

# Thinking Beyond the Traditional Recovery Model: ID Cards, Patient Feedback, Quicker Community Integration

2024 IABH Fall Conference  
September 3-5  
Oak Brook, IL

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**Above and Beyond**  
Family Recovery Center

# Above and Beyond Family Recovery Center East Garfield Park: *Culture and Innovation Driving Harm Reduction Success*



# What we do

- *We assist Chicago's homeless, uninsured and financially disadvantaged populations in receiving the best levels of evidence-based outpatient care for their substance use disorders. Specifically, we offer programs and services that add sustainability to our mission of restoring our patients as determinants of their own destinies. Our services are free to those who want to transform their substance abuse into a clean and sober future.*



# How we do it

- *Above and Beyond offers innovative substance abuse treatment programs, individual counseling sessions and groups, tailored to each individual's specific challenges, and at no cost to them. We offer 12-step programs alongside self-empowerment programs which are interlaced with REBT, unconditional self-acceptance principals and therapeutic methodologies of uncovering meaning and purpose in our client's lives. As well, we offer Intensive Outpatient Programs, job readiness coaching, housing-first assistance, street yoga, acupuncture, EFT, rage management, trans-generational trauma, and other unique trauma-specific groups.*



# Moving away from the traditional treatment model

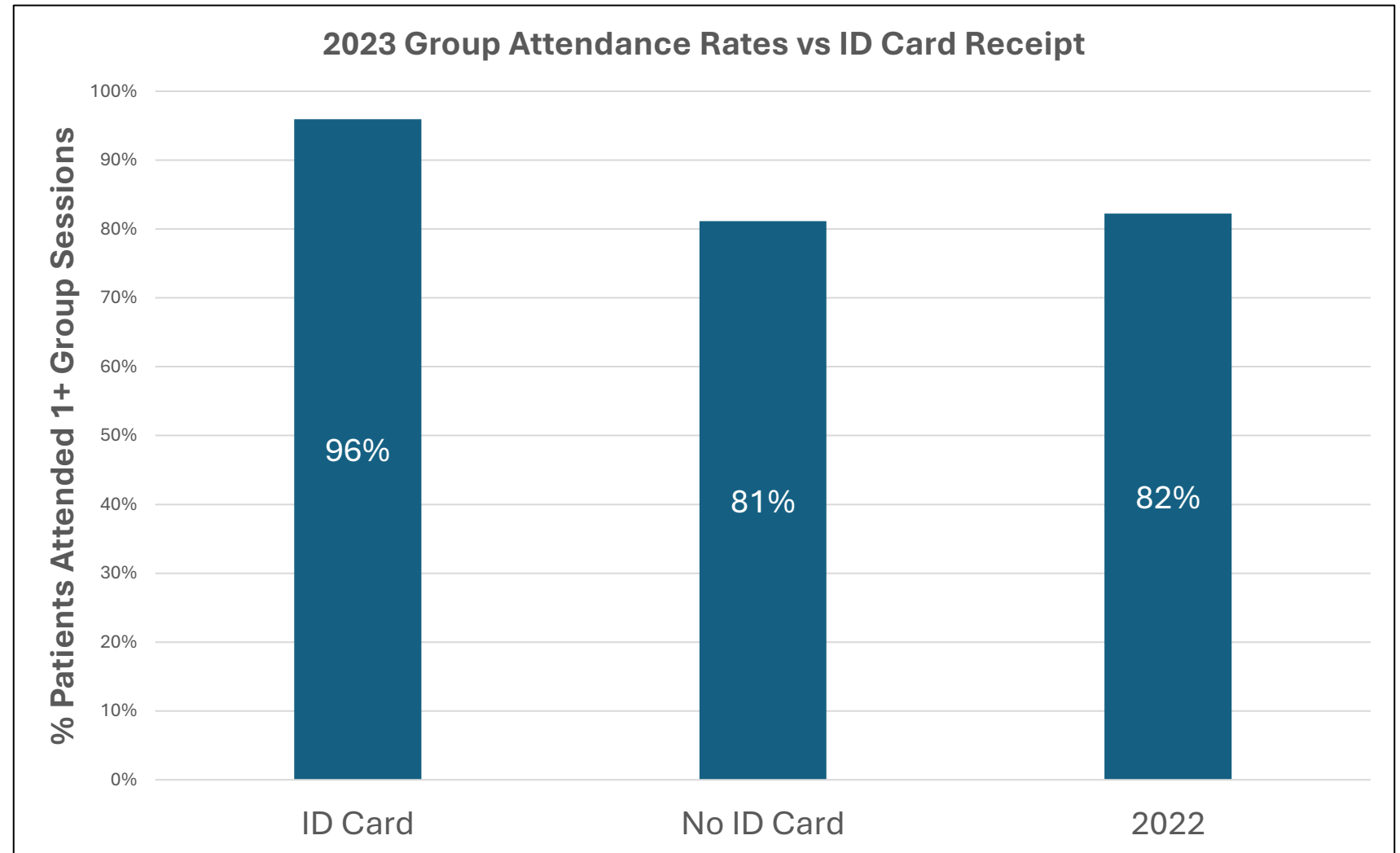
- “During recovery, goals often change from a non-abstinence toward a complete-abstinence goal, and people who seek social support, such as that available through mutual-help groups, are more likely to change their goal (Eddie et al., 2022; Schwebel et al., 2022).”<sup>1</sup>
- The research suggests that personalized treatment plans, which consider individual preferences and circumstances, may lead to better results. Overall, the study emphasizes the importance of flexibility in treatment approaches and challenges the notion that abstinence is the only effective goal for all individuals.<sup>2</sup>

