

# LICENSED PROFESSIONALS SERVICES



## Treating the Professional Community

Licensed professionals, who have dedicated their lives to the pursuit of helping others, deal with significant stressors in the workplace as well as in their personal lives. After years of study, dedication, and sacrifice, they often face unique challenges that are specific to their profession, including increased competitive pressures at work, excessive workloads, diminished work/life balance, and easy access to addictive medications.

As a result, many professionals, including physicians, nurses, dentists, pharmacists, veterinarians, attorneys, and others, are more vulnerable to substance misuse and behavioral health disorders.

### *Different professions face different risk factors and psychological burdens.*

- 10%–15% of healthcare professionals will misuse alcohol or other substances (Baldisseri, 2007).
- Prescription drug misuse among physicians is five times higher than the general population, especially in regard to opioids and benzodiazepines (Hughes, 1999).
- Addicted healthcare professionals may self-medicate as a coping strategy due to work conditions, sleep deprivation, and prolonged exposure to illness, death, and trauma (Richman, 1992).
- More than 20% of licensed attorneys participate in unsafe and binge drinking (Krill, 2016).
- Disciplinary and malpractice actions taken against attorneys involve alcohol or other substance misuse in more than 27% of cases (Brooke, 1997).
- Evidence shows that 60% of legal professionals who misuse substances also suffer from co-occurring disorders (Sweeney, 2004).

## Our Residential Program

Our staff understands these risk factors and challenges. As such, Bayside Marin has created individualized detox protocols, treatment regimens, and continuing care plans that are designed to address the unique needs of licensed professionals. Our experienced clinicians utilize a blend of evidence-based theories and holistic modalities to assist in defining each client's recovery plan and managing return-to-work considerations.



For a confidential consultation, please call (800) 757-7131  
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## Our Staff

*Our clinical and medical multidisciplinary team has extensive experience treating licensed professionals.*

- Board-certified medical director
- Nurse practitioners and physician assistants
- 24/7 registered nurses (RNs) and licensed vocational nurses (LVNs)
- Clinical psychologists
- Master's level clinicians and certified addiction counselors



## Our Philosophy

We tailor the Licensed Professionals Services (LPS) at Bayside Marin to assist and help repair professionals' lives from the effects of substance misuse and other behavioral health concerns. Our specialized curriculum addresses these unique challenges, as well as the barriers to care these individuals face.

Bayside Marin is known for its blend of evidence-based practices and holistic modalities, client-centered care, and for having a high 3:1 staff-to-client ratio. Our distinctive Five-Phase Treatment Model is the result of decades of experience in the field of recovery. By guiding clients through each phase of treatment (Incentive, Awareness, Support, Vigilance, and Preparation), our clinical teams help individuals build a healthy foundation for healing and recovery.

## Family Program

At Bayside Marin, we believe recovery is a community effort. We offer biweekly, two-day intensive Family Program workshops, and throughout the course of treatment, we seek input from family, friends, significant others, colleagues, and employers when appropriate.

## Continuing Care Coordination

Our team can work closely with peer assistance, professional program care managers, monitoring agencies, Employee Assistance Programs (EAPs), and employers. We document all client progress and submit required paperwork in order to support public safety and appropriate return-to-work plans.

## Ongoing Support

Our robust Alumni Program includes weekly meetings and quarterly workshops, as well as events and activities to support recovery. Our Recovery Choice® Alumni Outreach Program monitors outcomes, provides support and resources, and promotes frequent contact during the first year of recovery. The Recovery Renewal option allows our graduates to return to residential care for two days of treatment at no cost.