



Forest  
View  
HOSPITAL

*Co-Occurring Disorders  
Treatment Program Information*

*Mental Health Care*

*with compassion and respect*

# *Welcome to the Forest View Co-Occurring Disorders Treatment Program*

This packet is designed to provide you with some information about the co-occurring disorders offered here at Forest View Psychiatric Hospital. Welcome to you.

## *Introduction*

A co-occurring disorder (COD) is when a person has a psychiatric illness and a substance abuse or addiction problem. CODs are quite common and the staff at Forest View is dedicated to giving you the education, treatment, and skills you'll need to help manage your illnesses.

## *Treatment Goals*

The goals of the COD are:

- To help you view mental illness and addiction in a proper perspective.
- To provide education while helping you develop hope and desire to reach for the highest quality of life possible.
- To treat your mind, body, and spirit by using 12-step programming and state of the art treatment approaches.
- To identify the proper level of care and treatment you'll need after discharge from the hospital and to make sure referrals are in place

## *Identifying Patients Needing COD Treatment*

You will have several assessments while here. If your doctor, case manager, or nurse feel that you may have a COD, you will be given a more in-depth assessment about your use of street drugs, alcohol, prescription meds, over-the-counter medications, nicotine, caffeine, and/or herbal remedy use. Please be as honest as you can because we want to give you the most beneficial help possible.

## *Who is Here to Help You*

- Your psychiatrist, who is either a MD or DO.
- Your case manager, who is either a MSW (social worker) or LLP (psychologist).
- Your nurse, who will be a different person each shift and may change from day to day. The nurses are responsible for your medications and will help you with any medical problems you may have.
- An internal medicine professional, who is either a nurse practitioner, physician's assistant, or an internal medicine physician.
- Mental health workers, who work closely with the nurses.
- Activity therapists who will lead many of the groups you will attend.
- YOU!

## *Treatment Expectations*

CODs can be difficult to manage, but please remember that CODs are NOT impossible to treat. Here are a few things that you can expect to happen here in the hospital:

- Detox: If you need detox from drugs or alcohol, we will help you through using the best medical protocols available.
- Medications to manage your psychiatric symptoms such as depression, anxiety, or psychotic symptoms such as paranoia or hearing voices.
- Group attendance: You will have a full day of programming that is important to attend. You will learn coping, anger management, communication, and relaxation techniques for example. Avoiding is not a way to get better.
- COD group will be held Monday through Friday from 1:00 to 2:00 p.m. You will be educated about the disease of addiction, how to begin on the road to recovery, spirituality, relapse prevention, triggers, negative emotions, stress management, and 12-step programming.
- Peer-lead meetings: We strongly encourage all COD patients to meet together in the evening to have a meeting, using the AA format as a way to conduct the meeting. Peer support is a very important as you begin to set up a support system to help you in recovery. What a better place to begin the tradition of meetings than right here in the hospital.

- Family session(s): Your doctor and/or case manager may want a family session. When we say “family session,” we mean any family member or friend that you identify as important to you can attend. The purpose of the meeting is to make sure that your family is educated and has an understanding what it will take for you to begin recovery.
- You will have a multidisciplinary treatment plan designed specifically for you within 72 hours of your admission and it will be reviewed at least every seven days to measure your progress. The purpose of the treatment plan is to identify your goals for treatment and address how the treatment team, including you, can help you to accomplish your goals.

## *Discharge Planning*

Discharge planning begins at the time of your admission. We work very hard in finding the resources available to you, so you have the support you need when you leave the hospital. You and your family will work closely with your case manager to make sure that the best possible discharge plan is made for you prior to your discharge from the hospital. People who have CODs often have complicated discharge planning that needs to be done because they are struggling on two fronts: mental illness and addiction. It will be vital for you to follow-through with any aftercare recommendations that are given to you at discharge time.