<sup>1</sup> Mode of mutual-help group attendance: Predictors and outcomes in a US national longitudinal survey of adults with lifetime alcohol use disorder; Timko et al

<sup>2</sup> Individualized Therapy and Controlled Drinking; Sobell

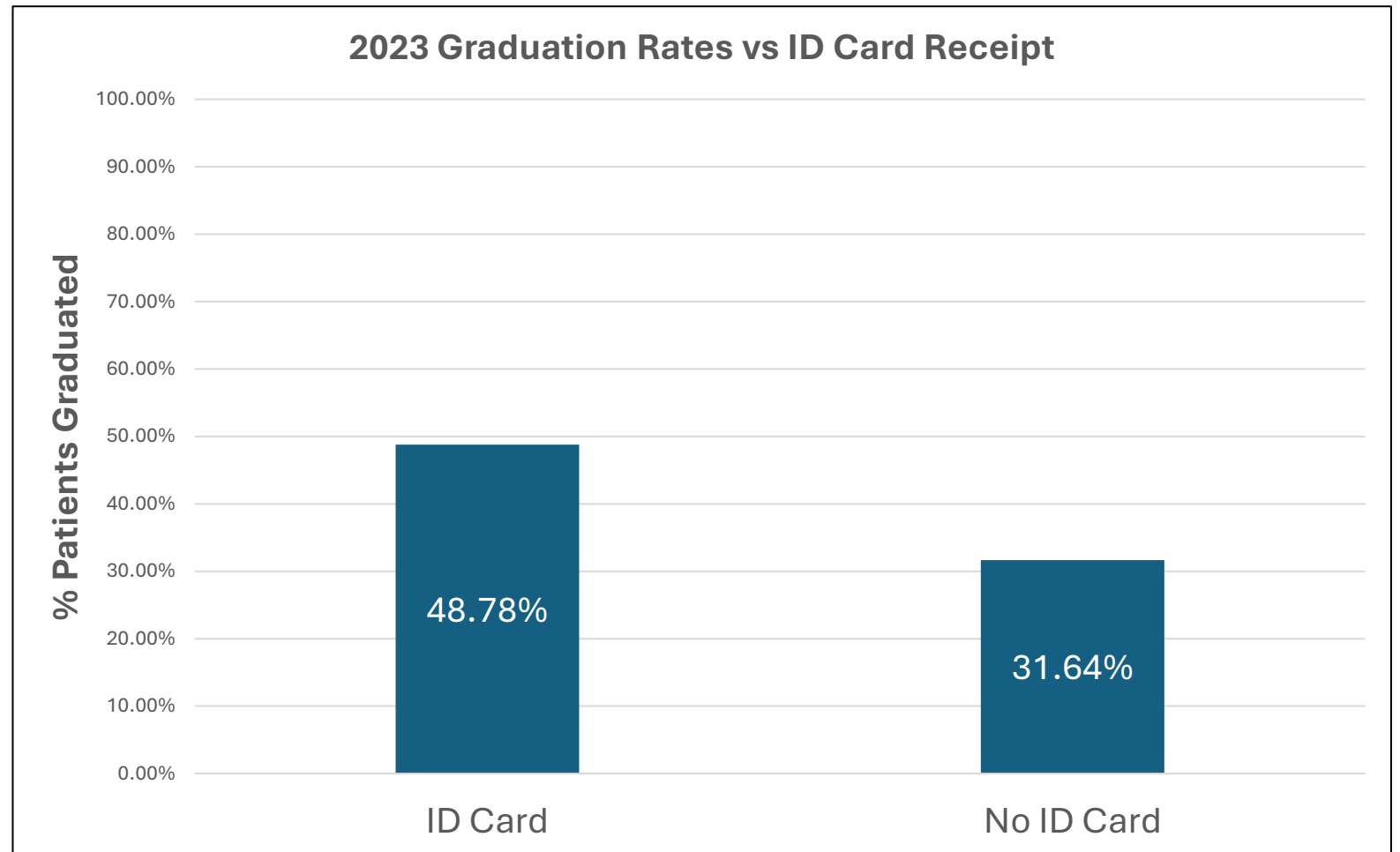
# Compassion and community

- Patient ID cards are issued to foster a sense of belonging and community.



