

Healthcare Professionals Program

Mountainside's Healthcare Professionals Program is designed to meet the needs of physicians, nurses, dentists, and other medical specialists who require support in addressing the unique substance use and co-occurring disorder challenges they face. Our team of board-certified addiction psychiatrists, psychiatric APRNs, masters-level clinicians as well as expert wellness practitioners come together to create a hyper-focused treatment plan to help clients build a solid and sustainable foundation for recovery.

INPATIENT ASSESSMENT

3-5 DAYS

Comprehensive evaluations to determine diagnosis, treatment recommendations with appropriate level of care, fitness for returning to practice, and timeline for potential return.

- History and physical exam
- Urine screen and bloodwork testing
- Biopsychosocial assessment
- Family dynamics assessments, family genogram, and family APGAR
- Psychiatric evaluation
- Neuropsychological assessment, as needed

MEDICALLY MONITORED DETOX

3-10 DAYS

Psychiatric and 24-hour nursing care to maximize comfort during and ensure success through the withdrawal process.

- Medication-assisted treatment
- Group therapy, daily
- Individual therapy, 2 sessions
- Crisis session, as needed
- Yoga and acupuncture

RESIDENTIAL TREATMENT

35 DAYS

Full curriculum of fundamental education and counseling, supported by a broad range of wellness therapies, to develop skills in recognizing triggers and actionable strategies to positively manage stressors.

- 8 hours of programming daily
- Clinical group therapy, 2 sessions each day
 - AM group — psychoeducation on healthcare professional topics including shame and guilt, trauma, compassion fatigue, and work-life balance
 - PM group — Seeking Safety, DBT skills for recovery, and "Doc-to-Doc"
- Individual Therapy, 2 to 3 sessions per week
- Family Wellness programming:
 - 1 assessment session with client
 - 1 assessment session with family without client
 - 1 joint family session
- Therapeutic wellness programming daily, including yoga, qigong, meditation, hiking, challenge courses, and therapeutic art, music and writing
- Case management and aftercare planning

Visit mountainside.com

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