

Descriptions of Treatment Terms

Detoxification – Detoxification is the process of allowing the body to rid itself of drugs and/or alcohol. Depending on the type of substance used and the severity of dependence, the withdrawal process can be painful and even dangerous. Medically supervised inpatient or outpatient detoxification helps to treat the symptoms of withdrawal. Detoxification is a precursor to treatment and should be immediately followed by a substance abuse treatment program appropriate for the student's needs.

Residential/Inpatient Treatment – This is a treatment program where care is provided 24 hours a day and students live on premises for a set amount of time (usually 30 – 90 days depending upon the program). This type of treatment usually includes some combination of these interventions: 12-step approach to recovery, education on addiction and recovery, individual and group counseling, family groups, and other activities directly related to supporting recovery. This treatment approach is appropriate for those who need a great deal of structure and support in order to achieve sobriety.

Intensive Outpatient (IOP) – This is a treatment program where participants attend on an outpatient basis, usually about 4 hours per day, about 4-5 days a week for 4-6 weeks. This program typically includes a 12-step approach to recovery, education on addiction and recovery, and counseling. Counselors recommend intensive outpatient for students who have strong support and a stable living environment.

Dual Diagnosis – A dual diagnosis program focuses on both addiction and mental health concerns (such as depression, anxiety disorders, bipolar disorder, and other diagnoses). These programs incorporate education and counseling addressing both addiction and the mental health disorder. Dual diagnosis programs may be either residential or outpatient.

Day Treatment – This program typically allows the student to attend during the day and evening hours and spend the night at home. The components of this treatment program would be very similar to residential treatment.

Supportive Treatment – This program usually offers several hours per week of counseling and/or education on addiction and recovery. This is an appropriate level of care for someone who needs support and help with recovery or relapse prevention, but does not need a higher level of care such as intensive outpatient or residential.

Free On Campus Support for UT Students

Center for Students in Recovery (512) 475-8352
Support and programs for students actively involved in recovery from addiction and those who identify as adult children of alcoholics or addicts (ACOA)

University Health Services Alcohol and Drug Education Program (512) 475-8252
Assessments, counseling and referrals related to alcohol and drug usage

UT Counseling and Mental Health Center (512) 471-3515
Individual and group counseling services offered

UT Telephone Counseling (512) 471-CALL
Available 24 hours a day

Assessment and Referrals to Detoxification and Treatment

Financial Qualifiers	Provider	Location
Limited financial resources or no insurance	Outreach Screening Assessment & Referral (OSAR) – Blue Bonnet Trails MHMR	Austin (800) 841-1255 or (512) 244-8444 www.bluebonnetmhmr.org

Medically Supervised Outpatient Detoxification (without subsequent residential treatment)

Financial Qualifiers	Provider	Location
Limited financial resources or no insurance	Austin Travis County Integral Care - Ambulatory Detoxification Program (alcohol & opiates)	Austin (512) 804-3465 www.integralcare.org
Adequate financial resources and/or insurance	Austin Addiction Medicine Services Herbert Munden, MD	Austin (512) 833-5557 www.austinaddictionmedicineservices.com
	Marilyn Vache, MD	Austin (512) 458-1000 www.dr-vache.yourmd.com
	Prudent Opiate Pain Practices & Solutions: David Jones, MD Jeffrey L. Butts, DO Deborah K. Parr, MD	Austin - www.poppsswebsite.com
	Dr. Matthew Masters Austin Addiction Medicine Associates	Austin (512) 329-2021 www.drugfreeaustin.com

Medically Supervised Inpatient Detoxification

Financial Qualifiers	Provider	Location
Limited financial resources or no insurance	Austin Recovery Center	Austin (512) 997-0101 www.austinrecovery.org
	Freeman Center	Waco (866) 980-4980 www.freemancenter.org
Adequate financial resources and/or insurance	Seton Shoal Creek Hospital	Austin (512) 324-2000 www.seton.net/locations/shoal_creek/
	Timberlawn Mental Health System	Dallas (800) 426-4944 www.timberlawn.com

Residential Treatment – Inpatient (with medically supervised detoxification if needed)

Financial Qualifiers	Provider	Location
Limited financial resources or no insurance	Austin Recovery Center	Austin (512) 997-0101 www.austinrecovery.org
	Freeman Center	Waco (866) 980-4980 www.freemancenter.org
Adequate financial resources and/or insurance	La Hacienda Treatment Center	Hunt (800)749-6160 www.lahacienda.com
	Texas Star Recovery Program	Austin (800) 252-5151 www.texasstarrecovery.com
	Starlite Recovery Center	Center Point (866) 220-1625 www.starliterecovery.com
	The Right Step	Wimberly, Houston, Dallas (877) 627-4389 www.rightstep.com
	Timberlawn Mental Health System	Dallas (800) 426-4944 www.timberlawn.com
	Laurel Ridge Treatment Center	San Antonio (800) 624-7975 www.psolutions.com/facilities/laurelridge/SITE/
	Memorial Hermann Prevention and Recovery Center	Houston (877) 464-7272 www.mhparc.org
	Palmetto Center	Rayville, LA (800) 203-6612 www.palmettocenter.com
	Valley Hope Treatment Center	Grapevine (and other US locations) (800) 544-5101 www.valleyhope.org
	Hazelden Treatment Center	Center City, MN (and other US locations) (800) 257-7800 www.hazelden.org
	Menninger	Houston (800) 351-9058 www.menningerclinic.com
	The Meadows	Wickenburg, AZ (800) 632-3697 www.themeadows.org

