

## TOP 10 ADVANTAGES OF KOLMAC OUTPATIENT RECOVERY CENTERS

### 1. More Experience

- We originated the intensive outpatient treatment model in 1973 and have treated over 26,000 patients – many of whom now have many years of stable recovery

### 2. Outpatient Detoxification

- Safe and comfortable withdrawal from all substances, including alcohol, opioids, and tranquilizers

### 3. Comprehensive & Integrated Treatment Program

- Detoxification, rehabilitation, and continuing care provided by a unified staff in a single facility

### 4. Relapse Prevention Medication Offered

- Effectiveness is supported by outcomes research studies

### 5. Psychotherapy Plus Counseling

- Bringing together interventions from both mental health and addiction treatment traditions

### 6. Integrated Psychiatric Services

- Other psychiatric issues treated concurrently

### 7. Bridges to a Variety of Recovery Community Support Groups

- Onsite meetings of 12-step and SMART Recovery groups

### 8. Innovative Treatments

- We are always on the forefront of new treatment innovations that increase the likelihood of successful recovery

### 9. More Accessible

- 6 locations convenient to major roads and public transportation
- Evening and morning program hours
- Costs substantially covered by most commercial insurance

- No admission delay. Have your initial evaluation and start treatment within one business day

### 10. Established Reputation

- Training agreements with most Maryland and DC universities providing clinical rotations for physicians, nurse practitioners, physician assistants, social workers, and professional counselors
- Award winning program and staff
- Used as a showcase for visiting international physicians
- Staff are frequently invited to give national and local presentations about addictions



## Six Convenient Outpatient Locations

### Baltimore, MD

1 North Charles Street  
Suite 602  
Baltimore, MD 21201  
Metro Stop: Charles Center

### Towson, MD

6525 North Charles Street  
The Gibson Building, Suite 085  
Towson, MD 21204  
On the campus of Sheppard Pratt Hospital

### Columbia, MD

10632 Little Patuxent Parkway  
Suite 410  
Century Plaza Building 2000  
Columbia, MD 21044  
Located at the intersection of Little Patuxent and Governor Warfield Parkways  
Close to the mall and hospital

### Gaithersburg, MD

15932-B Shady Grove Road at Gaither Road  
Courtyard at Shady Grove  
Gaithersburg, MD 20877  
I-270 Exit 8 East

### Silver Spring, MD

8561 Fenton Street, Suite 250  
Silver Spring, MD 20910  
Metro Stop: Silver Spring (Red Line)  
Beltway Exit 30 - 1 mile south on Colesville Road

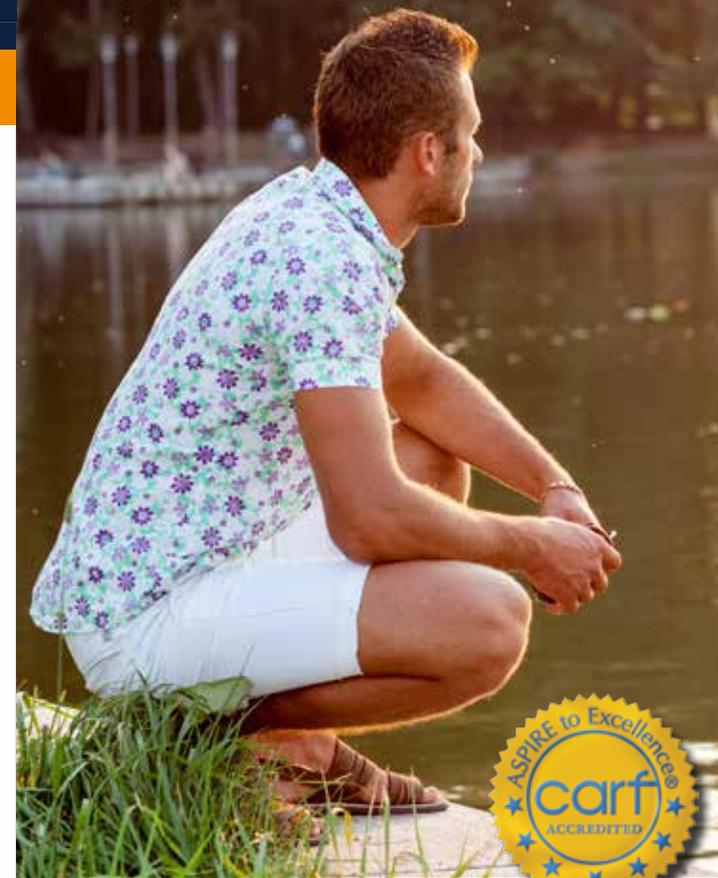
### Washington, D.C.

