



Princeton House
Behavioral Health
Princeton HealthCare System

today

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Professionals Recovering from Alcohol and Drug Abuse

The Retreat at Princeton
Special Edition

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Flexibility. Choice. Recover

Starting May 2007, Princeton House Behavioral Health (PHBH) is adding a new program to its service line: *the Retreat at Princeton*. Designed to meet the needs of high-functioning adults such as executives and professionals, the Retreat at Princeton is focused on helping these patients address their substance abuse problems and related core issues.

Princeton House Behavioral Health (PHBH), a unit of Princeton HealthCare System (PHCS), has a long history of providing a comprehensive range of inpatient and outpatient services for adults struggling with mental illness, substance abuse, and co-occurring disorders. With the inception of the Retreat at Princeton, PHBH becomes the first to offer a program of this kind in the state of New Jersey.



“The history and development of the Retreat at Princeton had an interesting evolution,” explained Richard Wohl, Senior Vice President of Behavioral Health, PHCS. “It began with a discussion, about ten years ago, that I had with Arnold Washton, PhD, after I had heard him speak at a large addictions conference. We realized there was a real need in New

Jersey for treatment at the inpatient level for professionals and executives with substance abuse problems. At that time, there was no such program in the state where professionals could receive this service. When we first discussed this, Princeton House didn’t have the appropriate space in our existing inpatient setting to launch such a program, but this recognition started a longer term strategic planning process. With the recent major expansion and renovation project we have completed at our main campus in 2006, this program can now become an important addition to our continuum and in our community.”

A 28-day inpatient program, the Retreat will be located on a fully dedicated 14-bed inpatient wing at PHBH’s main campus in Princeton, within a convenient distance from both New York and Philadelphia. There is length of stay flexibility when clinically appropriate.

The Retreat provides professionals with an individualized, flexible approach to recovery. Engaging patients in a life-

the Retreat at Princeton

Our goal is to help patients address their addictive behaviors, begin to work through the psychological issues intertwined with addiction, and develop better coping skills, thereby facilitating the return to family and work life in a healthy, positive way.

changing process, the Retreat uses a combination of various treatment strategies to help patients avoid relapses. These include motivational, cognitive-behavioral, 12-step, interpersonal, emotion-focused and insight-oriented techniques. Confidentiality is also one of the program’s high priorities.

“Flexibility will be the hallmark of the Retreat,” explained Arnold Washton, PhD, Clinical Director of the new program. “Treatment will be tailored to each patient’s unique needs – including the length of stay. We will start where each patient is and cooperatively, respectfully and gently move them forward through a process of change. Our goal is to help individuals to address their addictive behaviors and to recognize their addiction as a form of self-medication. We work with our patients to begin to address the issues that drive their addictions and encourage them to develop positive coping skills to replace the addiction and related behaviors that are no longer working for the patient.”

Who Can Benefit From the Retreat?

“The kinds of individuals who could see profound positive improvements in their lives through a stay at the Retreat are busy professionals who may feel that they are leading double lives,” explained Arnold Washton, PhD, describing the patient population the program serves. “In their public lives, they are high-functioning and may be at the top of their fields. But in private, they struggle with addictions to alcohol and/or drugs that always have the potential to impinge upon their professional success.” Examples of executive and professional categories with which the treatment team has specialized experience include healthcare, business, law, sports, entertainment, aviation and other major fields.



Specialized in treating attorneys, health care professionals and other major professional groups.

The program offers private pay arrangements, with the option that major insurances may cover a portion of care. Some individuals who are professionals and executives but who would like insurance to cover more of their treatment may opt for other programs at PHBH or other facilities.

Here are some specific profiles of those professionals, executives and high-functioning individuals who could benefit from inpatient treatment:

- ▶ Those who want to stop using alcohol and drugs and have found that their substance use is interfering with their usual functioning in ways that are destructive or destabilizing to their work or family life
- ▶ Those who are caught in a cycle of relapse with their addiction and are committed to sustaining a more complete recovery
- ▶ Those who are wrestling with relationships problems, self-esteem issues or family-of-origin issues that may fuel an addiction
- ▶ Those who require inpatient medical detoxification as a first step of treatment to safely become substance-free
- ▶ Those who would like to engage in intensive treatment for approximately a month in order to address their substance abuse and related issues in a deep, comprehensive and life changing way

The Philosophy of the Retreat

One of the few programs of its kind in the nation, the Retreat uses an integrative treatment model combining abstinence-based addiction counseling and recovery-oriented psychotherapy. Professionals are often reluctant to enter standard, pre-formulated programs because they fear these programs will not be flexible enough to accommodate their needs. The Retreat offers a range of treatment options, because we believe the key to success is finding which combination works best for each individual.

“Our fundamental clinical approach at the Retreat will be patient-centered and motivational, rather than confrontational,” said Dr. Washton. “We recognize alcoholism and drug abuse as addictive diseases and seek to engage patients in a partnership to address their addictions through a combination of therapy, development of coping skills and recognition of their unique strengths.”

