

Why Assisted Recovery Centers of America (ARCA)

Making the choice of taking control of your life and overcoming a drug or alcohol addiction is a very important step. The patients who choose ARCA want more than a 12-step program. Advances in the understanding of neurobiology and human behavior have led to the development of highly effective medications and therapies that allow long-term recovery with little or no disruption of work or family.

ARCA offers the most comprehensive services for long-term recovery:

- Same day appointment for consultation or treatment
- Same day outpatient detox services to control withdrawal symptoms
- Physician and psychiatric services on an ongoing basis
- Flexible schedules for group, individual and family counseling sessions
- Access to ARCA and counselors on a 24/7 basis
- Patients can return to work or school in 2-5 days and attend therapy sessions in the daytime, evenings and Saturdays
- Minimum disruption of work and family life
- Six month program to achieve better outcomes
- Individualized after care program
- Complete confidentiality
- Cost effective

"My life was heading nowhere but down until the day I contacted ARCA."

-Mary Smith, 12 months sober

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ARCA Treatment Services

- Six month outpatient treatment for alcoholism and drug addiction
- Residential treatment program for out-of-town patients
- HealthPro program for healthcare professionals like physicians, dentists, nurses and pharmacists
- Outpatient/residential detoxification services
- Vivitrol® Injection service
- Suboxone® Program
- Psychiatric services
- Individual, group and family counseling
- Interventions
- Training and speakers on pharmacotherapy and integrated treatment

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CO-OCCURRING DISORDERS— Treating Addictive and Psychiatric Disorders Simultaneously

At Assisted Recovery Centers of Africa (ARCA) we diagnose and treat both the addiction and co-occurring psychiatric disorder with a combination of medications and behavioral therapies.

The U.S. Department of Health and Human Services reports alcohol and other drug (AOD) use can both cause psychiatric symptoms and mimic psychiatric disorders, and psychiatric disorders can mimic addictive disorders. Knowing that over 70% of addicts suffer from co-occurring disorders is vital to successful treatment.

Depression, anxiety and symptoms relating to bipolar disorders and some symptoms of attention deficit disorders can result from AOD use. People who actually suffer from such disorders may find some relief in drug use. AOD use can also cause, worsen or mask psychiatric symptoms and disorders. Alcohol, for example, is a leading cause of depression.

At ARCA, we provide treatment for addiction and co-occurring disorders. Effective treatment requires proven medications and cognitive behavioral therapy. Many people relapse not because they do not want to be clean and sober, but because they have a condition that has been missed by the treatment center they sought help from.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA) people with dual disorders have a much better chance of recovery from both disorders when they receive combined or integrated mental health and substance abuse treatment from the same clinic or treatment team. Ineffective treatment can increase the risk of other issues such as hospitalizations, financial and family problems, violence and sometimes even suicide.

We now have specific medications that attenuate the craving and medications that treat the psychiatric disorder. This combined approach has significantly better outcomes.

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Why Medications for the Treatment of Alcoholism and Addictive Disorder?

Addiction is a 'brain' disease that affects the pleasure system. There is complex interaction of messenger chemicals, receptors, memory, motivation and emotions. This understanding has led to the development of highly effective medications that when combined with behavioral therapies, restore the disruption caused by drugs and alcohol.

The new classes of anti-craving medications are radically different than the drugs used in the past. How are they different? These medications are safe, effective and are either non-addicting or have a low abuse potential and have to be used for a limited period of time – three to six months.

Medications like naltrexone, acamprosate, buprenorphine, varenicline have been approved by the FDA to treat addictive disorders, while other medications like ondansetron, topiramate, baclofen, modafinil used for other disorders have been found to be effective to treat addictions and the ARCA clinicians have used them with considerable success.

Technology is also helping to improve compliance with some of these medications. Naltrexone, one of the most effective medications to treat alcoholism is now available as a once-a-month depot injection.

This injection sold under the brand name VIVITROL significantly improves compliance and reduces the ambivalence so often experienced by patients. ARCA is one of the leading clinics in the South Africa offering this medication and it has made a huge difference in improving outcomes.

