

# *The Bay Cove Treatment Center*

*An addiction treatment center focusing on  
opiate addicted clients with specialty  
programs for pregnant women, dually  
diagnosed individuals and persons who are  
HIV positive*

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## **Program Summary**

The Bay Cove Treatment Center provides intensive, seven-day-a-week outpatient treatment to IV drug users. Clients receive medical assessments, daily dosing with methadone medication, weekly individual and group counseling, and comprehensive substance abuse education.

## **Clientele**

The primary client population for this program is opiate-addicted IV drug users from the Greater Boston area. Special populations served include HIV/AIDS infected clients, poly-substance abusers, pregnant addicts, clients with a dual diagnosis of mental illness and addiction to opiates, and heroin users who are homeless.



*Every day a security guard monitors activity inside and outside of the building.*

## **Staff**

Elizabeth Bredin, LICSW, is the Senior Program Director. Ms. Bredin, with over twenty-five years experience in addiction treatment, is a frequent presenter at both local and national conferences. She has taught courses on treating addiction at numerous schools of social work in Massachusetts. Her counseling staff is comprised of Masters level clinical specialists who are culturally diverse and gender sensitive. Other professional staff includes the Medical Director, Nurse Manager, Dosing Nurses, HIV/AIDS Coordinator and Case Manager. All staff members receive weekly clinical supervision as well as ongoing on-site training in substance abuse disorders, dual diagnosis, gender issues, cultural diversity and crisis management. Sufficient Continuing Education Units (CEU's) are provided for these trainings to meet licensing requirements.

## **Regular Services Provided**

Upon admission to the program, new clients are medically assessed at the Methadone Clinic for treatment. Following this, they are required to

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*Betty Bredin, Director of Bay Cove Treatment Center (center), is flanked by two Treatment Center clients who participated in a presentation at a Boston College conference to tell about their success in the program.*

attend a ten-week comprehensive orientation training course which includes:

- Treatment Center Rules and Regulations
- Cessation of Illicit Drug Use
- Addiction and Recovery
- HIV/AIDS Education
- Understanding Methadone
- Making Use of Case Management
- Phases of Treatment
- Sharing Presentations by Former Clients who are Successfully Drug Free
- Relapse Prevention

Clients are required to attend the Clinic for daily dosing of methadone medication, attend both individual and group counseling sessions weekly, and participate in drug screening on request at randomly selected intervals. The Clinic is open from 8:30am to 6:00pm, Monday through Friday, and 8:00am to 11:00am on Saturday and Sunday. Methadone medication is dispensed daily from 9:30am to 12:15pm and 4:00pm to 6:00pm and is part of a comprehensive clinical program which focuses on sobriety and a culture of recovery. Case management and referral services are regularly provided.

Group counseling focuses on a wide range of topics to meet the varied needs of clientele.

These treatment groups include the following focus topics:

- Assessment and Diagnosis
- Parenting Issues
- Family Support
- Seeking Employment
- Eliminating Cocaine Usage
- Gaining Self Esteem
- Adopting Drug-Free Lifestyles
- Women's Health Issues
- HIV/AIDS Education
- Gambling
- Relapse Prevention

### **Phases of Treatment**

The Bay Cove Treatment Center uses a system which incorporates four Phases of Treatment, each of which is less intensive (and less costly) than the previous phase. Using this model, the client moves at his/her individual pace, from the *assessment* phase, to the *active* phase, to the *stabilization* phase, and finally to the *transition* phase, which involves either extended methadone maintenance or medically supervised withdrawal to a drug-free status.

This model is effective because:

1. The treatment for each patient is monitored in measurable outcomes, which helps both patient and clinicians to set goals for treatment plans.
2. The phases' model adapts easily to quality assurance standards, including compliance with state and federal regulations.

A rating system is used to determine if a client has successfully achieved each requirement in a phase. A rating of *1* signifies *yes* and a rating of *0* signifies *no*. The client is placed in the phase where the first *0* appears. All items in the phase in which the client is placed are rated because this provides useful clinical information. Scoring all *1*'s in a phase indicates movement to the next phase.

