

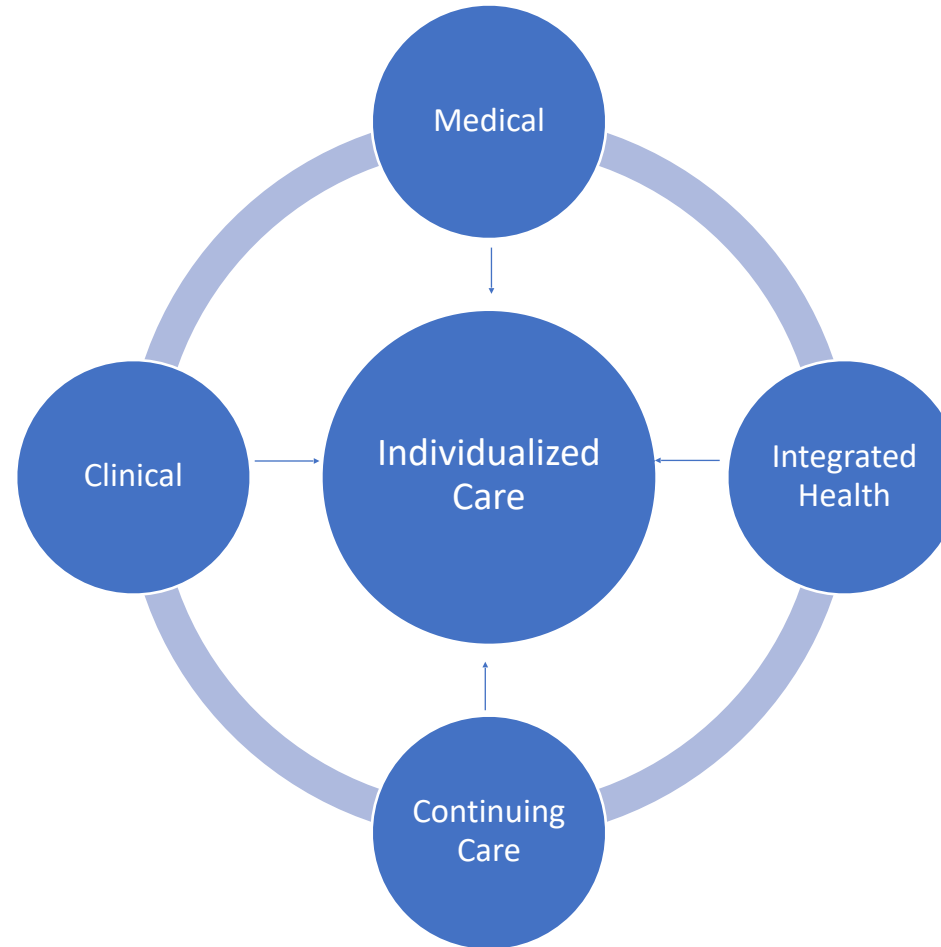


A World-Class Treatment Center in the Heart of the Green Mountains of Vermont

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Individualized Care and Best Practices

