

August 2015



Alternative BEHAVIORAL CARE

100% Of Our Patients Rated The Services They Received As Either Very Good or Excellent and Our Testimonials Are Endless!!!!

TODAY'S HEROIN EPIDEMIC

Between 2002 and 2013 the heroin death rate has increased by nearly 300%...



With the number of heroin users rising to unprecedented levels, data shows that people who are dependent on prescription opioids are 40 times more likely to be abusing or dependent on heroin as well. The CDC has issued a statement calling these trends "alarming."

Tom Frieden, MD, RPH reports, though heroin abuse is highest among white underprivileged non-Hispanic males there have been considerable increases in women, people with higher incomes, and people with private insurance.

Dr. Frieden urges clinicians to take an active role in decreasing heroin abuse. Clinicians are encouraged to talk with patients about the serious consequences of taking prescription opioids, and for those already struggling with heroin addiction linking patients to medication assisted treatment is imperative.

The CDC reports that medication assisted recovery, including buprenorphine and naltrexone along with counseling has been shown to improve social functioning while reducing behaviors that result in the transmission of HIV and hepatitis C.

Alternative Behavioral Care provides medication assisted recovery treatment for

heroin and other opioids. [Click here](#) or read below for more information about our programs.

[Learn More](#)

Bio-markers in Urine Could Distinguish if a Client has Major Depressive or Bipolar Disorder

Researchers at Chongqing Medical University in China are claiming to have found bio-markers in urine that could distinguish between Bipolar Disorder and Major Depressive Disorder. An easy and reliable way to distinguish between the two disorders could save lives. Many patients with Bipolar Disorder are incorrectly treated with antidepressants, leading to increased suicide risk.

An initial trial of the test identified 76% of those with MDD and 79% of those with Bipolar Disorder, falling short of the expected requirements. However, after reanalyzing, 6 metabolites stood out. After normalizing for these 6 metabolites researchers found that they could identify the difference between Bipolar Disorder and MDD 90% of the time.

[Learn More](#)

What We Offer....

Individual paths to recovery differ, and treatment and supportive services for mental and substance use disorders should be tailored to fit individual needs. For many people with



behavioral health problems the most effective approach often involves a combination of counseling and medication. At Alternative Behavioral Care we have a different approach. We aim to treat the whole client in one setting. We are not a large bureaucratic hospital. Our office is modern and inviting, and patients are not a number to us. Patients can call our office and speak directly to their psychiatrist or therapist! We know how important it is that patients receive prompt personal attention.

We offer a wide range of services to increase your patients' quality of life. We offer mental health services for:

- **Children:** Ages 4 - 12
- **Women:** Age 18 and up
- **Adults:** Age 18 and up
- **Adolescents:** Ages 12 - 17

If drugs or alcohol are causing problems for your patients, we offer a safe and gentle program which includes anti-craving medications along with relapse prevention therapy. We are not a traditional 12-step program. Our programs are designed to work around patients' schedule with day and evening options. We offer the following programs:

- **Substance Abuse Program:** for Adolescents ages 12-17 and Adults ages 18 and up
- **Specialty Addiction Recovery Program:** Specialty outpatient program for those addicted to opiates such as heroin and pain medications for ages 16 and up.
- **Alcohol Addiction:** We specialize in alcohol addiction and offer special treatments for those addicted to alcohol.
- **Medication Assisted Recovery:** With medical doctors on staff, we provide medication assisted recovery to ease withdrawal symptoms and assist with cravings. Including, but not limited to, Suboxone.
- **Dual Diagnosis Services**

100% of our patients rated the services they received as either Very Good or Excellent, and our testimonials are endless!!!!

Our dedicated staff consists of psychiatrists, social workers, counselors, and case managers.

It is the expertise and commitment of our staff that is the driving force of our success rate.

Keep us in mind when your patients need intensive outpatient services for mental health or addiction recovery services.

Feel free to visit our web site to view all our programs at [Alternative Behavioral Care](#).

Alternative Behavioral Care

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