

CITY COUNCIL MEETING  
APRIL 4, 1984

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PRESENTATIONS

Victor F. Brewer, Hospital Administrator for the Lodi Community Hospital, Phil Barnes, and Dr. James Ahearn presented a presentation on that hospital's new Chemical Dependency Rehabilitation Program.



# LODI COMMUNITY HOSPITAL

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April 3, 1984

Lodi City Council  
Lodi, California

Dear Council Members:

Experiences in the past decade have sharpened society's focus to the devastating effect of the problems of chemical dependency in our society.

The statistics alone present a grim picture. Authorities estimate that alcoholism itself affects up to 14,000,000 adult Americans. It is further demonstrated that:

- 85% of the chemically dependent population has not been diagnosed or treated.
- 400,000 new cases are reported each year.
- 10% of the adult work force is alcoholic.
- 70% of the alcoholic population is employed, residing in middle or upper class neighborhoods.

The impact of chemical dependency pervades society, revealing itself in lost productivity, health care expenditures, motor vehicle accidents, violent crimes, and fire and property loss.

Chemical dependency has escaped the stigma of being untreatable and is now recognized as a chronic, progressive, potentially fatal disease that it is. The profile of the average alcoholic or addict, as perceived by professionals and public alike is also changing, - from a skid-row picture to more familiar images as society comes to realize that this disease, like most others, strikes the unsuspecting and reaches into all economic classes, races, and nationalities.

However, chemical dependency is treatable. Recent national studies prove that with appropriate treatment, two out of every three chemically dependent persons return to normal, active lives. The key factor in this success is professional treatment.

There are no easy solutions to the problems created by chemical dependency. But with early diagnosis, professional treatment, understanding, and patience, success can be achieved.

A. COMPREHENSIVE PROGRAM

The approach of Lodi Community Hospital's New Beginnings Program is a multi-disciplinary, three-phase program for the treatment and continuing recovery of persons with chemical dependency problems and related medical complications. The methodology involves physicians, psychologists, therapists, and social service counseling to address all aspects of the illness. The length of stay is flexible, and an individual response is made to each patient's needs. Described below are the three phases of the program.

Phase One: Detoxification. Medical management by the program Medical Director of the acute withdrawal and treatment of medical complications. Supportive counseling and individualized treatment planning help prepare the patient for the transition to Rehabilitation.

Phase Two: Rehabilitation. A treatment and education program including continuing medical treatment and observation, individual counseling, group therapy, lectures and discussions, audio-visual training sessions, family therapy and peer group interaction.

Phase Three: Aftercare (one year). Specific, individualized support program for each patient and family to help in sober adjustment to personal relationships and successful re-entry into the workplace.

The New Beginnings program is a model program for the following reasons:

1. An experienced treatment team conducts the core program.
2. Patients are admitted and followed through the duration of the program by the New Beginnings' Medical Director, a physician trained in the treatment of chemical dependency, or the patient's physician who is a member of the Medical Staff.
3. A rehabilitation setting that presents the following opportunities.
  - a. The patient begins to take responsibility for his/her own life functions.
  - b. Interaction with other persons who share a common health problem.
  - c. Five group therapy sessions per week.
  - d. Weekly sessions with a family therapist.
  - e. Weekly sessions with a primary therapist.
  - f. Family involvement (children included) in the total recovery process.
  - g. Vocation, legal, and retirement counseling as indicated. Appropriate referrals according to patient need.

- h. Daily educational session on chemical dependency.
- i. Recreational therapy.
- j. Introduction to Alcoholics Anonymous and/or Narcotics Anonymous (2 meetings per week in the hospital) and Al-Anon for the family members.
- k. Films on a variety of topics relevant to chemical dependency.
- l. Specially trained nursing staff for around-the-clock patient care.

4. A strong, effective Aftercare program:

- a. One year of weekly Aftercare groups.
- b. Aftercare Treatment Plans developed together by staff and patient.
- c. Weekly Family Aftercare groups.
- d. Individual counseling as needed.
- e. Additional opportunities for contact through Alumni Association, Aftercare groups, and program alumni-sponsored social activities.

The need for a program in the Lodi/Stockton area is evidenced in the lack of other hospital-based Units, a sufficient population base, and the number of major employers within a reasonable referral distance.

Lodi Community Hospital will work with local industry and make available its own employee assistance service to those businesses or groups needing a more organized approach to chemically dependent employees. Our established referral network will serve to introduce us to major area employers.

The New Beginnings Program at Lodi Community Hospital will provide a structured professional treatment program for those individuals in our community with a chemical dependency problem.

Any input you may have in regards to the development of the New Beginnings Program would be greatly appreciated. Thank you for your consideration of this new service for the community of Lodi.

Sincerely,

*Victor F. Brewer*

Victor F. Brewer  
Administrator

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