# Compassion and community

- Patients that are issued an ID card are more likely to participate in group sessions and more likely to complete the program.



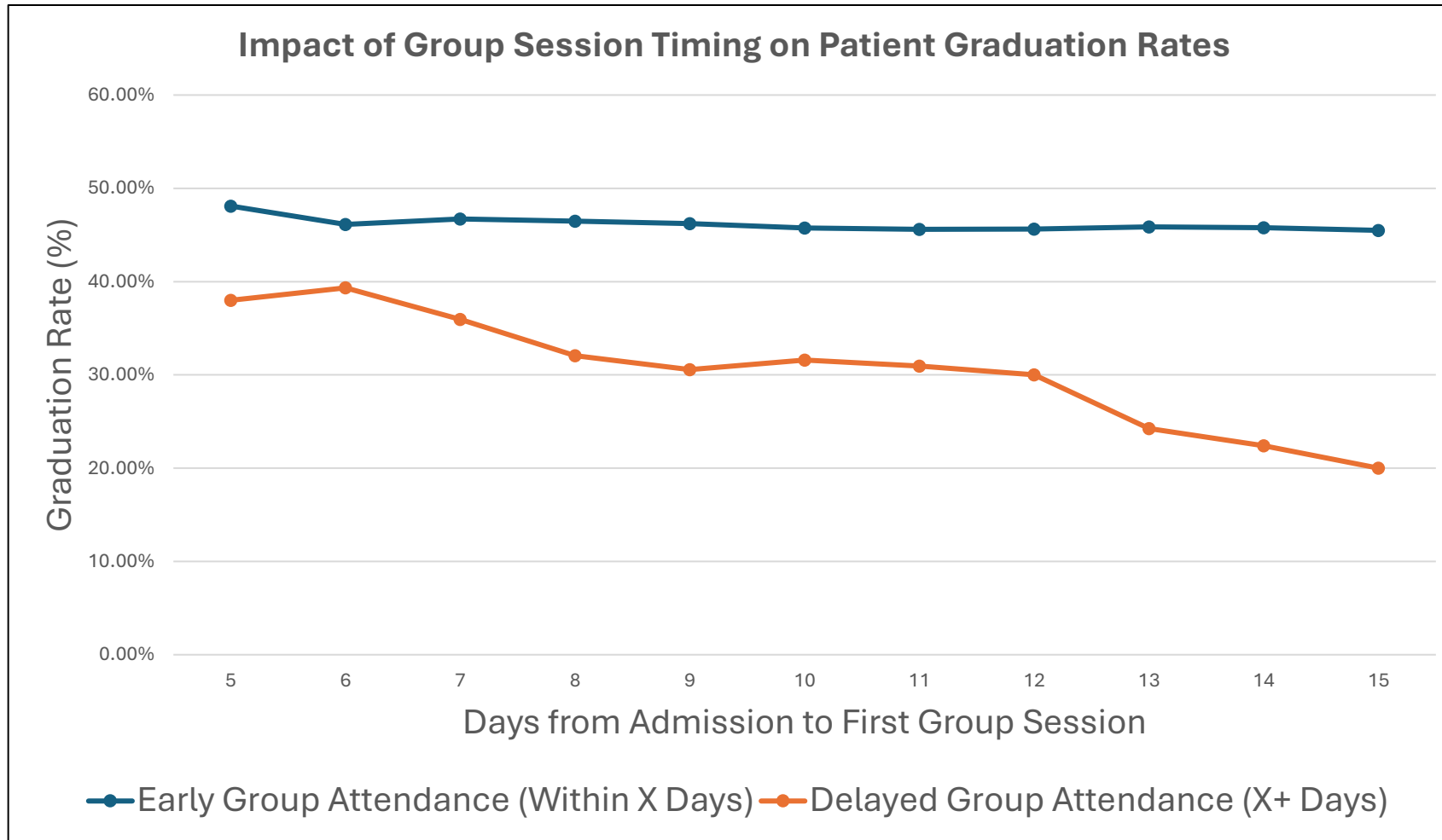
# Patients feel safe and supported

- **“I felt safe while in treatment”**
  - 79 responses, 100% positive
- **“In general, did you believe the staff here at Above and Beyond were supportive, respectful, and responsive to your needs?”**
  - 332 responses, 99% positive

