

Welcome

The decision to address substance dependence or addiction is difficult. The battle against this disease requires strength and commitment. The recovery services team at The University of Toledo Medical Center is here to help you feel safe and supported throughout your journey. Every day, people can and do get sober and find freedom from addiction.

With supportive treatment, you can too.

With you every step of the way.

Treatment will help you to change the way you think, react and care for yourself, leading to new habits and behaviors that take time and repetition to be effective in helping you to break your addiction. Regaining and maintaining your health means learning to live differently to manage a chronic disease. Our services and resources connect you with help, answers and inspiration as you navigate early recovery.

Reach out today. We're here for you.

Personal Approach to Recovery

Our comprehensive recovery services offer inpatient, partial-hospitalization and intensive outpatient treatment options. UTMC's recovery services staff will work with you to complete an assessment and develop a treatment plan to address your individual recovery needs.

**Take the first step toward recovery.
Call 419.383.3441 for more information
or to meet with our team.**



RECOVERY SERVICES

Hope is within reach.

We're committed to helping you build your new life in recovery. We offer treatment options to help you get well and stay well. Our expanded programming provides you with expert, evidence-based treatment and recovery services – always leading with respect and compassion.

If you or a loved one is struggling with alcohol or other drugs, take the first step toward recovery at The University of Toledo Medical Center.

Realize. Reevaluate. Recover.



THE UNIVERSITY OF TOLEDO
MEDICAL CENTER

RECOVERY SERVICES

The University of Toledo Medical Center
3000 Arlington Avenue
Toledo, OH 43614

419.383.3441 INPATIENT

419.383.3030 OUTPATIENT



THE UNIVERSITY OF TOLEDO
MEDICAL CENTER

Treatment Options

Inpatient Detox

The University of Toledo Medical Center offers inpatient detox treatment for adults 18 years old and older. Patients benefit from medically monitored withdrawal services, assessment, individual support and educational groups that promote mental, physical, emotional and spiritual wellness for clients on supervised prescription-withdrawal protocols.

Common withdrawal symptoms include:

- nausea
- fatigue
- restlessness
- body aches
- anxiety
- irritability
- fever
- depression

Admission to the inpatient detox unit is voluntary; however, once admitted, patients are expected to follow the rules of the unit and actively participate in treatment. Our intake specialist will complete an interview over the phone and arrange an admission date and time. It is important that you come at the designated time.

During your withdrawal process, you will be cared for and supported by an interdisciplinary team of internal medicine physicians, psychiatrists, registered nurses, licensed social workers and chemical dependency counselors.

You should plan on a 3-5-day admission. Your stay might extend beyond that time, depending on your needs, the stage of your addiction and your general health. The staff will work with you to determine an appropriate length of stay

During your stay, we will develop a plan for your follow-up treatment in either our partial-hospitalization or intensive outpatient program.

Partial-Hospitalization Treatment

The partial-hospitalization program offers intensive outpatient care to promote new behavior development through group therapy, educational workshops, spiritual care, wellness and nutrition, and more.

Participation in the partial-hospitalization program extends as long as clinically necessary. Your initial treatment plan may include programming as often as four days per week. As you reach clinical and behavioral milestones, your treatment programming will gradually transition to one day per week. Your care team will work with you to continually determine the most effective level of care. **Treatment times are from 9 a.m.-3 p.m. on Monday, Tuesday, Thursday and Friday.**

Intensive Outpatient Treatment

Consistent patient engagement during a longer period of time and based on clinical needs will support sustained sobriety and recovery. Intensive outpatient treatment provides comprehensive support to focus on developing new behaviors, skills and healthy lifestyle practices needed for successful transition from clinical-care management to self-management. **Treatment times are from 9-11:30 a.m. on Monday, Tuesday, Thursday and Friday.**

Outpatient Mental Health Therapy/Counseling

Mental health is a key component of your overall health and well-being. Our outpatient mental health clinic offers a range of clinical services so you are supported during your extended recovery plan.

These services include:

- individual therapy
- group therapy
- mental health and substance use assessment
- psychiatric assessment
- medication management
- family counseling
- medication-assisted therapy

Our multidisciplinary team includes psychiatrists, mental health clinicians and chemical dependency counselors to support your individual needs. They are prepared to treat a range of mental health challenges, including:

- depression
- anxiety
- trauma
- addiction
- medication management
- and more

Ensuring Your Success

UTMC accepts most health insurance plans. Visit uthealth.utoledo.edu to review the comprehensive list. Verify benefits with your insurance provider prior to admission.