## *Some Final Words*

Attached to this packet are some self-evaluation forms. Please fill them out as accurately as possible as soon as you get an opportunity. If you need help, your case manager will be able to help you. You are embarking on a very difficult journey but we are dedicated to helping you as best we can. The hard work will come from you; we can only provide tools to get you started. We want you to succeed and if we work together we can get a lot accomplished in the short time you will spend with us. Your recovery is a process that will extend over your lifetime. We want to help you begin (or continue) that journey.

## *The CAGE Assessment*

Has anyone ever felt you should <u>C</u> ut down on your drinking??	Y	N
Have people <u>A</u> nnoyed you by criticizing your drinking?	Y	N
Have you ever felt <u>G</u> uilty about your drinking?	Y	N
Have you ever had a drink the first thing in the morning ( <u>E</u> ye-opener) to steady your nerves or to get rid of a hangover?	Y	N

The CAGE questionnaire was developed by Dr. John Ewing, founding director of the Bowles Center for Alcohol Studies (see history of CAS), University of North Carolina at Chapel Hill. CAGE is an internationally used assessment instrument for identifying problems with alcohol.

# MAST

## *(Michigan Alcoholism Screening Test)*

The MAST is a simple, self-scoring test that helps assess if you have a drinking problem. Please circle the answers to the following YES or NO questions.

1. Do you feel you are a normal drinker? ("Normal"—drink as much or less than most other people). YES or NO
2. Have you ever awakened the morning after some drinking the night before and found that you could not remember a part of the evening? YES or NO
3. Does any near relative or close friend ever worry or complain about your drinking? YES or NO
4. Can you stop drinking without difficulty after one or two drinks? YES or NO
5. Do you ever feel guilty about your drinking? YES or NO
6. Have you ever attended a meeting of Alcoholics Anonymous (AA)? YES or NO
7. Have you ever gotten into physical fights when drinking? YES or NO
8. Has drinking ever created problems between you and a near relative or a close friend? YES or NO
9. Has any family member or close friend gone to anyone for help about your drinking? YES or NO
10. Have you ever lost friends because of your drinking? YES or NO
11. Have you ever gotten into trouble at work because of drinking? YES or NO
12. Have you ever lost a job because of drinking? YES or NO
13. Have you ever neglected your obligations, your family, or your work for two or more days in a row because you were drinking? YES or NO
14. Do you drink before noon fairly often? YES or NO
15. Have you ever been told you have liver trouble such as cirrhosis? YES or NO
16. After heavy drinking have you ever had delirium tremens (D.T.'s), severe shaking, visual, or auditory (hearing) hallucinations? YES or NO
17. Have you ever gone to anyone for help about your drinking? YES or NO

18. Have you ever been hospitalized because of your drinking? YES or NO
19. Has your drinking ever resulted in your being hospitalized in a psychiatric ward? YES or NO
20. Have you ever gone to any doctor, social worker, clergyman, or mental health clinic for help with any emotional problem in which drinking was part of the problem? YES or NO
21. Have you been arrested more than once for driving under the influence of alcohol? YES or NO
22. Have you ever been arrested, even for a few hours because of other behavior while drinking? YES or NO (If YES, how many times\_\_\_\_\_?)

## *Scoring for the* **MAST**

Please score one point if you answered the following:

1. NO
2. YES
3. YES
4. NO
5. YES
6. YES
- 7 through 22: YES

Add up the scores and compare to the following score card:

0-2	No apparent problem
3-5	Early or middle problem drinker
6 or more	Problem drinker

Source: Selzer, M.L. (1971). The Michigan Alcoholism Screening Test (MAST): The quest for a new diagnostic instrument. *American Journal of Psychiatry*, 127, 1653-1658