<b>“I feel as though I can continue to get support should I need it.”</b>		
<b>Excellent</b>	266	78.69%
<b>Very Good</b>	50	14.79%
<b>Good</b>	19	5.62%
<b>Fair</b>	2	0.59%
<b>Poor</b>	1	0.29%



# Quicker integration into the AnB community leads to better outcomes



“Above and Beyond is the model that should replace the existing broken addiction treatment model in the U.S.” -Johann Hari, International Addiction Treatment Expert

- Barriers are anticipated as part of program design and eliminated in innovative ways
- Behavioral Harm Reduction
- De-Stigmatization of Lying
- Embracing of curiosity and uncertainty, unconditional acceptance of self and others
- Post Traumatic Growth, not Post Traumatic “Disorder”
- Treat the Problem, Not Just Symptoms of the Problem
- Streamlined career pathways for Alumni and others in community with lived
- experience
- Holistic and Intersectional Treatment–Smoking Cessation, Yoga, Acupuncture,
- Nutrition, Rage Reduction, LGBTQIA Recovery
- Success Rate for Those Who Engage Past Initial Intake has reached 49%

# This is a SAMPLE of our WEEKLY CALENDAR which may change depending on many circumstances

Monday	8:45 to 9:00 SMOKELESS Squares	SMOKELESS 8:45 to 9:00 Squares	Tuesday	SMOKELESS 8:45 to 9:00 Squares	Wednesday	SMOKELESS 8:45 to 9:00 Squares	Thursday	8:45 to 9:00 SMOKELESS Squares	SMOKELESS 8:45 to 9:00 Squares	Friday					
9:00 - 10:15	Learning to LOVE yourself	YOGA	9:00 - 10:15	ALUMNI	Guided by FATHER AL	Spirituality of Imperfection	9:00 - 10:15	OP & iOP	Dying to Live	Family TRAUMA	ALUMNI	Overcoming Procrastination	WOMEN FOR SOBRIETY	mindfulness	ACT
10:15 - 10:30	WRAP Recovery Skills	CRSS	10:15 - 10:30	break	10:15 - 10:30	break	10:15 - 10:30	break	10:15 - 10:30	break	10:15 - 10:30	break	10:15 - 10:30	break	10:15 - 10:30
10:30 - 11:45	Improv Therapy Group	Acupuncture	10:30 - 11:45	REBT	Your BRAIN ON DRUGS	HARMONY HOPE & HEALING	10:30 - 11:45	Spirituality	ART REBT	Life Purpose and Meaning	SOUL Train	GROUP Fundance	10:30 - 11:45	WOMEN'S TRAUMA	Aloneliness Alleviation
12:00 - 1:00	SMART Recovery	RECOVERY DHARMA	12:00 - 1:00	SMART Recovery	RECOVERY DHARMA	PCP Recovery Skills	12:00 - 1:00	SMART Recovery	RECOVERY DHARMA	SMART Recovery	RECOVERY DHARMA	SMART Recovery	12:00 - 1:00	SMART Recovery	RECOVERY DHARMA
INDIVIDUAL COUNSELING 1-4		INDIVIDUAL COUNSELING 1-4		INDIVIDUAL COUNSELING 1-4		INDIVIDUAL COUNSELING 1-4		INDIVIDUAL COUNSELING 1-4		INDIVIDUAL COUNSELING 1-4		INDIVIDUAL COUNSELING 1-4		INDIVIDUAL COUNSELING 1-4	
CRSS		ADDICTED IN FILM MOVIE CLUB		YAY POPCORN!		STAFF MEETING = 1:30		Write LGBTQ@AnB.today with questions		SMART Recovery   LGBTQIA+		GET TO THE MESS			
INDIVIDUAL COUNSELING		INDIVIDUAL COUNSELING		INDIVIDUAL COUNSELING		INDIVIDUAL COUNSELING		INDIVIDUAL COUNSELING		INDIVIDUAL COUNSELING		INDIVIDUAL COUNSELING		INDIVIDUAL COUNSELING	

Visit us at 2942 W Lake Street (near the California CTA Greenline Stop). Either that, or call us at (773) 940.2960 for more information. If these don't suit you, please visit our very excellent website at: [anb.today](http://anb.today). Either way, see you SOON!



# October Graduation



# THANK YOU!!

## Open invitation to visit us:



**Above and Beyond**  
Family Recovery Center

2942 W Lake St.

Chicago, IL 60612

*Corner of Sacramento and Lake/Green Line California Stop*

*773-940-2960*