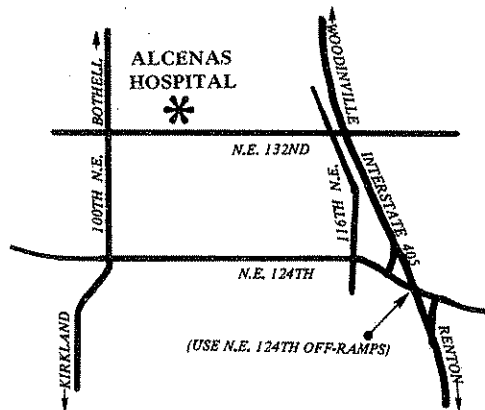


PROGRAM RATIONALE AND DEVELOPMENT

Starting in 1966 with a profound insight into the neurophysiological basis of alcoholic behavior, Dr. James Milam, Clinical Psychologist and President of ALCENAS, was soon able to draw together and integrate all of the valid scientific and clinical knowledge of alcoholism into a comprehensive unifying concept.* The age-old myths and modern day misinformation could now be replaced by fully rational understanding and effective remedial action.

On first learning of the new concept, Mrs. Dorris (Milam) Hutchison immediately grasped both the rationale and its implications for treatment. In April of 1970 she and Dr. Milam cofounded ALCENAS as the model treatment program for demonstration of this new approach. With Dorris Hutchison as Executive Director of ALCENAS from its inception, the validity of the new rationale, already clearly evident in the scientific research literature, was soon also confirmed in the lives of hundreds of recovering ALCENAS graduates.

*Milam, James R. *The Emergent Comprehensive Concept of Alcoholism*, ACA Press, Box 286, Kirkland, Washington, 98033; Ninth printing 1978. \$4.00 (Washington residents add 5.4% sales tax.)



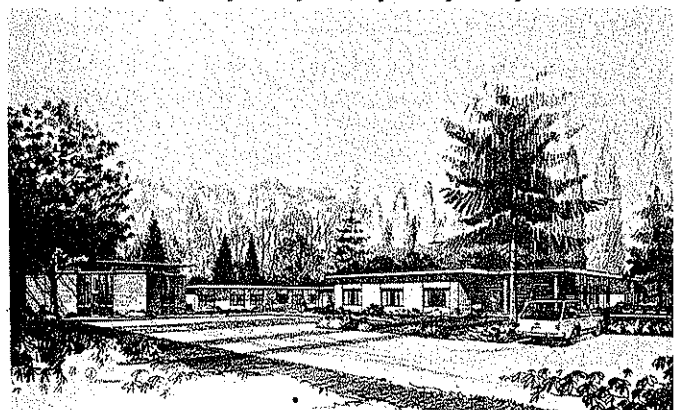
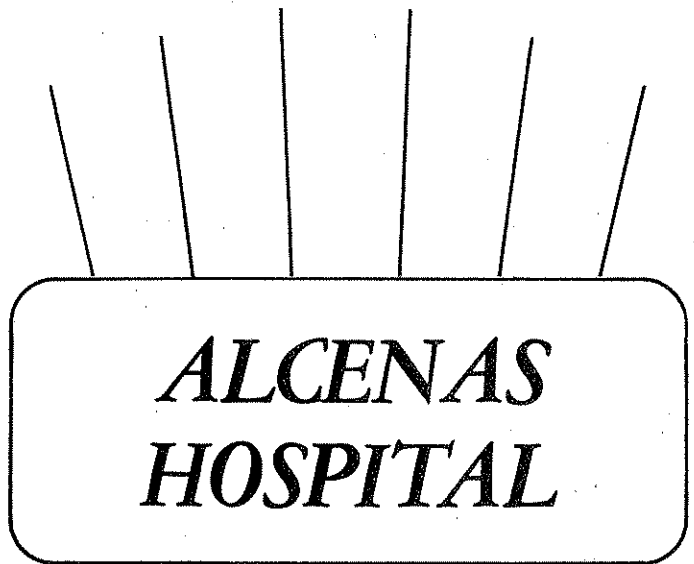
ALCENAS HOSPITAL is licensed and Accredited by the State of Washington for the treatment of alcohol problems. Most health insurance policies cover the hospital and treatment costs. Patients are advised to confirm insurance coverage with the Admissions Office, or to arrange payment prior to admission.

