

Recovering for Life

Chemical Dependency Recovery Program-Sacramento

CDRP Services

Program Location

2829 Watt Ave. Suite 150
Sacramento, CA 95821
Phone: (916) 4821132
Fax: (916) 979-3502

Staffing

The C.D.R.P. is under the direction of Charles D. Moore, M.D., Medical Director. The C.D.R.P. employs approximately 30 health professionals including physicians, nurses, nurse practitioners, licensed clinical social workers and counselors.

What is the C.D.R.P.?

The Kaiser Permanente Chemical Dependency Recovery Program is a one year outpatient program dedicated to the treatment of chemical dependency and to restoring the quality of life for members of Kaiser Permanente.

Our Chemical Dependency Recovery Program (C.D.R.P.) is staffed by highly trained individuals and provides confidential, accessible and intensive treatment.

The C.D.R.P. utilizes five basic modalities:

- Medical and psychological evaluation
- Detoxification (based on medical necessity)
- Group and individual therapy
- Education and skill building
- Self-Help

Program Background

Modeled after similar outpatient programs in our southern California Region, the C.D.R.P. is a response to purchaser, union, and EAP requests for enhanced treatment services for chemically dependent employees and their family members. Currently, Kaiser Permanente's Northern California Region offers C.D.R.P. service in five locations: Oakland, Sacramento, San Francisco, Santa Clara and Vallejo. The first C.D.R.P. to open was in Sacramento.

What is Chemical Dependency?

Chemical dependency is a primary disease. It is characterized by unhealthy involvement with mood or mind-altering chemicals such as alcohol, street drugs and certain prescription medications. It is a chronic, progressive and potentially fatal condition. Chemical dependency damages all aspects of one's life including health, career, family, and finances.

Recovery from chemical dependency is a lifelong, continuing process. Successful recovery involves developing new skills and behavior, changing old attitudes, and learning to deal comfortably with the ups and downs of daily living.

C.D.R.P. Program Components

Day Treatment Program

For individuals who require a highly-structured outpatient environment, a day treatment program is offered.

Treatment includes:

- Medical and psychological evaluation and program orientation.
- 21 consecutive days spent in highly structured group sessions, scheduled across weekdays, evenings, and weekends.
- Individual sessions with a primary therapist.
- Psycho-educational classes and group therapy to deal with difficult situations with self and others. This treatment is combined with frequent required participation in self-help meetings.

Alcohol/Drug Abuse Program (ADAP)

For chemically dependent individuals who are maintaining regular work schedules, and need treatment around their work schedules. Treatment includes: Medical and psychological evaluation as needed. Combination of group, individual, and educational sessions several times weekly (mornings and / or evenings during the week) for three weeks.

Continuing Recovery

Upon completion of the first three weeks (Day Treatment or ADAP), recovering individuals attend ongoing therapy groups focused on living a clean and sober life-style, preventing relapses, enhancing self-awareness and communication. Group treatment with a family emphasis is included. Participation in self-help meeting is required throughout the entire program.

Co-Dependents Treatment Program

- A six-month program of group therapy and education.
- Treatment is available to spouses, partners, and parents of adult addicts and alcoholics; and must be recently in the relationship.

Treatment includes:

- Education focused on family and recovery issues
- Time-limited groups and individual therapy emphasizing self-care, assertiveness skills, and integration into community self-help resources
- For appointment call: 482-1132

Adolescent Treatment Program

Outpatient adolescent treatment is available for teens 13 – 17 years old. At least one parent or guardian must agree to participate.

Initial Evaluations are available by appointment only.

Patient Confidentiality

All treatment received by individuals and their families in the Chemical Dependency Recovery Program is voluntary and confidential.

Who is Eligible?

CDRP services are available to Health Plan Members living or working in the Sacramento area. Specific treatment plans for each individual will be based on a clinical evaluation conducted by Kaiser staff. EAP and D.O.T. referrals of Kaiser members are welcome.

What to Do

Initial appointments are unnecessary. Drop-in intakes are available:

Monday-Thursday 9:00am to 3:30pm

Friday 10:30am to 3:30pm

Closed Lunches 12:15pm to 1:30pm

Saturday & Sunday 9:00am to 11:30am

Healthcare providers can make direct referrals.

**Sacramento CDRP
2829 Watt Avenue #150
Sacramento, CA 95821
(916) 482-1132**

Sacramento CDRP facility is located between Marconi Avenue and El Camino Avenue.

From Highway 50-Take the Watt Avenue exit, north.

From Interstate 80-Westbound take I-80 to I-80 Business, exit Watt Avenue, southbound. From I-80 eastbound, take the Watt Avenue exit southbound.