Residential Treatment – Inpatient – Dual Diagnosis

(with medically supervised detoxification if needed)

Financial Qualifiers	Provider	Location
Adequate financial resources and/or insurance	Seton Shoal Creek Hospital (not residential – Intensive Outpatient)	Austin (512) 324-2000 www.seton.net/locations/shoal_creek/
	Texas Star Recovery Program	Austin (800) 252-5151 www.texasstarrecovery.com
	La Hacienda Treatment Center	Hunt (800)749-6160 www.lahacienda.com
	Timberlawn Mental Health System	Dallas (800) 426-4944 www.timberlawn.com
	Laurel Ridge Treatment Center	San Antonio (800) 624-7975 www.psolutions.com/facilities/laurelridge/SITE/
	Valley Hope Treatment Center	Grapevine, TX (and other US locations) (800) 544-5101 www.valleyhope.org
	Hazelden Treatment Center	Center City, MN (and other US locations) (800) 257-7800 www.hazelden.org
	The Meadows	Wickenburg, AZ (800) 632-3697 www.themeadows.org
	Menninger	Houston (800) 351-9058 www.menningerclinic.com

Day Treatment

Financial Qualifiers	Provider	Location
Adequate financial resources and/or insurance	The Right Step	Houston, Dallas (877) 627-4389 www.rightstep.com
	Starlite Recovery Center	Center Point (866) 220-1625 www.starliterecovery.com
	Timberlawn Mental Health System	Dallas (800) 426-4944 www.timberlawn.com
	Laurel Ridge Treatment Center	San Antonio (800) 624-7975 www.psolutions.com/facilities/laurelridge/SITE/
	Memorial Hermann Prevention and Recovery Center	Houston (877) 464-7272 www.mhparc.org

Intensive Outpatient Treatment

Financial Qualifiers	Provider	Location
Limited financial resources or no insurance	Developmental Counseling Center	Austin (512) 383-1036 www.dcci.us
	Changes Counseling Services	Austin (512) 257-0066
	Austin Recovery Center	Austin (512) 997-0101 www.austinrecovery.org
Adequate financial resources and/or insurance	La Hacienda Solutions	Austin (512) 835-1994 www.lahacienda.com
	Seton Shoal Creek Hospital	Austin (512) 324-2000 www.seton.net/locations/shoal_creek/
	Northwest Counseling & Wellness Center	Austin (512) 250-9355 www.nwwellnesscenter.com
	The Right Step	Wimberly, Houston, Dallas, Albuquerque, NM (877) 627-4389 www.rightstep.com
	Austin Drug & Alcohol Abuse Program	Austin (512) 454-8180 www.adaap.com
	Texas Star Recovery Program	Austin (800) 252-5151 www.texasstarrecovery.com
	Timberlawn Mental Health System	Dallas (800) 426-4944 www.timberlawn.com
	Starlite Recovery Center	Center Point (866) 220-1625 www.starliterecovery.com
	Memorial Hermann Prevention and Recovery Center	Houston (877) 464-7272 www.mhparc.org
	Valley Hope Treatment Center	Grapevine, TX (and other US locations) (800)-544-5101 www.valleyhope.org
	Palmetto Center	Rayville, LA (800) 203-6612 www.palmettocenter.com
	Hazelden Treatment Center	Center City, MN (and other US locations) (800) 257-7800 www.hazelden.org
	Laurel Ridge Treatment Center	San Antonio (800) 624-7975 www.psolutions.com/facilities/laurelridge

Supportive Outpatient Treatment

Financial Qualifiers	Provider	Location
Limited financial resources or no insurance	Developmental Counseling Center	Austin (512) 383-1036 www.dcci.us
Adequate financial resources and/or insurance	Northwest Counseling & Wellness Center	Austin (512) 250-9355 www.nwwellnesscenter.com

Counselors

Financial Qualifiers	Provider	Location
Limited financial resources or no insurance	Capitol Area Mental Health Center	Austin (512) 302-1000 www.camhc.org
	Sol Community Counseling	Austin (512) 366-0954 www.solcommunitycounseling.com
	Lifeworks	Austin (512) 735-2100 www.lifeworksaustin.org
Adequate financial resources and/or insurance	Mary Boone, LCSW, LCDC	Austin (512) 826-8348
	Northwest Counseling & Wellness Center	Austin (512) 250-9355 www.nwwellnesscenter.com
	Chet Sotille, LPC	Austin (512) 327-5040
	Vicky Ray, LPC	Round Rock (512) 663-6368
	Bill Thompson, LPC	Austin (512) 338-1171
	Mavis Bradsher, LCSW	Austin (512) 560-0998
	Carol Colhoun, LPC, LCDC	Austin (512) 680-8787
	Loretta Macias, LCDC	Austin (512) 565-6699

Psychiatrists

Financial Qualifiers	Provider	Location
Adequate financial resources and/or insurance	Dr. Marilyn Vache	Austin (512) 458-1000
	Dr. Mouna Sfeir	Austin (512) 454-5716
	Dr. Lynn Spillar	Austin (512) 392-9294
	Dr. Ashley Deaton	Austin (512) 610-0612
	Dr. Mariela Fuenmayor	Austin (512) 467-2500
	Dr. Kenton Brown	Austin (512) 454-7741
	Dr. Nazrul Islam	Austin (512) 371-7905