The Alcohol and Substance Abuse Program (ASAP) opened its doors April of 1998 in the Psychiatry Department of UNC Healthcare’s Neurosciences Hospital. Since that time we have treated thousands of individuals and their families with substance abuse and dependency problems. All staff are Master’s Level credentialed Addiction Therapists. ASAP has been accredited by the Joint Commission for the Accreditation of Healthcare Organizations (JCAHO) since 1999.

MISSION
As a department within UNC Healthcare, the UNC Alcohol and Substance Abuse Program’s mission is to provide an evidence-based approach to the outpatient substance abuse treatment of individuals and family members, provide educational opportunities for healthcare professionals, and advance knowledge of the etiology and treatment of substance use disorders by actively participating in research protocols.

From I-40 Westbound- (towards Greensboro): Take Exit 266. Turn left onto Martin Luther King BLVD, also identified as Hiway 86 South. Turn left onto Weaver Dairy Rd. Turn right on the second road on the right, which is identified with a large Timberlyne Shopping Center sign. As you make the right turn, you are looking directly at the back of the ASAP Building (1101 Weaver Dairy Road). Come around to the front of the building to park. You will see double doors on the left with the street numbers 1101 above the doors. Enter through the double doors and ASAP signs will lead you into Suite 103.

From I-40 Eastbound- (towards Raleigh): Take Exit 266. Turn right onto Martin Luther King BLVD, also identified as Hiway 86 South. Turn left onto Weaver Dairy Rd. Turn right on the second road on the right, which is identified with a large Timberlyne Shopping Center sign. As you make the right turn, you are looking directly at the back of the ASAP Building (1101 Weaver Dairy Road). Come around to the front of the building to park. You will see double doors on the left with the street numbers 1101 above the doors. Enter through the double doors and ASAP signs will lead you into Suite 103.

From Chapel Hill: Take Martin Luther King BLVD North, also identified as Hiway 86 North. Turn right onto Weaver Dairy Rd. Turn right on the second road on the right, which is identified with a large Timberlyne Shopping Center sign. As you make the right turn at the sign, you are looking directly at the back of the ASAP Building (1101 Weaver Dairy Road). Come around to the front of the building to park. You will see double doors on the left with the street numbers 1101 above the doors. Enter through the double doors and ASAP signs will lead you into Suite 103.

Alcohol and Substance Abuse Program (ASAP)
1101 Weaver Dairy Rd. Ste. 103
Chapel Hill, NC 27514
Phone: 919-966-6039
Fax: 919-843-6341
Toll Free: 1-888-457-7457

www.unchealthcare.org/site/healthpatientcare/alcoholandsubstanceabuse
Treatment Services—Days/Evenings

Treatment often begins with a person reaching out for help or simply inquiring about the dangers of alcohol consumption or their drug use. Usually, outside problems and stresses lead a person to seek help. The person may have reached a level of drinking or drug use that interferes with the quality of their life. The ASAP Therapist work with individuals to increase their motivation to change; to help the gain awareness of the errors in their thinking and the consequences of their behaviors; and to learn valuable skills to cope with urges, cravings and pressure to use drugs and/or alcohol by friends, family and society. ASAP strongly encourages community support group participation for long term abstinence from alcohol and drugs and a safe haven for social contact with others in recovery.

A Bowles Center for Alcohol Studies “Centerline” featured the UNC Alcohol and Substance Abuse Program as a “National Model Program.” the ASAP Program uses evidence based approaches and interventions to help individuals help themselves. ASAP specializes in working with individuals with dual diagnoses and pharmacotherapy’s.

Treatment Process

The first step is the Assessment, a clinical interview used to gather comprehensive information to determine the needs of the individual. It is designed to evaluate to biological, psychological and social signs of substance abuse or dependence. The assessment assists in evaluating psychiatric or other co-existing conditions. This information allows therapists and individuals to develop an appropriate, individualized treatment plan and insure the correct level of care.

Levels of Care Offered

*See Description*

Outpatient Group Therapy:
- 5 days per week
- Monday—Thursday - 1pm-3pm
- Friday—12pm-2pm

*Womens Seeking Safety Group -
- Thursday - 6pm-8pm

*Stages of Change Group*
- Wednesday - 4pm-6pm

Individual Therapy

An Individualized Treatment Plan, based upon the level of care established during the Assessment Process, is determined by the individual and the therapist. The treatment plan is comprehensive and holistic, addressing problem areas, stressors, relapse triggers and emotional issues. Referrals will be made for psychological, pharmacological and medical evaluation and management, education, vocational, housing, nutritional, or other areas of need. Urine Drug Analysis (UDA) is available and utilized as needed. ASAP strongly encourages family involvement and participation in community support meetings as part of the individual’s recovery and long term support system.

Seeking Safety Description

Seeking Safety present-focused therapy to help people attain safety from trauma/PTSD and substance abuse. It was begun in 1992 and developed by Lisa M Najavits, PhD at Harvard Medical School/McLean Hospital. For more information go to www.seekingsafety.org.

Stages of Change Group

The Stages of Change Group is a group that utilizes the evidence based stages of change model. Patients that are struggling with a decision to cease or to moderate use can attend this group.

Education and Training

The Addiction Terapists at ASAP are faculty members of the UNC Department of Psychiatry. The clinical staff of ASAP provides educational and training opportunities to medical, psychlogy and social work students, psychiatry residents and other healthcare professionals.