Case study—Methamphetamine and anorexia nervosa

Name

Institution

**Summary**

This assignment is aimed at elaborating various advantages and disadvantages associated with the treatment of methamphetamine and anorexia nervosa based on the assumed case study. Moreover, potential client will be referred to the suitable treatment sites for mitigating her symptoms. In the end, conclusion section will attempt to wrap whole textual activity into single paragraph, deducing meaningful inferences from it.

**Main body**

**Description of the client**

Client is 31 years old unemployed female; Tina. She is homosexual; married to Sam who is a nurse and pays the rent of their house (which originally belongs to Sam’s parents that are reluctant to accept their marriage due to their strict religious customs). She was referred to out-patient treatment after breaking curfew and violating probation. She and Sam are addicted to methamphetamine but she is trying to stay far from drugs now. Her other concerns are anorexia nervosa which require deliberate intervention.

**Site that I would recommend**

I would recommend Tina the Hazelden Betty Ford Center, that is one of the most well organized and successful non-profit addiction recovery organization in the United States. This is because this center has many branches from east cost to west, aimed at providing addiction treatment and enhancing patients’ quality of life. This center utilizes evidence-based addiction treatments combining hypnosis and some components of cognitive behavioral therapy (CBT), following a conventional and effective 12 step program and other specifically formalized programs based on occupation and mental disorders. In order to ensure best success rates, this center offers residential treatment for at least 90 days. Overall recovery rate of this organization is quite compelling; 80%. This center is having a complete multidisciplinary team of mental and physical health professionals with low counselor-to-patient ratio and small group sizes (HBFC, 2017).

**Potential barriers to treatment at their site**

The above mentioned treatment center suggests patients to stay there for 90 days for ensuring their fast and successful recovery. This practice might hinder her relationship with her wife because in in-patient care, she will have to follow a strict daily schedule rangings from diet to meeting people. Secondly, Tina is currently unemployed; she lacks fiscal remittance to pay for the stay because it charges $1050 per day (HBFC, 2017) which is quite expensive and less affordable for the ones who are unemployed

**Potential advantages to treatment at their site**

As far as advantages of this organization are concerned, it is the best suited treatment site for her because of the wide range of staff encapsulating psychologists, general practitioners, psychiatrists, dieticians, pharmacologists and addiction counselors; ready to offer their excellent services. She will acquire treatment regarding her addiction and anorexia symptoms. In the in-patient stays, she would get extensive treatment; her daily routine would be monitored strictly and would be made conductive to have favorable treatment outcomes. Specifically designed individual and group counseling, relapse prevention workshops, life-skills and addiction education lectures help the client move forwards to the recovery track. Moreover, medicine-assisted treatment is also incorporated into prescription drug addiction and dually diagnosed individuals (HBFC, 2017).

**Identification of sites where I could refer her**

I would refer Tina to following sites based on the problem symptoms:

The Caron foundation was established by Richard Caron who initially used his house for treating drug addicts. It is an internationally recognized foundation now. Eventually, he purchased a hotel on the farm in Pennsylvania that he used for housing and treating patients; the most well-known treatment center now-a-days. This foundation consumes the most detailed and profound approach to addiction and mental health maintenance. It works with the top universities for enhancing the efficacy of further treatment methodologies. It utilizes its 12 step recovery program based on the psychological therapies (CF, 2016).

Ocean Beach Recovery is another rehab, aimed at providing the utmost individualized healthcare and treatment services to drug addicts and mentally compromised individuals. This center is focused on the Gestalts views; considering individuals as a whole and providing evidence-based treatment for spirit, mind and body. Specialized therapy options and a variety of programs are offered by this organization including intensive in-patient and out-patient treatment, yoga-therapy and gender-based treatment. It is a certified institution for diagnosing and treating co-morbid disorders as well as behavioral addiction. This center accepts healthcare plans and insurance from most of the institutions (OBR, 2016).

The Benchmark Recovery Center or the Mark Houston Recovery Center offers a 12-step traditional treatment program along with 30-90 days residential stay for executing intensive treatment. Life skill and fitness programs are additional elements that are intended at enhancing the quality of client’s overall life. This center is based on the rationale that each human being is different from others and he has differing needs and desires which must be addressed using individualized treatment. Thus, it avoids generalized or size-fits-all treatment approach. Its current success rate in 74% and has separate facilities for women and men. The maximum capacity of this home is 58 (BRC, 2016).

**Conclusion**

This assignment was aimed at elaborating various advantages and disadvantages associated with the treatment of methamphetamine and anorexia nervosa based on the assumed case study. It was revealed that client was diagnosed with substance use disorder (Methamphetamine) with severe eating problems (Anorexia Nervosa symptoms). The Hazelden Betty Ford Center was suggested for her treatment because this center has all the essential features required for effective treatment with the recovery rate of 80% however, this center was found to be highly expensive approximately $1050 for per day stay. Other identified treatment centers included The Benchmark Recovery Center, Ocean Beach Recovery and The Caron foundation.

References

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