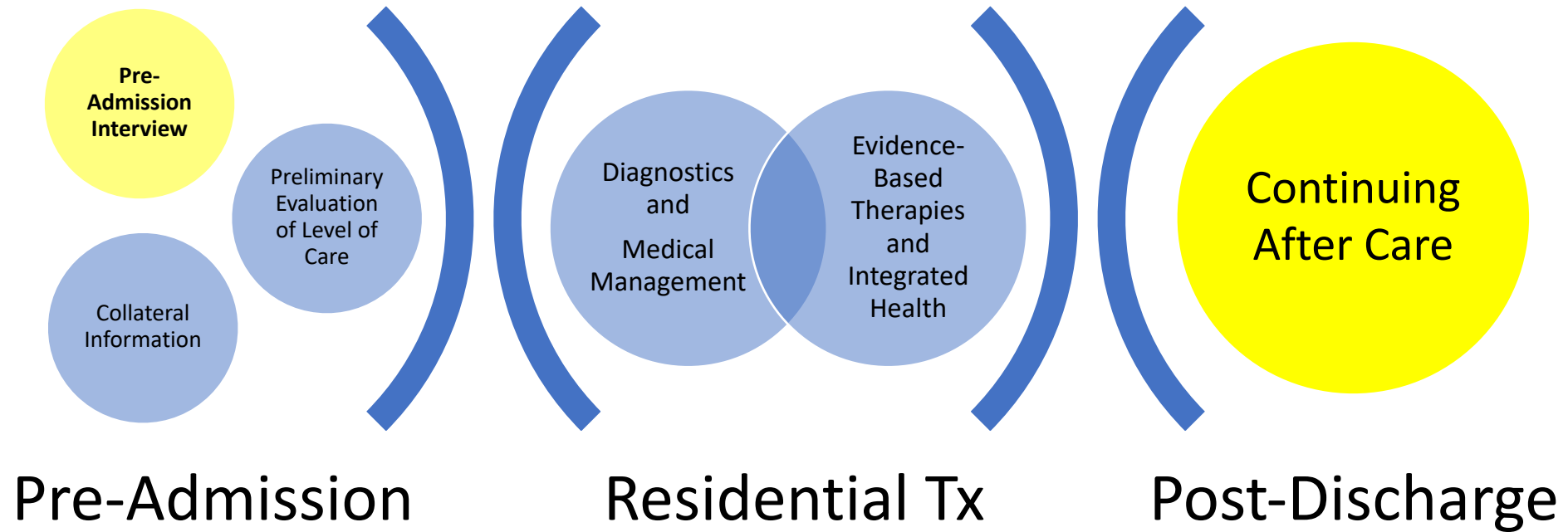


ASAM Levels 3.7 and 3.5
Accept all private insurance
In-network with BCBS and Optum

The Team

- A+ team of highly motivated experienced professionals
- Medical Staff: Physicians, Certified Physician Assistants, Registered Nurses
- Clinical Staff: Licensed Alcohol and Drug Counselors (LADCs); Licensed Clinical Mental Health Clinicians (LCMHCs); Direct Care Specialists
- Integrative Health Staff: Licensed Acupuncturists, Licensed Massage Therapists, Registered Dietician, Chefs, Meditation and Yoga Instructors
- Patient Experience Staff: Hospitality and Culinary Specialists

Sana Approach: Three Phases



Patient Admission Criteria

Sana Admission Criteria

- 18 years or older
- Active substance use disorder
- Able to actively participate in group therapy
- Have stable housing confirmed
- Have health insurance and prescription coverage
- Be willing to adhere to Sana's treatment agreement and patient expectations
- Evaluation and approval by Sana clinical team

Sana Exclusion Criteria

Medical	<ul style="list-style-type: none">• Requiring Insulin• Requiring IV Medications• History of Seizures• Needs Transfer or ADL Assistance• Chronic Pain on Agonists
Psychiatric	<ul style="list-style-type: none">• Antisocial Personality Disorder• Catatonia• Dissociative Identity Disorder• Active Eating Disorder• Recent Self-Injurious Behavior• Major Depressive Disorder Requiring ECT• Mania or Psychosis• Pseudoseizures• Recent Discharge Against Medical Advice
SUD	<ul style="list-style-type: none">• Methamphetamines• Phencyclidine (PCP)• Requiring Methadone

At Admission: The Patient as an Individual

1. Medical Screening – Vitals, pain, COWS/CIWA, suicide assessment, urine drug screen and breathalyzer
2. Clinical Intake – Clinician Initial Assessment (Biopsychosocial)
3. Medical Intake – Nursing Initial Assessment, Labs, H&P and Body Search
4. Clinical Assessments – BAM, AAQ-II, PHQ-9, PC PTSD-5, ACEs, ASEBA Self-Report

Clinical Services and Programming

- ❖ **Psychiatric evaluation and follow-up / medical management as needed**
- ❖ **Trauma-informed Individual treatment planning and weekly reviews/updates**
- ❖ **2 individual counseling sessions per patient per week**
- ❖ **24-26 hrs of therapeutic groups weekly**
 - ❖ CBT, DBT, Motivation Enhancement, Nonviolent Communication
 - ❖ Expressive Therapies and Ecotherapy
 - ❖ Nursing Education (sleep hygiene, smoking cessation, MAT, etc.)
- ❖ **14-16 hrs of wellness and integrative health services weekly**
 - ❖ 1-hr individual acupuncture and 1.5-hr group acupuncture per week
 - ❖ 1-hr individual therapeutic massage per week
 - ❖ 30-minute nutritional assessment
 - ❖ 5-6 hours yoga instruction per week
- ❖ **5-7 hrs of peer-support meetings weekly (12-Step, Refuge Recovery, SMART Recovery, LifeRing Secular Recovery, Recovery Dharma, etc.)**
- ❖ **Couples / Family Counseling recommended and provided as needed**

