

Kolmac

OUTPATIENT RECOVERY



LEADERS IN
ADDICTION TREATMENT
SINCE 1973

WHY KOLMAC

In 1973, Dr. George Kolodner developed the country's first intensive outpatient (IOP) program. While working with service members at the U.S. Naval Hospital in Bethesda, he witnessed that recovery from addiction was possible.

He founded Kolmac Outpatient Recovery Centers to bring the hope of recovery to a wider community, enabling people from all walks of life to participate in outpatient treatment without disrupting their jobs, schooling or families.

Kolmac has combined the effectiveness of inpatient treatment with the flexibility and affordability of outpatient care. Our outpatient program includes the following services in our conveniently located centers.

- + Individualized treatment planning
- + Group therapy
- + Medication-assisted treatment
- + Detox, when needed
- + Continuing care
- + Relapse prevention
- + Family programs
- + Online outpatient treatment

When you're ready to address a drug or alcohol problem, Kolmac can provide the tools and support to take the next step. The individualized, measurement-based addiction treatment program at Kolmac provides thoughtful and life-changing treatment.

THE KOLMAC TREATMENT MODEL

Kolmac combines the intensity of inpatient treatment with the flexibility of an outpatient model. Our comprehensive programs consist of a unique integration of the three traditional phases of treatment. Each phase overlaps to provide a smooth transition.



> PHASE 1 | Outpatient Detoxification (Detox)

If needed, the Kolmac medical staff can help you safely and comfortably detox in an outpatient setting. Patients stay for five to eight hours on the first day. We offer medication-assisted treatment (MAT) to address cravings and withdrawal symptoms. Hospitalization is rarely necessary, but we can arrange it quickly, if needed.

> PHASE 2 | Intensive Outpatient Treatment (IOP)

During this phase, you will attend three-hour group therapy and education sessions. Your individual counselor will slowly taper the frequency of these sessions over the course of IOP as your condition stabilizes. We also schedule individual treatment sessions and family support groups.

> PHASE 3 | Continuing Care

At this stage, you will attend two hours of group therapy once a week, including monthly recovery education. The length of this phase of treatment varies, depending on individual needs.

THE BENEFITS OF OUTPATIENT TREATMENT

Treatment outcomes from centers like Kolmac show that outpatient care is just as effective as inpatient treatment. It provides greater flexibility as well as cost savings, and patients don't have to leave their jobs and families to receive it. Outpatient treatment is also available online if you would prefer to stay at home.



Success Rates

You might have heard that you need to get away from your everyday life and focus on treatment to be successful. Our team finds that this is true only in some extreme cases. For most people, receiving treatment as part of daily life works just as well or better than inpatient treatment.

With outpatient treatment, you're not in an unfamiliar setting. You're in your real life. Instead of learning new skills and coping mechanisms in an isolated environment, you're immediately learning how to apply them to your daily life. This can lead to greater—and longer—lasting—treatment success.

Flexibility and Savings

If it would be difficult for you to leave your work and family for a month, or if you would struggle to pay \$25,000 or more for treatment, outpatient care at Kolmac may be right for you. Not only does outpatient care at Kolmac offer cost savings, we are also in-network with most commercial insurance companies.

WHO WE HELP AT KOLMAC

Addiction affects people from all walks of life, as well as their loved ones. Kolmac helps a variety of patients overcome substance use disorders.



Women and Men

Men and women both struggle with addiction, but women are less likely to seek treatment. Our outpatient model makes treatment more accessible because patients don't have to leave family and work responsibilities to go to a rehab center. Most of our offices offer day and evening hours. Additionally, we offer weekly breakout groups to address the specific needs of women.

Professionals

Work stress can sometimes contribute to addiction, but it can be hard to take time off work to attend an inpatient treatment program. Kolmac solves this problem by offering outpatient treatment that works with the schedule of a busy professional.

Young Adults

It's not unusual for young adults to face addiction. However, they often have different clinical needs than our older patients. We strive to offer additional addiction treatment services for this group. Also, treatment doesn't have to interrupt their education, because outpatient care allows students to continue taking classes.

Friends and Family

Loved ones often feel the effects of addiction. We offer education and weekly support groups for family and friends. Their participation helps patients achieve long-term recovery.

Kolmac brings highly effective **intensive outpatient** (IOP) **treatment** and the hope of recovery to patients in many cities and states. Here is a list of some of our center locations.

ALEXANDRIA, VA

ANNAPOLIS, MD

ARLINGTON, VA

BALTIMORE, MD

BRYN MAWR, PA

COLUMBIA, MD

FREDERICK, MD

GAITHERSBURG, MD

LANHAM, MD

SILVER SPRING, MD

TOWSON, MD

WASHINGTON, D.C.

YARDLEY, PA

We are always working to bring treatment to more people in need.

For a full list of our center locations, visit www.kolmac.com.



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