

Art Therapy Treatment Within an Alcohol and Substance Abuse Inpatient Treatment Facility

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Abstract

A Proposal for Funding with the current national and New York State political climate endorsing a managed care delivery system of health services, inpatient substance abuse treatment facilities foresee a decrease in treatment duration due to regulations regarding allowable payment reimbursement. These regulations will force the treatment facility to provide comparable quality of care in less treatment time.

The population served by DayBreak Alcoholism Treatment Facility (DATF) tends to reflect the current general trend of increased treatment attrition and readmission rates as well as an increased demand for treatment. DATF's general client profile currently reflects a client who is difficult to treat due to coexisting mental health issues, multiple cross addictions, physical health issues and depressed economic status.

DATF has identified that the utilization of art therapy as an adjunctive, experiential therapy can increase client involvement in the existing treatment program. Art therapy will enhance the diagnostic Art Therapy in Addiction Treatment assessment procedures, and accelerate client treatment gains by increasing self esteem, self awareness, problem solving skills, empowerment and by initiating new behaviors.

The following proposal seeks funding for a three year pilot program implementing art therapy treatment within an inpatient alcohol and substance abuse treatment program. The proposed art therapy program utilizes therapeutic intervention within individual and group treatment models, diagnostic assessment services and includes staff training and workshops. Evaluation procedures are included within the program format, the results of which will be presented to an agency review board during the final year of the proposed project to determine the treatment's effectiveness and viability.