Core Curriculum and Customized Programming

Our well-devised core curriculum developed by our leading experts in the field is integrated within the context of daily experiential topic groups, educational lectures, and experiential therapy “process” groups. The topics selected are based on the specific needs of patients currently in treatment at the Retreat and may include:

- ▶ Stages of Change and Motivational Enhancement
- ▶ Relapse Prevention
- ▶ Understanding Emotions in the Addictive Process
- ▶ Mindfulness and Emotion Regulation
- ▶ Relationships and Interpersonal Skill Development
- ▶ Anger Management and Assertiveness Training
- ▶ Cognitive Restructuring and Self-Talk
- ▶ Substance Abuse and the Family
- ▶ Other Addictive Behaviors such as Sexual Addiction and Gambling



Unlike many standard programs, the Retreat provides patients with frequent individual psychotherapy sessions in addition to group sessions. Patients also have access to unique services such as professional coaching and stress management. Retreat staff members are highly experienced in meeting the special needs of professionals with addictions.

Quality Treatment in a Respectful Environment

A typical day in the program starts with a patient community meeting after breakfast, experiential therapy and topic-oriented group discussion. The afternoon includes process group, individual therapy and exercise. During the evening, patients are involved in journaling and homework tasks, closure group and self-help meetings.

The Retreat understands the demands of busy professionals, and patients are given internet and cell phone access during designated portions of the day. Weekend family visits and participation of family members in a weekend education program are encouraged. Patients have access to the many cultural amenities of the Princeton area, including an off-site fitness facility.

“Some of the high-end addiction rehabs try to cater to professionals by offering a spa-like atmosphere,” Dr. Washton says. “We’re not going to provide a spa; we’re going to provide an intensive, high-quality treatment program in a respectful, dignified environment.”

A Commitment to Clinical Excellence

Our seasoned, dedicated specialists offer sophisticated, expert treatment under the leadership of **Arnold Washton, PhD, the Retreat’s Clinical Director**, and **Neal Schofield, MD**, Vice Chairman of the Department of Psychiatry, Princeton HealthCare System, and Medical Director of Princeton House Behavioral Health’s Inpatient Services.



Dr. Washton is an internationally known addiction psychologist, researcher, lecturer and widely published author in the substance abuse field. His most recent book, *Treating Alcohol and Drug Problems in Psychotherapy Practice: Doing What Works*, is a major reference for addiction professionals in a private practice setting. A psychologist specializing in the treatment of alcohol and drug problems since 1975, Dr. Washton has served as director of several prominent addiction treatment and research programs in the New York metropolitan area and as consultant to professional sports teams, government agencies, media organizations, major corporations and medical boards.

Dr. Schofield provides the medical leadership for the Retreat, now serving as the medical director for this program in addition to his other senior leadership responsibilities. A leader at PHCS for the past eight years, Dr. Schofield is extremely active and widely respected in the addictions field as an established expert in the treatment of patients with either addictions or dual diagnoses. A practicing psychiatrist since 1977, Dr. Schofield is board certified by the American Board of Psychiatry and Neurology, certified in Addiction Medicine through the Association of Addiction Medicine, and certified in Addiction Psychiatry by the American Academy of Addiction Psychiatry.



Referring Patients to the Retreat: a Simple Process

Referring patients to the Retreat at Princeton is quick and easy – and begins with a phone call to the Princeton House Behavioral Health admissions office at **609.497.3355**.

A clinician from the Retreat will provide the assessment, and then guide you through the steps of admission or make a referral to another program, when needed.



Robyn Marks, CPS, is the Inpatient Program Development Specialist, with over twenty years of community relations and counseling experience in the

addiction field. She will be the primary liaison with referral sources, as well as launching the Retreat alumni program. Robyn can be reached at **609.902.3006** or via e-mail at **rmarks@princetonhcs.org**.

Princeton House Behavioral Health **news.**

PHBH would like to thank the PHCS Foundation for the following two grants that support innovative PHBH programs:

Clergy Connections is an outreach program to area clergy of diverse faith communities to benefit PHBH patients. Network Development is collaborating with Rev. Richard H. White, MDiv, ThM, Senior Chaplain of PHCS Department of Religious Ministries, to develop the program to raise clergy awareness and responsiveness to persons with behavioral health concerns in their faith communities, both during and after acute care.

Emergency Psychiatric Services for Children and Adolescents provides emergency initial psychiatric medication evaluation and monitoring sessions for at-risk children and adolescents through our Outpatient Services office in Hamilton. We would like to thank the New Jersey Division of Child Behavioral Health Services for additional funding for this project.

PHBH would like to thank the Auxiliary of UMCP and an anonymous individual donor for a permanent display of some of the *Artfirst!* artwork in the front lobby of the PHBH Main Campus in Princeton (*pictured below*). *Artfirst!* is an international, juried exhibition and sale of original art and fine crafts by professional artists with disabilities. The exhibition is open to the public until May 18, 2007, at UMCP. To find out more about *Artfirst!*, please visit the events section on the homepage of www.princetonhcs.org.



