

# CHEMICAL DEPENDENCY SERVICES

## KAISER PERMANENTE – SANTA ROSA

(located in the Department of Psychiatry)

3554 Round Barn Blvd., Suite 100 (first floor) • Santa Rosa, CA 95403 • (707) 571-4599



Are you concerned about your or someone else's use of alcohol or drugs? Start with a self assessment. Consider the following:

- Have you felt the need to attempt control of your alcohol or drug use, and at times you have lost control? For example, have you not been able to cut down or quit, or have you switched substances in an attempt at control?
- Has someone discussed your use of alcohol or drugs with you which has resulted in you becoming defensive, annoyed or angry?
- Have you had some sort of negative feeling about your use? For example, guilt, shame or remorse?
- Have you continued to use alcohol or drugs regardless of its negative consequences? Examples are: medical, relationship, legal or job problems.

An answer of YES to any of the above indicates that problem may be present.

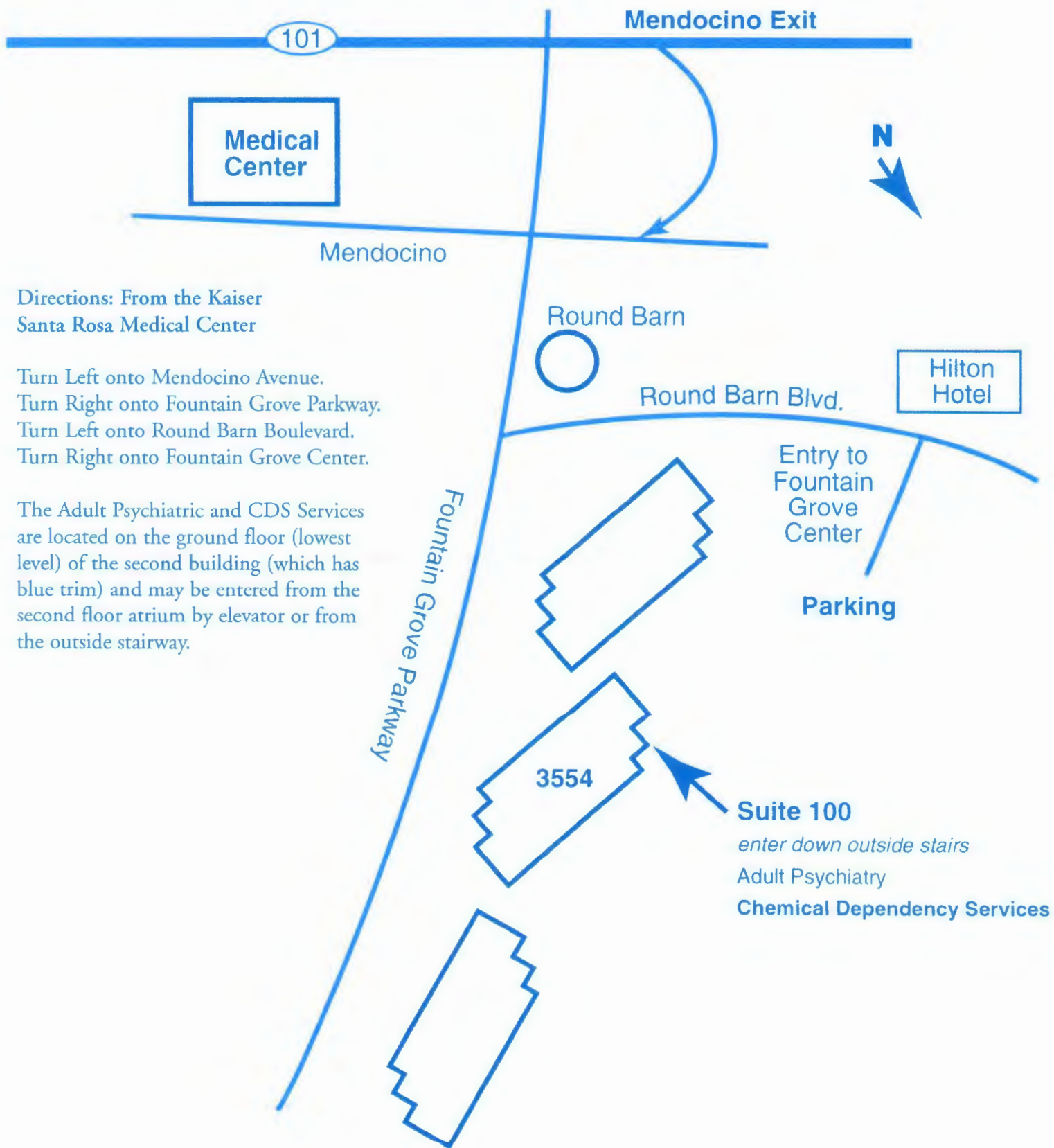


The Chemical Dependency services program provides consultation and information about treatment. The services are confidential.