1411 K Street NW  
Suite 703  
Washington, D.C. 20005  
Metro Stops: Farragut North (Red Line) and McPherson Square (Blue/Orange Line)

**KOLMAC**  
Outpatient Recovery Centers

Leaders in addiction treatment since 1973

*“I was treated with respect, at a time when I was losing respect for myself.”*



ADMISSIONS: 301.589.0255 | 410.296.9747

www.kolmac.com

People come to Kolmac Outpatient Recovery Centers for many reasons, including our reputation for success. They come from all walks of life, and the severity of their alcohol and drug problems ranges from early to late stages of addiction. If you have been struggling with an addiction disorder, we urge you to consider treatment at one of our six Centers.

The Kolmac treatment program combines the intensity of residential programs with the flexibility of outpatient programs, allowing you to recover without needing to go away. Our comprehensive program consists of a unique integration of the three traditional phases of treatment, which are overlapped to provide a smooth transition between them.



### Outpatient Detoxification Phase

Outpatient detoxification is accomplished safely and comfortably by the Kolmac medical staff. You can remain in the Center and be monitored for up to 10 hours a day. Hospitalization is rarely necessary, but can be quickly arranged if needed.

### Outpatient Rehabilitation Phase

During the outpatient rehabilitation phase, the treatment sessions are three hours in length. The frequency of the sessions is tapered from five to twice a week as your condition stabilizes. Individual sessions are also scheduled.

### Continuing Care Phase

During the continuing care phase of treatment, you attend a once weekly two-hour group therapy sessions co-led by licensed or certified clinicians. The length of this phase is variable, depending on individual needs.

*“Kolmac enables us patients to keep our jobs and continue to live at home - a huge advantage. It also helps the treatment. We’re not cut off from life and can apply the methods we are learning to the daily problems we’re still having at work and at home.” - Jeff*

**If you are someone who would find it difficult to leave your work and home for a month, or would struggle to pay \$25,000 or more for addiction treatment, then the Kolmac outpatient program might be the right choice for you.**

You will hear arguments that in order to be successful in treatment, you must get away from your stressful environment and focus 100% on your treatment. In some extreme circumstances this may be necessary, but for most people, having the opportunity to process the changes resulting from treatment in the context of the real world works just as well or better. At Kolmac, your treating clinicians are available to you as you move back and forth from treatment to your regular work and daily routine.

### Comprehensive, Evidence-Based Interventions Delivered In a Caring Environment

We use all the biological, psychological, and social Interventions that have been objectively shown to have a good chance of being successful. We review credible outcome studies and clinical research from the conferences we attend and the journals we read to decide which of these to incorporate into the Kolmac program.

We avoid letting tradition and ideology interfere with this process, which sometimes means enduring criticism when we are perceived as moving too fast. On the other hand, we do not want to expose you as our patient to unproven innovations just because they sound promising.

*“Over the years I have become more interested in what attracted me to sobriety in the first place: people. I remain in the lifeboat with people. I am forever grateful to Kolmac for showing me to a seat.” - Mac*

*“I grew up in an alcoholic situation and then married into one. It took me so many years to believe I had choices. The staff and family group members at Kolmac have made that wonderful difference in my life and in my husband’s.” - Wendy*

### Kolmac Welcomes Family & Friends

The staff at the Kolmac Outpatient Recovery Centers understands addiction to be a disease that affects not only the individual, but also family members and friends. As part of our commitment to treating our patients, we offer the family and friends of patients an opportunity to learn more about the disease and get the support they need by encouraging them to attend a once weekly support group. These groups are not attended by patients.

### Individualized Treatment That Works For You

At Kolmac, we also follow the guidance of Dr. William Osler who said, “It is just as important to know what kind of person has the illness, as it is to know what kind of illness the person has.”

Individualization of treatment is one of our cornerstone values. We do this by starting with a basic structure and principles and then work to accommodate individual differences.

At Kolmac, our goal is to help you not only to abstain from addictive substances and behaviors, but also to establish a satisfying life without them – otherwise known as Recovery. We do this by fulfilling our first mission to provide excellent clinical care. In the process, we also work to fulfill our second mission — to leave the field of addiction treatment better than we found it.

**Visit our website to learn more about:  
Kolmac School  
Kolmac Recovery Community  
Kolmac Foundation**

**CONTACT US TODAY:  
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