While medications restore the neurochemical disruption, the advances in behavioral therapies like Cognitive Behavioral Therapy (CBT) powerfully complement the anti-craving medications in helping patients achieve long-term relapse prevention.

What are the practical benefits of these advances? It is now possible to treat patients on an outpatient basis with little or no disruption of work or family and the outcomes are better because patients get well in the same environment that caused the problem.

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Frequently Asked Questions

How Does Your Program Differ from Other Programs?

We consider addictive disorders as a chronic medical disease with a strong behavioral component. Any request for help should be treated as a crisis and ARCA provides same day appointments and medical treatment. We medically detox patients to provide relief from the withdrawal, anxiety, restlessness etc. and seamlessly start you on anticraving medications to block the cravings for alcohol or drugs. One of the most effective relapse prevention therapies is Cognitive Behavioral Therapy which is utilized at ARCA.

What Can I Expect at ARCA?

A caring well-trained professional team offering you state-of-the-art individualized treatment from day one to the end of the program. Each member of the team works with you to achieve your goal of long-term recovery. You and your identified family members have access to our treatment team at the clinic on weekdays and via phone or email 24 hours a day.

Why Medications?

Medications are critical during the detox process. ARCA considers 'cold turkey' detox as inhumane which may compel the patient to discontinue treatment. The detox medications provide relief from the withdrawal symptoms and protection from potentially life-threatening effects like seizures. Medications are equally critical to blunt the cravings that can reoccur during treatment. When cravings are effectively controlled the patient becomes more engaged in long-term recovery through individual, group and family counseling.

What are some of the Medications Used at ARCA?

The medications used by the physicians at ARCA are all FDA-approved and have proven to be highly effective and safe. Medications including naltrexone, acamprosate, SUBOXONE®, VIVITROL®, CHANTIX® have been specifically approved for the treatment of addictive disorders while other medications like ondansetron, topiramate, amantidine, bupropion and modafinil, although not specifically approved for the treatment of addictions, have been found to effectively curb cravings.

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Frequently Asked Questions

Continued...

Do I Need to Take these Medications for the Rest of my Life?

The medications used presently are radically different from the older medications like Antabuse and methadone. These medications are neither non-addicting or have a very low abuse potential and are generally taken for a 3-6 month period – long enough for the brain to heal from the effects of the drugs and alcohol. Some medications can be taken for a longer time to protect the patients from relapsing.

How Do You Measure Success?

Addictive disorders impact the patient and their families in multiple ways. Measuring success is not just helping patients get off the alcohol or drugs. At ARCA we measure success by looking at several parameters including sobriety, family and social relationships, work and educational functioning and developing recovery support.

How Does ARCA Work with Insurance Companies?

The intensity and duration of treatment offered at ARCA does not fit the requirement imposed by insurance. We do not place any limits on the individual, group and family sessions and psychiatric visits and these services are offered for the full six-month duration. ARCA however will provide an itemized bill for you to claim reimbursement. The amount of reimbursement is based on the type of policy and the services used.

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How Can I Tell if I Have a Problem with Alcohol or Narcotics Like Pain Pills, Heroin?

This self-assessment is not designed to serve as a replacement for a medical or psychological evaluation or diagnosis. It is meant to help give you an idea of whether or not drugs and/or alcohol cause problems in your life. So, if this assessment raises new questions in your mind or if you answer yes to any of the questions below, we encourage you to call us at 031 261 5515 for a more in-depth consultation.

1. Is drinking/using making your home life unhappy?
2. Does your drinking/using make you careless of your family's welfare?
3. Do you drink/use because you are shy with other people?
4. Is drinking/using affecting your reputation?
5. Do you drink/use to escape from worries or trouble?
6. Do you drink/use alone?
7. Have you lost time from work due to drinking/using?
8. Has your ambition decreased since you started drinking/using?
9. Has your efficiency decreased since you started drinking/using?
10. Is drinking/using jeopardizing your job or business?

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