

The Insight Program

Key Personnel

Steven Jaffe, MD, srjaffe@bellsouth.net
Site Director and Attending

Matt Meyers, MD
Program Director

Location

5110 Old Ellis Pt., Roswell, GA 30076

Frequency and Duration

Three (3) days per week, for six (6) weeks

Overview

CAP Fellows will be at The Insight Program for their substance use disorder educational experience. The Insight Program has provided substance use disorder treatment for teens and young adults since 1987. The Insight Program provides all its services through a philosophy called Enthusiastic Sobriety. Making sobriety attractive to teens and young adults is challenging. Insight has been successful in creating a program that reaches young people in a way that is inviting and fun. The Insight Program offers a number of services including intensive outpatient substance abuse treatment, outpatient substance abuse treatment, individual counseling, family counseling, support group meetings, parent support groups, and sober social functions.

Patient Care

Goals

Knowledge

- Residents will gain knowledge of topics addressed in therapeutic programming as part of a substance use treatment for adolescents
- Residents will gain knowledge of the attitudes and opinions adolescents have regarding substance use and its potential dangers.

Skills

- Residents will learn methods utilized in a specialized treatment setting to effectively teach adolescents about substances, the dangers of substance use, and alternatives to using.

- Residents will learn how patients respond over the course of treatment in a longitudinal, two-year substance use disorder treatment program and how openly discussing their issues can help them overcome the stigma associated with substance use.
- Residents will learn how to complete thorough histories and examinations regarding adolescent substance use disorders.
- Residents will learn to develop client-centered treatment plans for dual diagnosis adolescent patients.

Attitude

- Residents will learn to develop an open and professional rapport with patients.
- Residents will learn to discuss the causes of substance use in adolescents and respond to the attitudes of adolescents about substance use and recovery in a non-judgmental manner.

Objectives

- Residents will have one on one clinical weekly meetings with 1-2 clients at The Insight Program.
- Residents will learn new techniques in regards to discussing substance use with adolescents that will allow them to develop rapport with the patients and allow them to have open conversations about substance use by adolescents.

Medical Knowledge

Goals

Knowledge

- Residents will acquire and/or enhance knowledge about substance-related issues with regard to the adolescent's development, medical complications, appropriate medical monitoring, and treatment interventions.
- Residents will, through listening and observing, gain a better understanding of the situations that lead to substance use in adolescents.

Skills

- Residents will learn to integrate the knowledge they gain in their readings, clinical experience, and supervision into the care of their own clinic patients with substance issues.
- Residents will learn skills that improve rapport and help patients to open up about their substance use.

Attitude

- Residents should keep a developmentally and culturally sensitive perspective on the impact of substance use in the adolescent population.
- Residents should display a positive attitude towards learning about substance treatment.

Objectives

- Residents should attend any lectures and complete assigned readings in the areas of substance abuse/dependence along with attending groups.
- Residents should make use of the library and online resources on the assessment and treatment of substance-related problems in adolescents.
- Residents should expand their knowledge of substances and the health issues related to the use of specific substances.

Practice-Based Learning and Improvement

Goals

Knowledge

- Residents should learn about the practice-based treatments recommended for adolescents with substance use issues.

Skills

- Residents should learn to incorporate these treatments into their plan and involve patients and their families in this plan.

Attitude

- Residents should have a positive attitude towards learning and display self-initiative in this acquisition of knowledge.

Objectives

- Residents should attend any lectures and complete assigned readings in the areas of substance abuse/dependence along with attending groups.
- Residents should make use of the library and online resources on the assessment and treatment of substance-related problems in adolescents.
- Residents should expand their knowledge of substances and the health issues related to the use of specific substances.

Interpersonal and Communication Skills

Goals

Knowledge

- Residents will learn to develop positive rapport with patients through clinical experience and supervision
- Residents will observe which communication strategies are effective in a SUD treatment setting.

Skills

- Residents will learn to incorporate the communication strategies from the group into their future clinical patient care.

Attitude

- Residents will demonstrate an attitude that shows interest in the perspectives of others and includes spiritually/culturally sensitive aspects of the physician-patient relationship.

Objectives

- Residents should attend individual patient sessions weekly and be active in participating.
- Residents should actively utilize strategies taught and discussed in supervision to assess individual patients' insight, readiness for change, and intellectual abilities.

Professionalism

Goals

Knowledge

- Residents should work on gaining an understanding of how adolescents develop substance use disorders and approaching them in a non-judgmental manner.

Skills

- Residents should interact with staff, the attending physician, and patients in a respectful and professional manner. Residents should be able to recognize boundary violations and take appropriate actions to maintain appropriate rapport.

Attitude

- Residents must be respectful of the patients and fellow faculty/staff.

Objectives

- Demonstrate professionalism during interactions with Insight staff and patients.

System-Based Learning

Goals

Knowledge

- Residents should acquire and/or enhance knowledge of available community resources for potential follow-up services for adolescents with substance-related problems.
- Residents should gain an understanding of the role the legal system plays in this population.

Skills

- Residents should begin to develop the skills needed to coordinate the involvement of ancillary resources.

Attitude

- Residents should demonstrate an attitude of inquiry that will enable them to find outpatient substance and mental health resources for adolescents in the future.

Objectives

- Residents should develop a better understanding of available resources at the national, state, and community levels for both mental health and substance treatment for adolescents.

- Residents should begin to incorporate these resources into the care of their own clinic patients at the outpatient specialty clinic.