# DAST

## *Drug Abuse Screening Test*

1. Have you used drugs other than those required for medical reasons? YES or NO
2. Have you abused prescription drugs? YES or NO
3. Do you abuse more than one drug at a time? YES or NO
4. Can you get through the week without using drugs (other than those required for medical reasons)? YES or NO
5. Are you always able to stop using drugs when you want to? YES or NO
6. Do you abuse drugs on a continuous basis? YES or NO
7. Do you try to limit your drug use to certain situations? YES or NO
8. Have you had "blackouts" or "flashbacks" as a result of drug use? YES or NO
9. Do you ever feel bad about your drug abuse? YES or NO
10. Does your spouse (or parents) ever complain about your involvement with drugs? YES or NO
11. Do your friends or relatives know or suspect you abuse drugs? YES or NO
12. Has drug abuse ever created problems between you and your spouse? YES or NO
13. Has any family member ever sought help for problems related to your drug use? YES or NO
14. Have you ever lost friends because of your use of drugs? YES or NO
15. Have you ever neglected your family or missed work because of your use of drugs? YES or NO
16. Have you ever been in trouble at work because of drug abuse? YES or NO
17. Have you ever lost a job because of drug abuse? YES or NO
18. Have you gotten into fights when under the influence of drugs? YES or NO
19. Have you ever been arrested because of unusual behavior while under the influence of drugs? YES or NO
20. Have you ever been arrested for driving while under the influence of drugs? YES or NO
21. Have you engaged in illegal activities to obtain drugs? YES or NO
22. Have you ever been arrested for possession of illegal drugs? YES or NO
23. Have you ever experienced withdrawal symptoms as a result of heavy drug intake? YES or NO
24. Have you had medical problems as a result of your drug use (e.g., memory loss, hepatitis, convulsions, or bleeding?)

- 25.
- 26. Have you ever gone to anyone for help for a drug problem? YES or NO
- 27. Have you ever been in the hospital for medical problems related to your drug use? YES or NO
- 28. Have you ever been involved in a treatment program specifically related to drug use? YES or NO
- 29. Have you been treated as an outpatient for problems related to drug use? YES or NO

## *Scoring for the* **DAST**

NO for #5                =1 Point  
YES for all others      =1 Point

Total Score:  
6 or more                =a drug problem (abuse or dependence)

Source: Centre for Addiction and Mental Health, 33 Russell Street, Toronto, Ontario, Canada M5S 2S1

# *Resources*

Name	Location address	Phone	Click on <a href="#">Services</a> for code definitions
Alcohol and Chemical Abuse Consultants (ACAC) Inc	3949 Sparks Drive SE Suite 103 Grand Rapids, MI 49546  Hotline: (616) 957-5850	(616) 957-5850	MH-SA / TX / OP / SF MC SI PI MI / F23 F42  <a href="http://www.gracac.org">www.gracac.org</a>
Anderson Substance Abuse Treatment Ctr	3501 Lake Eastbrook Boulevard Suite 120 Grand Rapids, MI 49546	(616) 975-0400	MH-SA / TX / OP / AD CO WN MN DU CJ / SF PI MI / SS
Arbor Circle Corporation DBA AOS	1331 Lake Drive SE Grand Rapids, MI 49506	(616) 459-7215	MH-SA / TX / OP / AD CO PW WN MN DU CJ / SF MD MC SI PI MI / SS PA / AH  <a href="http://www.arborcircle.org">www.arborcircle.org</a>
Bethany Christian Services Substance Abuse Counseling Program	901 Eastern Avenue NE Grand Rapids, MI 49501	(616) 224-7617	MH-SA / TX / OP / SF MD MC SI PI / SS / SP F4 F47 F79 F92  <a href="http://www.bethany.org">www.bethany.org</a>
Center for Family Recovery	4477 Cascade Road SE Grand Rapids, MI 49546	(616) 949-3911	MH-SA / TX / OP / SF PI
Eastern Clinic	1555 Eastern Avenue SE Grand Rapids, MI 49507	(616) 243-6262	Methadone Clients Only SA / TX DT MM DM / OP / SF PI
Family Outreach Center Outpatient Substance Abuse Counseling	1939 South Division Avenue Grand Rapids, MI 49507  Hotline: (616) 336-3909	(616) 247-3815	MH-SA / TX / OP / SF MD MC PI / SS PA / AH SP F17  <a href="http://www.familyoutreachcenter.org">www.familyoutreachcenter.org</a>
Guiding Light Mission	255 South Division Street Grand Rapids, MI 49503	(616) 451-0236x211	SA / TX DT / RS RL / MN CJ / PA  <a href="http://www.guidinglightmission.org">www.guidinglightmission.org</a>

