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Treatment Program for Professionals Meets a Growing Need

Mill Spring, NC – 2008. As a board certified addictionologist and medical director for Pavillon, Dr. Susan Holman knows that feelings of shame are common for anyone in recovery from the disease of addiction.

While it is widely accepted that treatment is critical to recovery, it has become increasingly evident that healthcare and other professionals need a unique level of care.

That is why when Holman's own addiction came to light in early 1994; she entered a program geared toward treating the individual stigmas faced by impaired professionals. She was a practicing internist and had a budding career built on more than 20 years of education. Today, she has been in recovery for nearly 15 years and now dedicates herself to helping professionals and others find recovery at Pavillon's 140-acre campus.

Holman is certified in addiction medicine by the American Society of Addiction Medicine. ASAM certification identifies a physician who has demonstrated the degree of knowledge in the diagnosis and treatment of alcoholism and other drug dependencies commensurate with expertise in the field.

Earlier this year, Holman and Pavillon's CEO, Anne Vance, started an Extended Care program, targeting professionals like Holman.

"Professionals are just harder nuts to crack," observed Holman. They have huge careers at stake, licenses and very public reputations." It is harder to get to the core. "The perception is that professionals, especially healthcare professionals, are expected to know better, to be a role model of health and strength."

As a non-profit, fully accredited organization, Pavillon is a recognized leader for its effectiveness in the field of twelve-step residential treatment, research-based recovery services and education for chemical dependency and related disorders.

The Professional's Program is significant for two key reasons. It provides professionals and others in this region a welcome alternative from having to travel long distances. Secondly, the length of stay is critical.

According to the National Institute of Drug Abuse, the threshold of significant improvement is reached about three months in treatment. Ninety-day programs are the gold standard, Holman explained. And since one of the largest groups entering 90-day programs are licensed professionals, such as doctors, dentists, lawyers, pilots, pharmacists and nurses, Pavillon's program meets a growing need.

Often times, in order to retain or regain their license, professionals must satisfy stringent treatment guidelines and submit to rigorous post-treatment sobriety-monitoring procedures.

A Center for the Treatment of Alcoholism & other Drug Addictions



Additionally, programs geared for such professionals explore critically important issues including relapse, codependency and relationships.

The program also has a very strong emphasis on family involvement because without that component, people often relapse when they return home. Having a regional program at Pavillon allows families from the Carolinas to participate in the recovery of their loved one.