Pine Grove’s Professionals Recovery Track

Pine Grove Behavioral Health & Addiction Services is proud to offer our patients, who are licensed professionals, an enhanced Professionals Recovery Track to improve their recovery and promote post treatment success. This program provides a dedicated focus on the issues that are specific to licensed professionals, in order for these patients to be better equipped to return to work safely upon discharge.

About the Professionals Recovery Track

The Professionals Recovery Track is designed for Pine Grove’s Residential addiction treatment patients, who hold a professional license, within our Next Step, Legacy, Women’s Center and Gratitude programs.

The Dedicated Professionals Recovery Track Team

Our Professionals Recovery Track treatment team consists of a Program Director, two Psychiatrists / Addictionologists and two Clinical Therapists, all with extensive experience working with licensed professionals. The team provides detailed and individualized return-to-work discharge recommendations that allow safe re-entry to work for both the professional and those they serve.

Specific Post Treatment Recommendations

Post discharge recommendations that are tailored to each specific professional in treatment at Pine Grove assist referring professional licensing bodies with creating personalized monitoring contracts. These valuable contracts provide ongoing accountability for professionals post treatment.

Components of Treatment

Patients within Pine Grove’s Professionals Recovery Track meet daily for 90-minute group sessions for the duration of six weeks within their treatment process. The Professionals Recovery Track is inclusive with the patient’s primary treatment program, such as Next Step, Legacy, the Women’s Center and Gratitude. The topics our professionals in treatment address within the 90-minute group sessions include:

- **Professionalism** – Professionals will gain an understanding of what defines professionalism and responsibilities inherent to their role as a professional. They will discuss behaviors that erode professionalism and how their addiction has impacted their ability to fully function in a work setting. Professionals will also discuss anger in the workplace, including disruptive behavior, perfectionism and maladaptive personality traits that impair their relationships at work. They will also work on developing an assertive communication style in order to practice open, honest and direct communication to facilitate teamwork in a workplace setting.

- **Boundaries** – Professionals will understand the importance of establishing and maintaining healthy boundaries within their work setting. They will increase their understanding of Professional Sexual Misconduct and personal boundaries they need to implement in their work environment. They will examine the role of social media in their professional life and look at the implications and ways to use social media safely. They will also create a Return to Work Plan to detail specific changes that outline how they will interact with others at work.

- **Monitoring** – Professionals will process the role of a monitoring agency and how this will provide accountability for their recovery and increase their overall success with sobriety. They will look at common myths about monitoring programs as well as improve their understanding of the role monitoring will play in their life post-treatment.

- **Career Factors** – Professionals will examine the specific ways their addiction has impacted their ability to practice safely and engage in a professional manner. They will explore their current or most recent work setting, including specific job duties, schedule, work related stressors and the responsibilities they hold and how they may impact their recovery. They will understand the importance of being able to recognize areas of competence and when they are working outside of their areas of expertise.

- **Relapse Prevention** – Professionals will understand the importance of relapse prevention for both their personal and professional life. They will look at specific risk factors associated with their profession and work roles such as working around controlled substances, seeing clients after hours or giving clients and patients personal cell phone numbers. Professionals will create a plan that will best support their recovery as they return to work.

- **Self Care for Professionals** – Professionals will examine the impact of stress in their day-to-day functioning and learn effective coping strategies to use to reduce stress. They will explore terms such as Burnout, Compassion Fatigue, Compassion Satisfaction and Vicarious Trauma. The professionals will also create a plan of Work-Life Balance and examine ways to implement this plan post-treatment.
Pine Grove Behavioral Health

Pine Grove is known as one of the nation’s most comprehensive treatment campuses. Since 1984, Pine Grove has specialized in behavioral health and addiction treatment services. At Pine Grove, we’re committed to being a leader in healing and changing lives – by providing the highest quality behavioral health services available.

Pine Grove has three inpatient units:
- Psychiatric Intensive Care Unit
- Adult Psychiatric and Dual Diagnosis Unit with detox capabilities
- Child & Adolescent Unit

Pine Grove also has five distinctive extended care programs all with dual diagnosis and health care professional components.
- Gratitude – Gender focused treatment for sexual addiction, sexual anorexia and relationship compulsivity in men.*
- Legacy – Addiction recovery for adults age 55 plus.*
- Next Step Men’s Program – Gender specific chemical addiction treatment.*
- Professional Enhancement Program – A program designed for individuals with difficulties engaging both personally and professionally at their highest potential due to interpersonal difficulties, addictions and co-occurring disorders.*
- Women’s Center – A treatment program for women who struggle with chemical dependency. Additionally, the program provides treatment for co-occurring eating disorders and sexual addiction.*

*Pine Grove is committed to providing the highest quality and cost effective health care services. A prompt pay discount is available for all extended care programs. Please contact 1-888-574-HOPE for all pricing information and visit www.pinegrovetreatment.com.

Pine Grove Evaluations
- Addiction Evaluation – This evaluation encourages individuals to explore the disease of addiction in one’s life and assists in developing an understanding of the dynamics that underlie the addiction and suggest possible solutions for healing.
- Adult Attention-Deficit / Hyperactivity Disorder (ADHD) Evaluations – The comprehensive ADHD evaluation aims to rule-out other potential causes of educational, vocational or personal impairments resulting from concentration or focus difficulties, impulsivity, emotional changes as well as deficits in executive functioning and memory.
- Comprehensive Evaluation – This evaluation assesses disruptive behavior in the workplace, personality disorders, addictive disorders, trauma, mood disorders, improper prescribing practices and violations of professional ethics.
- Neuropsychological Evaluation – A neuropsychological evaluation is a comprehensive assessment of brain-mediated cognitive functions. The data from a neuropsychological evaluation is used to assess an individual’s current level of cognitive functioning.
- Psychosexual Evaluation – Individuals appropriate for this evaluation are suspected of sexual boundary problems or sexual compulsivity/addiction or who have come to the attention of a licensing body because of legal problems related to a boundary or sexual offense.

Pine Grove Intensive Workshops
- Workshops addressing childhood trauma, difficult relationships, couples and Christian focused Intensives are offered throughout the year. Workshops may also be customized to a client’s needs.

Located in Hattiesburg, Mississippi, Pine Grove is an extension of Forrest General Hospital, a non-profit, 512-bed regional medical center offering specialties found at most major medical facilities.

Because Life is For Living.