Integrative Health/Wellness

Goals:

- Rediscover their personal resilience and wellness tools.
- Discover new practices to expand personal resilience and wellness.
- Build personal toolkit for discharge to support long-term recovery.

Services:

- Acupuncture, yoga, massage, aromatherapy, cardiovascular exercise, healing touch, outdoor activities; weight training
- Individualized healthy gourmet culinary program: garden-to-table, organic food, accommodating a variety of dietary preferences



5 Wellness Pillars

R = Rest (enhance sleep)

E = Exercise (meaningful movement)

S = Stress Management

E = Eat Well (optimize nutrition)

T = Take care of self (self-care)

Daily Patient Schedule

8:00 am	Breakfast
9:00 am	Seeking Safety Group
10:00 am	Wellness Group <i>*Patient A – Assessment w/ Clinician</i>
11:00 am	DBT Skills Group
12:00 pm	Lunch
1:00 pm	Expressive Therapy Group <i>*Patient B – Individual w/ Clinician</i>
2:00 pm	Free Time/Individual Work/Cell Phone Use
3:00 pm	Yoga
4:00 pm	Nursing Education Group
5:00 pm	Dinner
6:00 pm	Peer Support Meeting
7:30 pm	PM Check-In & Guided Meditation
8:30+ pm	Relax/Sleep

Post-Discharge Outcomes Follow-Up

- 24 hours
- 1 week
- 2 weeks
- 3 weeks
- 4 weeks – Brief Addiction Monitor (BAM) Assessment
- 3 months
- 6 months – Brief Addiction Monitor (BAM) Assessment
- 1 year – Brief Addiction Monitor (BAM) Assessment

Outcomes (N= 92) Average LOS = 22 Days

Completed Tx	AMA	Reported In Recovery*
84%	5%	91%

* 3 to 12 months post-treatment

Patient Satisfaction: MEDICAL

(6.56/7 = 94%)

Average Patient
Score out of 7

Timely management of physical symptoms during withdrawal

6.82

Competence of staff

6.76

Clear explanation of medication(s), their purpose(s) and side effect(s)

6.38

Education about medications to treat alcohol and opioid use disorders

6.42

Treatment of co-occurring medical conditions

6.60

Patient Satisfaction: CLINICAL (6.81/7 = 97%)	Average Patient Score out of 7
Empathy and compassion of staff	6.86
Addiction and recovery education	6.81
Individual therapy	6.90
Couples/family counseling	6.89
Group counseling	6.76
Individualized treatment planning	6.71
Comprehensive continued care planning	6.76

Patient Satisfaction: INTEGRATIVE HEALTH

(6.60/7 = 94.3%)

Average
Patient Score
out of 7

Therapeutic massage

6.62

Acupuncture

6.95

Yoga instruction

6.80

Nutritional assessment

6.26

Wellness and body work activities

6.80

Fitness space and equipment

6.29

Patient Satisfaction: HOSPITALITY

(6.74/7 = 96.25%)

Average Patient
Score out of 7

Culinary experience

6.57

Cleanliness of room and facility

6.76

Friendliness and helpfulness of staff

6.86

Serene atmosphere

6.76

Summary

- Excellent Outcomes
- Superb, fully credentialed team of specialists and licensed professionals
- State-of-the-art evidence-based care for co-occurring conditions
- Core Integrative Health/Wellness program
- Multi-disciplinary individualized treatment
- Unique and beautiful location and treatment milieu

PLEASE COME VISIT!

Questions/Referrals?

Please reach out to:

Dr. Sanchit Maruti, MD

Sanchit.Maruti@sanastowe.health

Or

Admissions@sanastowe.health

Or please call

866-575-9958

www.sanastowe.health