of a court-order and/or DCF case plan. However, a court-order is not necessary to participate in these services.

### Batterer's Intervention Program

This program uses "The Duluth Model," a 28-week research-based program that creates a process of change. The Duluth Model is the most widely-adopted approach in the world for intervening with men who batter and keeping battered women safer. The Duluth Model men's nonviolence program helps facilitate men's change through a process of critical dialogue. Our facilitators create an open learning environment that respects the men, their experience, and their thinking, but also challenges their entitlement to abuse. This program is sponsored by CBHC and Children's Network of Southwest Florida.

