Patient for an evening

Woodside treats mentally ill after work

By day John holds a job. At night he's home with his family. And for six in-tensive hours in between, he's a patient at Woodside, a psychiatric hospital in

What makes EPHP unique, Woodside officials say, is that patients are free during the day to work and they go home at night. Typically, eight to 12 patients are enrolled in the "treatment tearm." Woodside's capacity is 36 in this program.

By day John holds a Job. At night heshome with his family. And for six intensive hours in between, he's a patient at econocided in the 'treatment tensive hours in between in John March 19 and the standard of the program. The evening partial hospitalization for a transitional program between in the profit from maintaining links with appointed medical director of Woodside.

Woodside is one of a few psychiatric hostials which sponsors an evening partial hospitalization program (EPHP). The hospital also operates Michigan's first inpatient accolol/prescription drug recovery program, designed exclusively for women.

FRIEDMAN, a Bioomfield Township resident, succeeds Dr. Richard Kaiman, who died in August, A University of Michigan Medical School graduate, he joined the Woodside staff in 1974. He has been the associate medical director there since 1922.

EPHP's premise is that some psychiatric hard the patients need more intensive the patients need more intensive the patients are more intensive the patients are more psychotherapy, reminars, occupational therapy, relaxation training as well as individual therapy sessions, Friedman said.

Dailo 10-04/Sai, 9:30-5:30, 5un. 12:5

by employers, HMO's and insurance companies who are looking for for ways to cut inpatient cost, says isbell WOODSIDE began an exclusive al-cohol/prescription drug recovery program for women in October. Seven are currently enrolled. Capacity is 18.

"It's a big gamble on the part of the hospital," Friedman said.
"Traditionally, women don't come forward till the later stages of illness." Fighting that reticence will be an uphill battle, Friedman believes. Womenwow work are afraid they'il lose their jobs if they have to leave for treatment. Often women are the last ones hired and the first ones fired. They feel they have to be protective of their jobs. Friedman said. For the homemake the control of the women is substance. The woodside program for women follows the recommendation of the Women's Substance Abuse Service. The state-coordinated service undertook a five-year study to determine the needs of alcohol and substance-dependent women.

Their findings. Middle-class women

of alcohol and substance-dependent women.
Their findings: Middle-class women and working women were underserved by exsisting programs.
THE STUDY also suggested a different approach to treating women was needed, Friedman said.
"In men alcoholics, there is a pride problem, and confrontation is an important part of the treatment," he said. "In women, the problem is guilt. They may worry about being a good wife or



mother. In treating them, we build self-esteem."

The Woodside program begins with a prescreening interview, usually done by telephone by Friedman or the associate director.

"Once a patient is admitted, they go through an intensive evaluation before we start treatment," said Friedman. Treatment is geared for 28 days, but the length of stay here varies depending on the person's needs. Some drugs take longer to detoxify.

Woodside, a 54-bed facility,formerly had a co-ed alcohol treatment pro-gram. It presently offers psychlatric inpatient treatment.



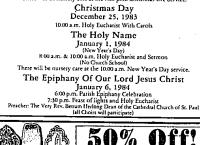


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