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*Licensed by the Texas Department of  
State Health Services*



## OVERVIEW

**S**olutions **O**utpatient **S**ervices provides intensive outpatient treatment for adults experiencing problems with alcohol and other drugs in their evening program and those struggling with eating disorders during their day program. It is our belief that:

- ◆ Addictions are diseases.
- ◆ Addictions can be successfully treated.
- ◆ They can be fatal if left untreated.
- ◆ They affect every member of the family.

The Twelve Steps of Alcoholics Anonymous are the foundation of our program. With these twelve suggested steps as your guide, and your own willingness and honesty as your strength, you can recover from the disease of addiction and return to a life that is happy, joyous, and free.

Solutions believes the client should be treated, whenever possible, in the least restrictive environment. We know recovery is a life-long, day-to-day process. It is one that requires hard work, commitment, self-awareness, and honesty.

### ***Advantages of IOP Programs Over Inpatient and Typical Outpatient Programs***

- ◆ Reduced financial costs over inpatient treatment
- ◆ Flexible, accessible services
- ◆ Enhanced confidentiality over inpatient treatment (clients maintain usual routines)
- ◆ Increased duration of treatment (better prognosis)
- ◆ Clinical flexibility to respond to individual needs
- ◆ Higher retention rate than low-intensity outpatient care
- ◆ Daily real-world opportunities for clients to apply learned skills
- ◆ Increased opportunities to establish community-based supports
- ◆ Enhanced treatment for relapse
- ◆ Greater patient responsibility
- ◆ Participation in local self-help groups from the outset of intensive treatment
- ◆ Enhanced ability to develop long-term supportive relations with other clients

Source: *Intensive Outpatient Treatment for Alcohol and Other Drug Abuse*, U.S. Department of Health and Human Services, 1994,p.17

## STAFF

**L**ois Jordan, LCSW, LCDC  
Owner/Executive Director

Lois began her work in the field of chemical dependency in 1985 as the Executive Director of the Chemical Awareness Council/Park Cities, Inc. Lois turned her talents towards developing Solutions in 1995. She has appeared as a guest on The Oprah Winfrey Show in addition to other national and local TV and radio shows.

**J**ohn M. Talmadge, M.D.  
Consulting Addiction Psychiatrist

Dr. Talmadge is a Professor of Psychiatry at the UT Southwestern Medical Center, in addition to maintaining a private practice. Dr. Talmadge brings his expertise in assessments, medication management, psychotherapy, education, and supervision.

**M**ary Donna Noack, MA, LPC, LCDC  
Clinical Director

Mary Donna began her work in the field of chemical dependency in 1992 as Director of CARE. She has also served as Assistant Supervisor of Substance Abuse Dallas County Juvenile Department and as Senior Counselor for the Women's Residential Unit at Homeward Bound. Mary Donna began her work at Solutions in 2001.

**J**ames L. Carrell, LMSW, LCDC, CDWF  
Counselor

James, the newest member of the Solutions' Team/Family, is truly passionate and has dedicated his life to helping individuals find their inner strength and persevere through their addictions into a world of recovery which enables them to enjoy a full life. His most recent endeavor includes becoming a Certified Daring Way Facilitator, established by Brene' Brown PhD.

**D**eborah Huber  
Office Manager

Deborah began her association with Solutions in the spring of 2007 as a practicum student. In September of 2007, she became Solutions' office manager. Her voice is the first voice you hear when you call, and her smiling face greets you when you walk in Solutions. Deborah has been involved in the recovery community since 1983.

**B**onnie Kiefel, LCDC  
Counselor

Bonnie began her training at Solutions in 2009 and brings her work with REMAP to our clients and families. Bonnie co-facilitates the Soul Food Program along with Lois Jordan. She brings great compassion, insight, and wisdom to everything she does at Solutions.

## PROGRAMS & SERVICES

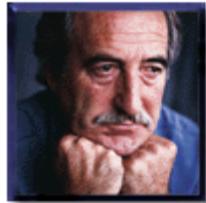
**REMAP** is a treatment tool utilizing the acupressure/acupuncture system to relieve emotional distress. The synergetic effects of



these treatments are used to alleviate mental, emotional, and energetic patterns of distress within the mind-body system. It is highly effective because it integrates the best of cognitive-behavioral, and psycho-sensory exposure methods with the use of client applied acupressure or sensory relief points. The goal of this approach is to

eliminate trauma, stress, and self-limiting patterns while promoting wholeness, inner harmony, and higher levels of functioning. Bonnie Kiefel, LCDC has been trained in the REMAP technique and is available to work with Solutions and Soul Food clients using the REMAP technique.

**Interventions** are processes by which the harmful, progressive, and destructive effects of chemical dependency are interrupted and the chemically dependent person is helped to stop using mood-altering chemicals and to develop new, healthier ways of coping with his or her needs and problems. Lois Jordan, LCSW, LCDC has facilitated several hundred interventions over the last twenty nine years. She received her initial intervention training in 1983 at the Johnson Institute in Minneapolis, Minnesota and has continued to receive training over the years.