Life Guidance Services Outpatient/Wellness Prevention Servs	822 Cherry Street SE Upper Level Grand Rapids, MI 49506	(616) 774-9548x225	Methadone Clients Only SA / TX DT MM DM / OP / CO / SF MD MC PI MI / SS  <a href="http://www.lifeguidanceservices.org">www.lifeguidanceservices.org</a>
Life Guidance Services Intake: (616) 954-1991	3351 Claystone Street SE Suite 112 Grand Rapids, MI 49546	(616) 954-1991x107	MH / TX / OP / CO / SF MD MC PI MI / SS  <a href="http://www.lifeguidanceservices.org">www.lifeguidanceservices.org</a>
Mel Trotter Ministries Intake: (616) 454-8249x247 (616) 454-8249x254	225 Commerce Street SW Grand Rapids, MI 49503	(616) 454-8249	SA / TX / RS RL / BC MN / PA / SP  <a href="http://www.meltrotter.org">www.meltrotter.org</a>
North Kent Guidance Services LLC	5250 Northland Drive NE Grand Rapids, MI 49525	(616) 361-5001	MH-SA / TX / OP / AD CO / SF MC PI MI  <a href="http://www.nkgs.com">www.nkgs.com</a>
Our Hope Association	324 Lyon Street NE Grand Rapids, MI 49503	(616) 451-2039	SA / TX / RL OP / WN / SF MD MC / SS PA / SP  <a href="http://www.ourhopeassociation.org">www.ourhopeassociation.org</a>
Pathfinder Resources Inc John F Jellema Treatment Center	243 68th Street Grand Rapids, MI 49548	(616) 242-6400	SA / TX HH / HI RS RL OP / CO MN DU CJ / SF MD PI / AH  <a href="http://www.pathf.org">www.pathf.org</a>
Pine Rest Demey Center	2303 Kalamazoo Avenue SE Grand Rapids, MI 49507	(616) 242-6400	SA / TX / OP / AD WN DU CJ / SF MD PI / AH  <a href="http://www.pinerest.org">www.pinerest.org</a>
Pine Rest Jellema House Intake: (616) 222-5180	523 Lyon Street NE Grand Rapids, MI 49503	(616) 227-6861	SA / TX / HI RS RL OP PH / CO MN / SF MD PI MI / AH
Pine Rest Christian Mental Hlth Servs Campus Clinic Intake: (616) 831-2601 (616) 831-2602	300 68th Street SE Grand Rapids, MI 49501 Hotline: (616) 455-9200	(616) 455-5270x2260	MH-SA / TX / OP / AD CO / SF MC PI / PA / AH SP F28 F67  <a href="http://www.pinerest.org">www.pinerest.org</a>
Pine Rest Christian Mental Hlth Servs City Clinic	310 Lafayette Street SE Grand Rapids, MI 49503	(616) 913-1400	MH-SA / TX / OP / SF MC PI / PA / AH SP F28 F67  <a href="http://www.pinerest.org">www.pinerest.org</a>
Pine Rest Christian Mental Hlth Servs Northeast Clinic	1700 East Beltline Street Suite 240 Grand Rapids, MI 49525	(616) 364-1500	MH / TX / OP / HV / SF MC PI MI  <a href="http://www.pinerest.org">www.pinerest.org</a>