**TO MAKE AN APPOINTMENT  
CALL (707) 571-4599**

(See Map and Directions on back)





**Directions: From the Kaiser Santa Rosa Medical Center**

Turn Left onto Mendocino Avenue.  
 Turn Right onto Fountain Grove Parkway.  
 Turn Left onto Round Barn Boulevard.  
 Turn Right onto Fountain Grove Center.

The Adult Psychiatric and CDS Services are located on the ground floor (lowest level) of the second building (which has blue trim) and may be entered from the second floor atrium by elevator or from the outside stairway.

**Suite 100**  
*enter down outside stairs*  
 Adult Psychiatry  
 Chemical Dependency Services

**THE CHEMICAL DEPENDENCY SERVICES (CDS) PROGRAM**

Eight week program designed for persons with a minimal pattern of alcohol or drug abuse who wish to establish abstinence and recovery. Three evenings of education and one therapy group.

- Relapse prevention and addiction education
- Medical aspects of substance abuse education
- Mindful recovery education
- Men's or women's therapy group

**THE INTENSIVE RECOVERY PROGRAM (IRP).**

Eight week intensive outpatient program for persons with a pattern of substance of abuse characterized by continued use despite negative life consequences and problems with control. Four evenings of education and three therapy groups.

- Relapse prevention and addiction education
- Relationships in recovery education
- Medical aspects of substance abuse education
- Mindful recovery education
- Community meeting
- A co-education therapy group
- Two men's or women's therapy groups
- BUP group required *only* for persons taking buprenorphine (Suboxone or Subutex)

**THE CHEMICAL DEPENDENCY RECOVERY PROGRAM (CDRP)**

**– DAY TREATMENT PROGRAM.** Fourteen consecutive days of intensive day treatment where significant substance dependence requires intensive treatment. The program also has a relapse track for individuals who have a relapse history. Please call the program for an intake appointment or we can make an appointment for you if you are in our office. We generally use the program located in Vallejo (707-651-1050), however there is also a program in San Francisco (415-833-9400) for people who wish to commute on the bus. IRP following your return from the CDRP.

**LONG-TERM RECOVERY GROUP** Option of once weekly group for 16 months available following completion of the CDS or IRP programs.



## CHEMICAL DEPENDENCY SERVICES INTENSIVE OUTPATIENT PROGRAM (C.D.S. I.O.P.)

Patient name: \_\_\_\_\_ MR#: \_\_\_\_\_ Start Date: 2/14/13

- **12-STEP MEETING AGREEMENT:** ATTEND AT LEAST TWO 12-STEP MEETINGS PER WEEK *MC*
- **PHASE ONE: THE EARLY RECOVERY PROGRAM.** Eight weeks of attendance, five nights per week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Successful Recovery Class 5:15-6:15 p.m.	Relationships in Recovery Class 5:15-6:15 p.m.	Substance Abuse Education Class 5:15-6:15 p.m.	Mindful Recovery Class 5:15-6:15 p.m.	Community Meeting 5:15-6:15 p.m.
Mixed Gender Group 6:30-7:45 p.m.		Men's/Women's Group 6:30-7:45 p.m.	Men's/Women's Group 6:30-7:45 p.m.	

Your Therapist is:

**WOMEN**

0-33 Sharman Cippa L.C.S.W. 571-3756  
34-66 JoEllen Ottenberg, L.C.S.W. 571-3750  
67-99 Jennifer MacLearn, Psy.D. 571-2515

**MEN**

0-33 Bill McCausland, Ph.D. 571-3718  
34-66 Anthony M. Pollard, Psy.D. 571-2536  
67-99 Chris Evans, Psy.D. 571-2508

- **PHASE TWO: THE LONG TERM RECOVERY GROUP.** Once weekly for 16 months.

Date: 2/13/12 Intake Therapist: William McCausland, Ph.D. Patient Signature: \_\_\_\_\_  
*Department of Psychiatry*

If you have a Kaiser Deductible plan, please call 800-390-3507 to speak with a Deductible Team member about your coverage and cost to attend CDS program.