Come See A Lecture Co-sponsored By Seabrook House and Princeton House Behavioral Health!

Friday, May 18, 2007, 8:30 a.m. – 1 p.m.

“Cocaine, Methamphetamine and the High-Functioning Adult”



Speakers:

James Mulligan, MD, ASAM,
Medical Director, Seabrook House, and
Arnold Washton, PhD, Clinical Director,
The Retreat at Princeton, PHBH (*pictured*)

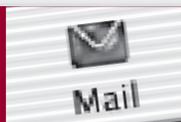
The Radnor Hotel at St. Davids, PA
(Philadelphia's Suburban Main Line Hotel)

Fee: \$65.00

For information regarding continuing education credits and to register, please call Lisa at 856.455.7575 x1042.

YOU CAN JOIN OUR ELECTRONIC MAILING LIST!

Just send your email address to jbelle@princetonhcs.org
Thank you.



PHBH Educational Events: You're invited, and They're Free!

The Shattering of Denial: Understanding the Addict's Experience of Hitting 'Bottom' Wednesday, May 16, 2007

8:00 a.m. - 9:30 a.m.

Jeffrey Weisslitz, PsyD, LPC
Clinical Coordinator

Princeton House Behavioral Health -
Hamilton

1670 Whitehorse-Hamilton Sq. Rd.

Hamilton, NJ 08690

RSVP Janine at jbelle@princetonhcs.org
or 609.497.2605.

Light refreshments.

Listen, Lunch and Learn:

Mark your calendars for our FREE upcoming Grand Rounds.

No RSVP Required. Lunch begins at 12:15 p.m. Lecture follows at 12:30 p.m.

These are held at the following address: Princeton House Behavioral Health Main Campus, Conference Center, 905 Herrontown Road, Princeton, NJ 08540. Directions to our sites are available online at www.princetonhcs.org/princetonhouse.

Monday, May 14, 2007

**Family Law & Divorce in NJ: What
Mental Health Practitioners Need to
Know**, Karen Law, JD

Monday, May 28, 2007

Holiday – no Grand Rounds

Monday, June 11, 2007

**Women's Mood Disorders Across the
Life Cycle**, Sonja Gray, MD PHBH

Monday, June 25, 2007

**Eating Disorders (Full Topic To Be
Determined)**, Russell Marx, MD, Eating
Disorders Unit, UMCP

Princeton HealthCare System designates the continuing medical education activity for a maximum of 1 Category 1 credit toward the AMA or MSNJ Physicians' Recognition Award. (Grand Rounds only) Each physician should claim only those credits that he/she actually spent in the activity. For all events listed, application has also been made for New Jersey social work credit hours with the Board of Social Work Examiners. Other professionals who attend will also receive a certificate of completion, which you may submit for consideration to your certification board. *Princeton HealthCare System is accredited by the Medical Society of New Jersey to provide continuing medical education for physicians.



OUR CONVENIENT LOCATIONS

inpatient site

PRINCETON MAIN CAMPUS

Specialized in
Adolescent, Adult,
Older Adult &
Women's Services

THE RETREAT AT PRINCETON

Substance Abuse
Treatment for Executives
and Professionals

905 Herrontown Rd.
Phone: 609.497.3355
Fax: 609.688.3779

outpatient sites

PRINCETON Specialized in Women's Services

905 Herrontown Rd.
Phone: 609.688.3707
Fax: 609.497.3322

Specialized in Adult & Older Adult Services

741 Mt. Lucas Rd.
Phone: 609.497.3343
Fax: 609.688.3771

NORTH BRUNSWICK Specialized in Child, Adolescent, Adult & Older Adult Services

1460 Livingston Ave.
Phone: 732.729.3636
Fax: 732.435.0222

CHERRY HILL Specialized in Child, Adolescent, Adult, Older Adult & Women's Services

375 Kings Hwy. N
Phone: 856.779.2323
Fax: 856.779.2988

HAMILTON Specialized in Adolescent & Adult Services

1670 Whitehorse-
Hamilton Sq. Rd.
Phone: 609.586.4788
Fax: 609.689.2938



**Princeton House
Behavioral Health**
Princeton HealthCare System

Redefining Care.

University Medical Center at Princeton

Princeton House Behavioral Health

Princeton Rehabilitation Services

Merwick Care Center

Princeton HomeCare Services

University Medical Center at
Princeton Surgical Center

Princeton Fitness & Wellness Center

Princeton HealthCare System Foundation

Princeton House Behavioral Health Today is published bimonthly by Princeton House Behavioral Health. If you have a suggestion for an article for the next issue, please contact Network Development at 609.688.3793.

The views and opinions expressed in this publication are those of the subjects and do not necessarily reflect the views and opinions of Princeton House Behavioral Health or Princeton HealthCare System.

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