

5<sup>th</sup> International Conference and Exhibition on

# Addiction Research & Therapy

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## Innovation to integration

**Michael Judd**

Aware Recovery Care, USA

Addiction is increasingly conceptualized as a chronic disease, yet the current addiction treatment system is largely based upon an acute model. This current model consists of costly residential care and is followed by intensive outpatient programs. The model has been effective for some but could be more successful with a continual evaluation and modification to an individual's needs. Due to the high demand for individuals needing treatment, current inpatient and outpatient services aim to develop a one size fits all approach. This type of approach touches the greatest amount of individuals at the lowest cost to already strained budgets. Nevertheless, the cost savings is front loaded and short term. Readmission rates, healthcare treatment and judicial costs continue to rise. The current treatment model cannot meet the challenges unique to each client. The need for recovery support, relapse prevention, assessing and addressing environmental and social barriers, as well as integration back into the home and the community has been a challenge for traditional treatment methods.

Traditionally, individuals were expected to fit into routines and practices that treatment providers referred them to. However, recent studies have revealed the effectiveness in a new collaborative approach to address these barriers and has proven to be an effective method for addressing each individual's unique set of challenges. This new model offers higher percentages of long term success, which directly impacts savings to the behavioral health, healthcare and the judicial systems, and is comparative to current treatment costs to the consumer. It also assigns to each client a personal highly specialized multi-disciplinary team made up of a Psychiatrist (MD), a registered nurse (RN), a licensed clinician (LCSW, LMFT), and a certified recovery advisor (CRA) who utilizes life experience. All team members work collaboratively to assess and develop a unique person centered treatment plan that addresses the multi-dimensional needs of the client within their natural environment.

## Biography

Michael Judd is a Certified Recovery Advisor, Certified Recovery Support Specialist, WRAP Facilitator, CCAR Recovery Coach. Using personal experience and evidence based practices to affect positive changes in those individuals suffering from chemical dependence. A Certified Facilitator offering trainings in evidence based practices such as WRAP, Wraparound, Motivational Interviewing, Recovery Coaching, and Alternatives to Violence.

mjudd@awarerecoverycare.com

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