



Michael L. Fishman, M.D.
Director



Michael L. Fishman, M.D. is a nationally recognized leader in the treatment of young adults suffering from addictive diseases. He specializes in addiction medicine and the treatment of nicotine dependence. After graduating magna cum laude in biology from the University of Georgia, Dr. Fishman received his medical degree from the Medical College of Georgia where he also did an internship and residency training. He is the Director of the Young Adult Program at Talbott Recovery Campus in Atlanta, GA and holds the following certifications: Board Certified in Addiction Medicine, Diplomate of the National Board of Medical Examiners, MRO Certification, and the American Society of Addiction Medicine (ASAM).

Staff

Our programs are facilitated by licensed master's level therapists, addiction specialists, and Board Certified Psychiatrists with expertise in treating addiction and associated psychological problems.

Insurance information:

Please call the Talbott Recovery Intake Department (800.445.4232) to speak with one of our specialists who will assist you in getting the best utilization of any available insurance benefits. Talbott Recovery works with all insurance companies and also offers financing options for any treatment costs not covered by insurance. Talbott Recovery is not an approved Medicare/Medicaid provider.

www.talbottrecovery.com



5448 Yorktowne Drive
Atlanta, GA 30349
(800) 445-4232 or (770) 994-0185
www.talbottrecovery.com



Young Adult Program

A place of new beginnings

We Address the Whole Patient

Who We Treat

Talbott Recovery's Young Adult Program accepts patients between the ages of 18-26 years of age with dual diagnosis, such as addiction with a co-existing depression, unresolved grief, personality problems, etc. All of our patients have a chemical abuse problem, but we address the whole patient in his/her disease. We screen the health status of all potential patients to make sure we are the proper facility for care. This usually involves a review of any medical history and records by a member of the medical staff at Talbott Recovery, and an admissions screening assessment with our Intake Department.

Treatment Issues in Young Adults

Recent studies indicate that young adults with addictive disorders are seldom addicted to just one substance or behavior. They are experiencing significant life changes, and are subject to high levels of peer pressure. At Talbott Recovery, we understand the importance of flexibility in meeting the therapeutic needs of our young adult population as they are learning to navigate their constantly changing social environment. To prepare patients to meet these challenges, our substance abuse therapy for young adults offers an integrated continuum of care for individuals with addiction and co-occurring psychiatric disorders. The Talbott Recovery approach to treating addictive disease and its accompanying emotional and physical problems is both comprehensive and individualized. Patients and their families participate in psychoeducational and psychotherapeutic groups designed to help them explore addiction and co-occurring psychiatric disorders, as well as the impact these diseases can have on the family. After more than 38 years of treating chemically dependent patients, Talbott Recovery's treatment philosophy is built around our belief that addiction is a primary drive that must be managed through education, cognitive restructuring and

Young Adults Face Specific Issues

emotive therapies. While living in Talbott Recovery's structured environment, patients begin to experience a life free from active addiction. As patients move through progressive levels of care, each comprising a broad spectrum of specialty groups and services, they also actively participate in 12-Step recovery programs. Each of these elements helps the patient unearth the issues that drive his/her substance use and/or addiction, allowing him/her to learn how to halt the addictive response. It is essential to recovery for patients to identify the underlying issues that tend to drive the disease of substance use and/or addiction. As young adults begin to recover from the shame that surrounds their illness, they can learn how to relate to self and others. This process gives patients an opportunity to develop healthy coping mechanisms and socialization skills necessary to maintain abstinence. Upon completion of the Young Adult Addiction program at Talbott Recovery, patients are more prepared to face life's challenges substance free.

Levels of Care

We stage the intensity of treatment for substance abuse in young adults based upon the levels described by the American Society of Addiction Medicine Patient Placement Criteria, Version II, Revised.

Detoxification & Stabilization

Inpatient stabilization is available for substance abuse patients requiring a more complicated detoxification and/or behavioral containment to interrupt the downhill spiral of their addiction. At the time of admission into our young adult addiction program, patients requiring Level IV care are admitted to our sister facility – Anchor Hospital – which sits on the same campus as Talbott Recovery Campus. Level IV care is under the direct care of a physician who specializes in addiction substance abuse and/or addiction in young adults.

Program is Crafted for Men and Women

Partial Hospitalization Program (PHP with Recovery Residence)

Following detox and stabilization, patients are transitioned to the main campus to begin the primary phase of their treatment. Partial hospitalization provides the support and structure required by young adults during treatment. Staff members are available to patients living in Talbott Recovery rehab residences during the addiction therapy for young adults.

Mirror Image (with Recovery Residence)

Mirror Image is an addiction treatment innovation created and first implemented by Talbott Recovery founder, Dr. Douglas Talbott. Mornings, five days a week, Talbott Recovery Mirror Image patients go to other treatment facilities in the Atlanta area and work with newly admitted alcoholics and addicts at that facility. The purpose is to assist Talbott Recovery patients to overcome the myopia that often accompanies the disease of addiction – patients can see the affects of the disease of addiction in others but are unable to see those same affects in themselves. Patients consistently report that their experience in Mirror Image has a profound affect on their recoveries. Mirror Image patients return to Talbott Recovery for afternoon groups and appointments with physicians and clinicians.

Length of Stay

The length of stay will be determined by the patient's treatment requirements and progress through substance abuse treatment. The minimum length of stay in the primary phase of treatment is generally 90 days.

Features that set us apart

- Weekly groups with the Young Adult Program Director
- Weekly group with the patient's own physician
- Weekly family sessions
- Three day family workshop
- Continuing care/aftercare