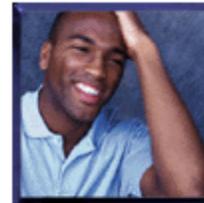
**Aftercare/Continuing Care** participation is included as part of the client and family's written discharge commitment. We believe that treatment is only the beginning of recovery. Continuing care begins upon admission in the assessment and continues until discharge. Solution's counselors not only work with the client to develop a comprehensive continuing care plan, but they also facilitate the family's continuing care plan as well.



**Assessments/Evaluations** are comprehensive, affordable, and available to adults and adolescents. Solutions two-hour evaluations include the following:

- ◆ **Client and Family Interview**
- ◆ **Individual Client Interview**
- ◆ **SASSI and DSM-IV Screening**
- ◆ **Drug Screen (Optional)**
- ◆ **Results and Recommendations Presented to Client and Family**
- ◆ **Results and Recommendations Presented and Coordinated with Referring Professional**

**Primary Program** is a treatment model designed to assist adults in identifying their addictions, develop a plan of recovery, and take personal accountability for their thoughts, feelings, and behaviors. The structured, focused work is necessary for positive change to occur. The Primary Program is 4 evenings per week (M-Th) from 6pm to 9pm with Family Group on Tuesdays from 6pm to 7:30pm and Thursdays from 6pm to 9pm. The client services offered include:



- ◆ **Assessments/Evaluations**
- ◆ **Crisis Interventions**
- ◆ **Case Management**
- ◆ **Treatment & Discharge Planning**
- ◆ **Individual & Group Counseling**
- ◆ **Family Counseling & Family Weekend**
- ◆ **Chemical Dependency Counseling**
- ◆ **Twelve Step Process Group**
- ◆ **Relapse Prevention Group**
- ◆ **Anger Management & Grief Resolution Group**
- ◆ **Aftercare/Continuing Care Services**
- ◆ **Urinalysis/Drug Screening (not included in daily cost)**
- ◆ **Post-Treatment Referrals to Therapists/Psychiatrists**

**Transitional Program** is a program designed to address the specific continuing care goals and needs identified in a client's discharge plan following successful discharge from inpatient or residential treatment. It includes approximately 20 sessions over an 8-week period. The days and hours of participation will be based on clinical recommendations from the inpatient facility staff, Solutions' staff recommendations, and the needs and goals expressed by the individual.



**Family Program** includes two nights a week of individual family group, multi-family group, and a Family Weekend. Our goal of our Family Program is to educate the family members about the disease and help them discover to what extent they have been affected. The family is the basic foundation of a person's life. The goals of the Family Program are:



- ◆ **To Educate on the Dynamics of Chemical Dependency & The Disease Concept**
- ◆ **To Educate on the Dynamics of Codependency**
- ◆ **To Support Participants in Recognizing Their Roles in the Family**
- ◆ **To Identify Barriers to Effective Communication**
- ◆ **To Support Family in Recognizing & Expressing Thoughts/Feelings**
- ◆ **To Support Family in Setting Realistic Goals, Boundaries & Expectations**
- ◆ **To Identify & Refer to Appropriate Twelve Step Meetings, Therapists & Resources**

**Bridging the Gap Family Program** is a unique and affordable Family Program designed to educate family members and loved ones about chemical dependency. It is a psycho-educational therapeutic group that explores enabling, setting boundaries, effective communication skills, relapse, denial, detachment, forgiveness, dual-diagnosis and defense mechanisms. The group meets on Tuesdays and Thursdays from 6pm to 7:30pm. The goals of Bridging the Gap are the same as the goals of our Family Program.



**Soul Food Intensive Outpatient Program (IOP)** is a treatment model designed to help adult men and women address their struggle with anorexia, bulimia, and/or binge eating. You will learn about your eating disorder and how it has affected you and those close to you. Also, you will learn about yourself—that you are a valuable, important person who happens to have the disease of eating disorder. The Soul Food Program is 3 days per week (M, T, & W from 10am to 2pm with Multi-Family Group on Thursday nights from 7:30pm to 9pm. The client services offered include:



- ◆ **Assessment/Evaluation**
- ◆ **Educational/Experiential Therapy**
- ◆ **Meal Support Together (at Solutions)**
- ◆ **Nutrition Education**
- ◆ **2 Hours of Group Process**
- ◆ **Individual Case Management**
- ◆ **Treatment Plan & Discharge Planning**
- ◆ **Equine Assisted Therapy**
- ◆ **Relapse Prevention Group**
- ◆ **Twelve Step Process Group**
- ◆ **Multi-Family Group & Family Weekend**
- ◆ **Aftercare & Continuing Care**