Treatment starts with intake/assessment, case management assessment, and orientation groups providing psycho-educational information. The goals for each client within the first six months of treatment are:

1. Stabilization on methadone with cessation of all illicit drug use including alcohol, cocaine, benzodiazepines and marijuana;
2. Stabilization of health care including referral to a primary care physician, if necessary, and improved dental care;
3. Use of case management services to solve problems of homelessness, outstanding legal issues, referral for battered women, transportation, vocational and employment services, and HIV/AIDS related services (where necessary);
4. Cessation of all illegal activities and elimination of incarcerations; and
5. Stabilization of the family's support system with referral, when necessary, to a family therapist at Bay Cove Treatment Center. Involvement in self- help (NA or AA, including ALANON) groups is strongly advocated.

As the process continues through each phase of the treatment program, it is conducted in an atmosphere of care and support for the recovery of the client. Changes are expected to occur



*Dr. Timothy Willens and Bay Cove Treatment Center staff discuss specific ways of implementing the four Phases of Treatment used in therapy.*

through individual weekly and group counseling, case management services and self-help involvement, and the use of daily methadone medication. All clients are treated with dignity and respect and have their privacy and confidentiality preserved and protected. Attention to these basic rights guides the program's policies and everyday interaction with clients, staff, families, community and funding agencies.

All Phases of Treatment are coordinated with ongoing individual treatment plans. Updates are scheduled every 90 days. Treatment plans are stated in behavioral terms, are goal specific and have measurable outcomes. The client and counselor develop treatment plans together. Clients attaining drug-free status are prepared for this step during their withdrawal from methadone. Such clients are then referred to drug-free treatment either on-site or, when more appropriate, at other agencies. Continuing involvement in self-help groups is stressed.

### **Specialized Services**

*A specialized program for pregnant and parenting women* has been an important part of the Treatment Center for the last ten years. Staff involves the pregnant woman in a nurturing and supportive environment by using a team approach. Clients have daily contact with either the individual counselor, nurse manager, or case manager, to monitor medical appointments, housing and nutrition issues. Mothers' groups and parenting support groups are offered in addition to individual therapy to enhance the therapeutic environment.

A pregnant addict's appointments with the Medical Director are scheduled on an as-needed basis to ensure that pre-natal care at a local high-risk clinic is coordinated with the stabilization of the mother's addiction and cessation of illegal drug use. Bay Cove has affiliation contracts with all major high-risk clinics in the greater Boston area.

*Another specialized program is available for the client who is dually-diagnosed with a*

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mental illness as well as an addiction problem. This program includes assessment and referral, support groups for those using prescribed psychotropic medication, and coordination of treatment with prescribing physicians. The monitoring of both prescribed medication and methadone stabilization in a comprehensive treatment environment is responsive to clients struggling with dual diagnosis.

### **Admission Process**

To initiate an admission, the client or referring agent should call the Treatment Center intake worker at (617) 371-3030. The most convenient time to call is between 12:30 and 1:30, Monday through Friday. An initial screening will be made over the phone.

When slots are available, the admission process proceeds by scheduling a face-to-face intake interview with a Master's level clinician.

To be considered for admission, the client must:

1. have a history of opiate dependency for one year or more;
2. exhibit physiological indications of narcotic dependence;
3. provide documentation of previous drug treatment;
4. complete a medical, social, economic, family, criminal, educational, vocational and drug history assessment; and
5. sign the necessary contract/agreements with the clinic.

When treatment slots are full, the clinic maintains an active waiting list. People wanting to access treatment are expected to call the clinic every week to remain on the list; failure to maintain contact for 30 days will result in the removal of the person's name from the list.

Priority admissions are given to pregnant women, HIV/AIDS infected people and persons who are homeless.

### **Building and Location**

The Bay Cove Treatment Center is located in the heart of downtown Boston at 66 Canal Street. It is close to both the North Station and Haymarket Station T stops via the Orange line, the Green line and local busses, and is three blocks from the Commuter Rail at North Station. The Center is also conveniently located just off Route 93 and the Central Artery for people who wish to drive.

The Treatment Center occupies the first and fourth floors of a building that is completely accessible to the handicapped. The first floor houses the Methadone Medication Clinic. In addition to the large, attractively furnished waiting room, this facility has its own pre-waiting area to accommodate early arrivals.

Individual and group Treatment Center counseling offices are located on the fourth floor along with the child care center and large waiting area. The building also has two fully equipped conference rooms on the 6th floor that are used for ongoing staff training.

Security offices, occupied by security personnel (and outfitted with TV monitoring equipment to survey both inside and outside the building) are located within the Clinic and in a guard station outside the front door of the building. Offices on the upper floors are reached by elevator.

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*For more information about the Bay Cove Treatment Center, please contact Elizabeth Bredin, Program Director at 617-371-3040  
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