Pine Rest Christian Mental Hlth Servs Northwest Clinic	933 3 Mile Road NW Grand Rapids, MI 49544	(616) 222-3720	MH / TX / OP / WN MN DU / SF PI <a href="http://www.pinerest.org">www.pinerest.org</a>
Project Rehab Community Alternative Program	801 College Street SE Grand Rapids, MI 49507	(616) 776-0891	SA / TX / RS RL / CJ / SF MD PI MI / AH <a href="http://www.projectrehab.org">www.projectrehab.org</a>
Project Rehab Hispanic Residential Program	200 Eastern SE Grand Rapids, MI 49503	(616) 776-0891	SA / TX / RS RL / SF MD PI MI / AH SP <a href="http://www.projectrehab.org">www.projectrehab.org</a>
Project Rehab Mens Recovery Center	200 Eastern Avenue SE Grand Rapids, MI 49503	(616) 776-0891x300	SA / TX HH / RS RL / MN / SF MD PI MI / AH <a href="http://www.projectrehab.org">www.projectrehab.org</a>
Salvation Army Turning Point Programs	72 Sheldon Boulevard SE Grand Rapids, MI 49503	(616) 742-0351	MH-SA / TX DT / RS OP / CO WN MN / SF MD PI / AH F66 F92 <a href="http://www.thesalvationarmyusa.org">www.thesalvationarmyusa.org</a>
Wedgwood Christian Services	300 68th Street SE Grand Rapids, MI 49548	(616) 942-2110	MH-SA / TX / RS RL OP / AD CJ / SF MD SI PI MI / SP <a href="http://www.wedgwood.org">www.wedgwood.org</a>
West Michigan Addiction Consultants PC Professional Recovery System	3001 Fuller Avenue NE Grand Rapids, MI 49505	(616) 365-8800	SA / TX DT / RL OP / WN MN / SF PI MI <a href="http://www.wemac.com">www.wemac.com</a>

## KEY TO FACILITY CODES\*

### Primary Focus of Provider

SA	Substance abuse treatment services
MH	Mental health services
MH-SA	Mix of mental health and substance abuse services
GH	General health services

### Services Provided

TX	Substance abuse treatment
DT	Detoxification
MM	Methadone maintenance ( <i>facility may also use buprenorphine in maintenance</i> )
DM	Methadone detoxification ( <i>facility may also use buprenorphine in detoxification</i> )
HH	Halfway house

### Type of Care

OP	Outpatient
PH	Partial hospitalization/day treatment
RS	Residential short-term treatment (30 days or less)
RL	Residential long-term treatment (more than 30 days)
HI	Hospital inpatient

### Special Programs/Groups Offered

AD	Adolescents
CO	Persons with co-occurring mental and substance abuse disorders
HV	Persons with HIV/AIDS
GL	Gays and Lesbians
SE	Seniors/older adults
PW	Pregnant/postpartum women
WN	Women
BC	Residential beds for client's children
MN	Men
DU	DUI/DWI offenders
CJ	Criminal justice clients

### Forms of Payment Accepted

SF	Self payment
MD	Medicaid
MC	Medicare
SI	State financed insurance (other than Medicaid)
PI	Private health insurance
MI	Military insurance (e.g., VA, TRICARE)

### Payment Assistance Available

SS	Sliding fee scale ( <i>Fee is based on income and other factors</i> )
PA	Payment assistance ( <i>Check with facility for details</i> )

### Special Language Services

AH	ASL or other assistance for hearing impaired
SP	Spanish

**See next page for additional language services for non-English speakers**

\* In the State-by-State facility listing, a “/” separates codes for each major category.

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## NA Meeting Search

Search Criteria:

City Grand Rapids State MI Within 20 miles

Your search produced 19 result(s).