ALCENAS is for all men and women who want the best in private treatment.

For admissions, referrals, or other information, please write or call:

Patient Co-ordinator
ALCENAS HOSPITAL
(Alcoholism Center Associates, Inc.)
10322 Northeast 132nd
P.O. Box 480
Kirkland, Washington 98033
(206) 821-1122

HEALTH · RELEASE · FREEDOM
THROUGH PROVEN HELP



FOR ALCOHOL PROBLEMS

WHAT IS ALCENAS?

ALCENAS (contraction of Alcoholism Center Associates) is a fully private hospital combining the finest of medical, nutritional, counseling, and other therapies in a uniquely designed and highly successful treatment sequence for alcohol problems. In the belief that the motivation to live well is inherent in all human beings, when uncontaminated, the whole program is based on deep respect for the individual, and is structured to help liberate the patient from the physical, psychological, and social contamination of alcoholism.

THE HOSPITAL FACILITY

ALCENAS HOSPITAL is located 20 minutes northeast of Seattle on a landscaped 7-acre site devoted exclusively to this program. All treatment components are accommodated in the newly constructed 82-bed building that was designed specifically for this purpose. The really beautiful facility and grounds are ideally suited to their purpose.

THE TREATMENT PROGRAM

• *The Medical Component*

On admission to the hospital, each patient is given a complete medical examination, and treatment is initiated for alcohol withdrawal and other presenting medical problems. The intensive medical and rehabilitation services are designed to graduate the patient to freedom from all chemical dependencies and substitutes.

Nutritional therapy is a vital component of treatment, and both injectable and oral preparations of nutritional supplements are individually prescribed by the attending physician. A special diet of excellent food, and high protein snacks, are also part of the nutritional therapy.

At the patient's request, a medical summary is provided to his family physician.

• *The Alcoholism Treatment Component*

In concert with the continuing medical and nutritional therapies, the inpatient treatment of alcoholism itself is accomplished by lectures, films, tapes, therapy discussion groups, individual counseling, family reeducation and counseling, assigned readings, and supervised recreation and relaxation sessions.

The inpatient experience is not just an interruption of the drinking cycle, or a time out from a troubled life, it is the start of a wholly new way of life in sobriety. The program is fully rational, and the path to permanent recovery is clearly explained in a wide variety of scheduled and informal encounters with the truth about alcoholism and the recovery process.

• *Treatment Duration and Sequence*

Patients stay a minimum of 21 days for Level II (intensive alcoholism treatment) after medical release from Level I (detoxification and acute medical treatment), which averages 7 to 10 days. Patients with a dual drug problem or other medical complications may be required to stay longer than the average in Level I treatment. Also some patients may be advised to stay longer than the 21 day minimum in Level II treatment, depending on complications in the recovery process.

Patients who complete the prescribed inpatient sequence are eligible for the twelve weekly outpatient follow-up group counseling sessions. Advanced group therapy is available selectively for those who have completed the 12-week follow-up. Special follow-up arrangements are available for out-of-state patients.

A special therapy sequence, with follow-up, is also provided for family members.

A thorough orientation to Alcoholics Anonymous is provided, and continuing AA participation is strongly encouraged for long term sobriety maintenance.

• *Special 5-day Program*

An intensive 5-day inpatient program is provided for alcoholics who have achieved a minimum of 6 months of continuous total abstinence, and who want to improve the quality of their sobriety.

THE STAFF

A high ratio of both medical and counseling staffs assures thorough treatment and close attention to individual patient needs. Staff physicians and 24-hour nursing service provide the intensive and continuing medical and nutritional treatment. Each patient is assigned a counselor for both scheduled counseling sessions and for continuity of treatment supervision. All staff members are highly trained in all aspects of the treatment program, and most of the counseling staff are themselves recovered alcoholics.

FOR COMFORT AND CONVENIENCE

On the premises are a barber and beauty shop, a special laundry for patient use, and a small commissary where cigarettes and other personal items may be purchased. Dress is informal, and wash-and-wear clothing is recommended. A shaver and other personal grooming items should be brought, but patients should not bring expensive jewelry or other valuables. The only special clothing needed are tennis shoes and a warm jacket.

Sea-Tac Airport transportation is provided without charge by prior arrangement. Local transportation is provided and if possible patients should avoid bringing their own automobiles.