

# Take the First Step



*We're dedicated to providing compassionate, confidential care for teens and adults who have a drug and alcohol use disorder.*

## ► Supporting you and your family on the journey to recovery

At Pathways, we believe your journey to recovery is unique. We offer a variety of drug rehab and alcohol treatment programs, as well as mental health services, so you get the care that's best for your specific circumstances, including:

- › Adult drug rehab and alcohol treatment
- › Teen drug rehab and alcohol treatment
- › Mental health treatment when seen for substance abuse
- › Family programs and support
- › DWI/DUI programs

## ► Inpatient treatment offered:

- › Medically-supervised detoxification
- › 24-hour medical/nursing care
- › Individual case management
- › Group counseling
- › Discharge planning
- › Addiction and recovery education
- › 12-step group meetings
- › Family therapy/education
- › Spirituality groups
- › Adventure therapy

Take the first step and contact us today at **443-481-5400** or visit [askAAMC.org/Pathways](http://askAAMC.org/Pathways)

# Adult and Teen Outpatient Programs

## **Partial Hospitalization Program:**

- › **Adults:** For those who are deemed medically stable and don't require inpatient detoxification or rehabilitation. Patients may stay overnight at Pathways for a small fee.

## **Intensive Outpatient Program: 3 hours (3 to 4 visits per week)**

- › **Adults:** Support and treatment for those in early recovery.
- › **Teens:** Parents/guardians attend a monthly Monday group session for the entire program.

## **Continuing Care Outpatient Program: 90 minutes (weekly)**

- › **Adults and teens:** For those maintaining recovery. Patients learn to navigate challenges to their continued recovery.

## **Traditional Outpatient Group: 90 minutes (weekly)**

- › **Adults:** Sessions discuss self-diagnosis, defense mechanisms, gaining a sober support network and preventing relapse.

## **DWI/DUI Education and Treatment:**

- › **Adults:** For those charged with driving while intoxicated (DWI) or driving under the influence (DUI), Pathways offers a 12-hour DWI Education Program and a 26-week DWI Treatment Program.

## **At-Risk Outpatient Group: 60 minutes (5 weeks)**

- › **Teens:** For those with a minimal amount of drug and/or alcohol use.

Pathways also offers family support programs. Call **443-481-5400** or visit **[askAAMC.org/Pathways](http://askAAMC.org/Pathways)** for upcoming dates and more information.