

# McKenzie Substance Abuse Recovery Program (MSARP)



Self referral can be made on our website:  
[www.McKenzieHealth.org/Recovery](http://www.McKenzieHealth.org/Recovery)  
or by calling **810-648-0620**



# Our Mission: A Healthier Community

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## History

McKenzie Health System has been caring for the community for over 50 years. With family healthcare clinics in Port Sanilac, Croswell, Peck and Sandusky; an after-hours clinic utilizing telemedicine in Sandusky; specialty clinics, which bring advanced care closer to home; and a local hospital that provides inpatient and outpatient services; we are here to meet healthcare needs of our community. McKenzie Hospital is a Level IV Trauma Center, HFAP "Stroke Ready" Certified, Acute Heart Attack Ready Certified, Level 3 Geriatric ED Accredited, and offers the latest in ultrasound and 3D mammography technology utilizing Artificial Intelligence (AI) software, which improves efficiency and accuracy of screenings, and Contrast Enhanced Spectral Mammography (CESM). McKenzie is constantly striving to bring the very best care to our area!

## Staff/Clinical Expertise

The staff at McKenzie are compassionate and dedicated to helping those afflicted with the disease of addiction. Demonstrating our commitment to clinical excellence and providing high-quality care, our clinical team is composed of:

- Staff physicians with training through the American Society of Addictive Medicine (ASAM) and are authorized to prescribe buprenorphine, one of three medications approved by the FDA for the treatment of opioid use disorder.
- Staff advanced practice practitioners with training through the Substance Abuse and Mental Health Services Administration (SAMHSA) and are authorized to prescribe buprenorphine, one of three medications approved by the FDA for the treatment of opioid use disorder.
- Case managers with a master's degree in social work.
- Medical assistants trained and certified by qualified certification entities within the state of Michigan.

***This program was developed in collaboration with Ascension Brighton Center for Recovery.***

# Outpatient Treatment Options are Available Based on Individual Need

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## Registered dietitian evaluation

The use and abuse of alcohol and other chemical substances frequently results in nutritional issues (skipping meals, vitamin and mineral deficiencies, organ damage, malabsorption, malnutrition, dehydration, etc.). The goal in early recovery is to establish new patterns of behavior related to food and nutrition.

Our registered dietitian offers basic nutrition classes weekly. General nutrition-related questions will be answered in class. Individual or specific nutrition-related questions/needs are addressed with one-on-one consultation with the dietitian. Patient consults also can be ordered, based on a patient’s history.

## Individual and Group Therapy

Therapy is an important part of the success of your treatment plan. McKenzie Health System has collaborated with many professionals to provide you with options locally and via telehealth to meet all of your individual and group outpatient therapy needs.

## Family Therapy

Addiction is a “family disease,” as every family member tends to be affected. Family and other natural supports are pivotal to a recovering person’s success. Family involvement tends to lead to better treatment outcomes because family members become informed supporters in the recovery process, endorsing their loved one’s recovery program and the lifestyle changes that are conducive to sobriety. There is also an increased sense of accountability when a newly recovering person makes recovery commitments with the awareness and participation of close family members. Case Management will assist in finding the appropriate family therapy program.



**MIND • BODY • SOUL**

# Treatment Options Available for Long-Term Support

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## Medication-assisted treatment

McKenzie Health System uses medication for the management and treatment of addiction. This may include the use of buprenorphine for the management of opioid use disorder. The care of our patients is individualized; because of this, generalized statements of how medications are implemented can be challenging. Our goal is careful translation of the best research into clinical practice to assist our patients in reaching their treatment goals.

## Maintenance treatment

At McKenzie Health System, maintenance treatment with ongoing opioid substitution therapy with medications like buprenorphine may be approached differently than at other treatment centers. Maintenance therapy may not be suitable for patients that also have alcohol use disorder or sedative use disorder (patients on medications like Xanax, Ativan, Ambien and others) along with an active opioid use disorder.

Patients that have multiple addictions at the same time will need a higher level of engagement in a longitudinal abstinence-based monitoring program. Fill out our confidential online admissions form for a return phone call.



# We Can Connect You to Resources to Aid in Recovery

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## Detox

Detoxification (detox) is the process in which a patient's body is safely withdrawn from the substances to which it is depending on to function. When a person uses drugs or alcohol for a period of time, the body adapts to substances by changing the neurological and hormone chemistry in the body. A safe medical detoxification process provides safe medication management to reduce the symptoms to a manageable level while the body normalizes to the absence of the offending substances. In this case, McKenzie staff will arrange for assistance in finding a location to transfer the patient to that is equipped to provide this level of care.

## Inpatient rehabilitation

Rehabilitation is an inpatient level of care and is recommended when a patient needs a highly structured environment. Medical and psychiatric issues and other complicated factors may require a patient to receive this level of care. Rehabilitation may also be recommended if a patient has had treatment in the past and has been unable to maintain sobriety despite these efforts. In this case, McKenzie staff will arrange for assistance in finding a location to transfer the patient to that is equipped to provide this level of care.

### TO LEARN MORE:



[www.mckenziehealth.org/recovery](http://www.mckenziehealth.org/recovery)



810-648-0620



120 Delaware Street, Sandusky, MI 48471



### **How to contact us (referrals)**

For a referral during normal business hours, Monday-Friday,  
please call **810-648-0620**; fax **648-6183**.

**Self referral can be made on our website:**

**[www.mckenziehealth.org/recovery](http://www.mckenziehealth.org/recovery)** or by calling **810-648-0620**.