

Our Alcohol and Treatment protocols and plans for you

Initial Assessment and Diagnosis

A. Comprehensive evaluation of your medical history, alcohol use patterns, and mental health status will be applied.

B. Assessment of co-occurring disorders or underlying your mental health issues

II. Customized Treatment Plan Development for your case.

A. Collaboration between psychiatrists, addiction specialists, and yourself.

B. Incorporation of medication-assisted treatment (MAT) as a component of the specific plan for you.

C. Our focus is you. These items are designed to personalize your care.

III. **Medication Options:** We will go over with you, medication options, type of medicine or supplements that can be used. Dosage and frequency. These things will be specific to each provider we have on our staff. Of course Alpha Allied Mental Health Services follows industry's best practice standards of MAT care.

A. **Librium:** This is one of our short-term crisis medicine, we can utilize.

1. Benzodiazepine used for alcohol withdrawal symptoms

2. Administration is done under close medical supervision. Usually not more than a 3 day prescription is provided.

3. We gradually taper the dose as withdrawal symptoms subside.

B. **Naltrexone**

1. Naltrexone is a opioid receptor antagonist that reduces alcohol cravings.

2. This medicine comes in daily oral medication or extended-release injectable form.

3. We Monitor you for potential side effects and effectiveness on a regular basis.

C. Vivitrol

1. Vivitrol is an extended-release injectable form of naltrexone.
2. We provide this form for monthly administration to enhance medication adherence.
3. We require regular check-ins to assess progress and adjust treatment as needed as well.

IV. Psychotherapy and Counseling

A. Your provider will also spend some time with integration of behavioral therapies to address psychological aspects of addiction.

B. We provide psychoeducation on the effects of medication(s) and the overall treatment process.

V. Regular Monitoring and Adjustments

A. An ongoing assessment of medication effectiveness and potential side effects occurs on a minimum of a monthly basis.

B. Your provider will work closely with you to make the necessary adjustments to the treatment plan based on your progress and response to medication(s).

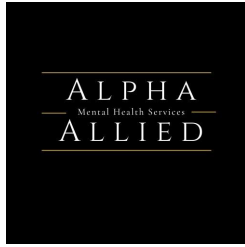
C. We have text, email and phone lines available for you to report any concerns or changes in your symptoms. You will not be alone in this journey.

VI. Support Services

A. We will also work hard to find local support groups and community resources.

B. We provide opportunities to include your family members or a support system in throughout the treatment process.

C. We will consistently encourage positive lifestyle changes and healthy habits to support your recovery.



VII. Follow-Up and Aftercare

A. We will develop a comprehensive aftercare plan to maintain your long-term recovery.

B. We will develop regular follow-up appointments to monitor progress and address any emerging issues that arise.

C. You will have continued access to telepsychiatry services for ongoing support and assistance. Again, we are here for you.

By integrating medications like Librium, Naltrexone, and Vivitrol into a comprehensive treatment plan, Alpha Allied Mental Health Services aims to provide individuals with a holistic and personalized approach to address alcohol addiction, promoting sustained recovery and overall well-being.

Sincerely,

Alpha Allied Mental Health Services Team.