City/State/Zip	Location	Address	Day	Time	Closed to Public	Wheel Chair	Format	Notes
Cedar Springs MI 49319	Senior Citizens Center	44 North Park	Monday	19:30	No		Topic, Basic Text, Non-Smoking	Estimated Miles: 18.9
Grand Rapids MI 49506	Another Chance Recovery House	531 Fuller Street East A.C.R.H.	Sunday	18:00	Yes			Estimated Miles: 3.7
Grand Rapids MI 49505	Saint Andrew's Episcopal Church	1025 3 Mile Road Northeast	Sunday	19:30	No		Topic, Speaker	Estimated Miles: 2.4
Grand Rapids MI 49503	Grace Church	100 Buckley South East Upstairs	Monday	11:00	No		Discussion/Partipation	Estimated Miles: 1.0
Grand Rapids MI 49503	Heartside Ministries	54 South Division Basement	Monday	17:30	No		Discussion/Partipation	Estimated Miles: 1.0
Grand Rapids MI 49504	Westwood Community Church	2828 Richmond Street NorthWest	Monday	19:00	Yes		Step, Topic	Estimated Miles: 1.7
Grand Rapids MI 49505	Faith Lutheran Church	2740 Fuller Ave NE	Tuesday	19:30	No		Topic	Estimated Miles: 2.4
Grand Rapids MI 49548	Jellama Treatment Center	243 68th Street Southeast	Tuesday	19:30	Yes		Restricted Access	Estimated Miles: 7.1
Grand Rapids MI 49503	Heartside Ministries	54 South Division Basement	Wednesday	17:30	No		Topic, Basic Text	Estimated Miles: 1.0
Grand Rapids MI 49548	Jellama Treatment Center	243 68th Street Southeast	Wednesday	19:30	Yes		Restricted Access	Estimated Miles: 7.1
Grand Rapids MI 49503	Roadbed Ministries	5010 South Divison	Wednesday	19:30	Yes		Topic, Discussion/Partipation	Estimated Miles: 1.0
Grand Rapids MI 49507	Burton United Methodist Church	100 Burton Street Southeast	Thursday	19:00	No		Format Varies	Estimated Miles: 3.1
Grand Rapids MI 49548	Jellama Treatment Center	243 68th Street Southeast	Thursday	19:30	Yes		Restricted Access	Estimated Miles: 7.1
Grand Rapids MI 49505	Faith Lutheran Church	2740 Fuller Ave NE	Thursday	19:30	No		Literature Study	Estimated Miles: 2.4
Grand Rapids MI 49503	Heartside Ministries	54 South Division Basement	Friday	17:30	No		Discussion/Partipation	Estimated Miles: 1.0
Grand Rapids MI 49504	Trinity Reformed Church	1224 Davis Northwest	Friday	19:00	No		Candlelight	Estimated Miles: 1.7
Grand Rapids MI 49504	Steepletown Center	671 Davis Ave North West	Saturday	16:00	No		Step, Tradition, Discussion/Partipation, Non-Smoking	Estimated Miles: 1.7
Grand Rapids MI 49503	Roadbed Ministries	5010 South Divison	Saturday	19:30	No		Topic, Step	Estimated Miles: 1.0
Grand Rapids MI 49506	Calvary Church	777 East Beltline	Saturday	19:30	No		Speaker, Topic	Estimated Miles: 3.7



## **Phone Numbers for Clean and Sober Houses**

<b>House of Prayer</b>	<b>458-2620</b>
<b>Serenity Place</b>	<b>475-7525 (director)</b> <b>452-7076</b>
<b>House of Blessings, Call Shelley Cole at Degage</b>	<b>454- 1661</b>
<b>Sacred Blessings</b>	<b>890-8278</b>

# Marijuana Anonymous



Marijuana Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve common problem and help others to recover from marijuana addiction. This is done through practicing the suggested Twelve Steps and by being guided as a group by the Twelve Traditions.

## **MA Meetings**

Day:

Thursdays

Time:

6:00 PM - 7:00 PM

(Optional fellowship following the meeting)

Location:

St. John's Home

2355 Knapp St. NE

Commons Building - Lower Level

Contact: 616-361-5227

The only requirement for membership is a desire to stop using marijuana. This is an open meeting.