We bring live treatment to you.
Leaders in online behavioral health treatment.
Integrating advanced technology with proven treatment methods for an unsurpassed online treatment experience

ABOUT
THE PROGRAM

The programs are fully on-line and can use either dial-up or broadband Internet. Clients attend 12 or 24 one hour interactive group counseling sessions, with 10 members participating in each session. Each client participates in two live sessions per week for 6 to 12 weeks. The members can see the certified substance abuse counselor, but no one can see the participants, who use a screen name to ensure anonymity. The sessions are attended using a headset and microphone supplied by eGetgoing to allow clients to speak — rather than type — during their sessions.

Each client has a personal home page, which provides access to group sessions, a personal journal, a group schedule reminder, homework assignments, messages from their eGetgoing counselor, personal progress graphs, and eGetgoing chat rooms. Each client attends 24 one-hour interactive sessions led by a chemical dependency treatment counselor.

Aftercare consists of a structured on-line meeting, moderated by counselors, which clients can attend twice a week.

eGetgoing has sustained three consecutive 3-year accreditations from the Joint Commission (formerly JCAHO) and Commission on Accreditation of Rehabilitation Facilities (CARF) for adult and adolescent chemical dependency treatment.

THE
EGETOING EXPERIENCE

eGetgoing Client Screen: Each online group session uses video vignettes, assessments, slides and white board illustrations as key components of the group interaction process.

- Clients and counselors participate in live group discussions.
- Clients are able to see and hear their eGetgoing counselor in real time.
- Clients and counselors use the white board and vignettes to express concepts and ideas visually.
- Counselors and clients can exchange feedback through instant messaging.
- Instant polling provides the counselor with an immediate snapshot of the group feedback to guide interaction.

Online assessments before, during, and after group sessions evaluate stress, anxiety, mood sobriety, and 12-Step participation.
Our passion is to provide services to those in need, no matter where they are in the lifecycle of their disease.

AFFORDABLE AND CONVENIENT ONLINE TREATMENT

eGetgoing makes high quality drug and alcohol abuse treatment available to more than 20 million Americans who need it by eliminating some of the most common barriers to treatment: busy schedules, high cost, privacy concerns, lack of availability, and inconvenience. Combining over 20 years of traditional substance abuse treatment experience with advanced tele-health and eLearning technologies, eGetgoing has developed an affordable, private, and convenient alternative that makes online delivery an appealing new option, bringing quality treatment to a much larger segment of the population and extending the effectiveness of traditional programs.

ABOUT EGETGOING

What is eGetgoing? eGetgoing is an alcohol and substance abuse program combining group therapy, individual counseling, and education with a 12-Step philosophy. The program was developed to assist clients in deciding if they have an alcohol or substance problem and to help them stay sober. eGetgoing is designed for adults who are looking for first-time help with a substance abuse problem as well as for people in recovery from chemical dependency who need ongoing support and care.

ABOUT TEEN GETGOING

What is teenGetgoing? TeenGetgoing is for teens who may be thinking about doing drugs, teens who have started doing drugs, or teens who have addiction problems and need continuing care.
A NATURAL COMPLEMENT TO EXISTING TREATMENT PROGRAMS

eGetgoing does not displace traditional treatment. Instead, its online delivery adds breadth and depth to the existing continuum of chemical dependency care—both complementing existing programs and serving as an alternative for those who otherwise do not have access to treatment.

TRADITIONAL TREATMENT PRACTICES – AVAILABLE TO MILLIONS

eGetgoing is the natural extension of a proven treatment program. Its new and innovative online approach has its roots in CRC Health Group. With over 20 years of treatment history, combined with leadership from nationally recognized treatment experts, CRC Health Group serves as a powerful platform from which to launch online treatment and provide access to millions who otherwise would not receive help. But more than a mere replication of what has been offered traditionally, eGetgoing adds clinical components that maximize opportunities for clients to identify feelings and develop effective coping strategies.

INTERACTIVE GROUP SESSIONS WITH EXPERIENCED COUNSELORS

With today’s advanced communication technologies, we are able to provide clinically effective treatment via the Internet. Unlike many online counseling websites, eGetgoing is much more than reading text, dropping in for a chat or merely exchanging e-mail. Instead, we offer a supportive, personal, and interactive treatment experience through a unique fusion of live video and voice technology that replicates traditional treatment and education environments.

Emulating a real world group session, clients are able to see (via real-time video) and hear (via real-time audio) their eGetgoing counselor, which allows each session to be tailored to the needs of the group. Group members communicate with each other and the counselor verbally, in writing or using illustrations, as well as conduct private instant messaging with the counselor. Counselors use dynamic visual aids, including slides and white board illustrations, to support group discussions.

Because the group size is limited to approximately 10 participants, this modality ensures an intimate group treatment experience that is not always possible in traditional treatment environments. Client talk time per session is further enhanced by periodically subdividing the group into dyads and triads. The counselor monitors the interactions in each small group and brings the group members back together to share the discussions within their smaller groups, as appropriate.

Online treatment is a natural complement to existing treatment programs.

- Breakthrough treatment that is low cost, private and convenient
- Built on proven clinical treatment practices
- Real-time audio and video conferencing
- Dynamic video and visual aids
- 24/7 support
- Augments traditional treatment with long-term support
- New option for health care providers, employees and treatment providers
ENHANCING TRADITIONAL TREATMENT

The eGetgoing experience is shaped both by the peers in their own treatment group as well as by a video-based group presented through a series of vignettes. The video vignettes capture powerful group interactions that serve as springboards for discussion on a broad spectrum of substance abuse feelings and related issues. Much like a movie audience, clients identify with the characters in the dramatizations and react to what’s going on in their lives.

Completion of extensive assessments before and after group sessions evaluates stress, anxiety, mood sobriety, 12-Step participation and motivation to participate. Counselors also evaluate written homework relative to each group session and provide personalized feedback to the client via e-mail.

CONTINUING CARE

eGetgoing also allows a unique level of follow-up support. After the 12-week treatment period has been completed, clients may then enter a one-year continuing care program at no additional cost. The progress of every client is tracked, including daily use of alcohol or drugs, family episodes, and more. These continuing assessments play a major role in encouraging clients to stay connected, identifying potential problems as they develop and allowing easy access to additional treatment services should the need arise. eGetgoing makes this critical element of the treatment process easier to implement and successfully maintain.

CRC’S EATING DISORDER DIVISION OFFERS WEEKLY ONLINE CONTINUING CARE GROUPS FOR ALUMNI:

- Confidential Live Group Sessions
- Gentle and Caring Atmosphere
- Experienced Counselors
- Non-text Based
- World Wide Accessibility
- Tech Support

eGetgoing and teenGetgoing treatment practices are made available to millions

eGetgoing | teenGetgoing
Member of CRC Health Group
866.435.7999
www.egetgoing.com | www.teengetgoing.com
ABOUT CRC HEALTH GROUP

CRC Health Group offers the most comprehensive network of specialized behavioral care services in the nation. As a world-class specialty health organization, CRC has provided healing and hope in the lives of their patients and students. By offering the largest array of personalized treatment services, individuals, families and professionals can choose the most appropriate treatment setting for their behavioral, addiction, and therapeutic educational needs. Every day, more than 30,000 people receive treatment from CRC programs making it the most trusted specialized behavioral health organization in the nation. CRC Health Group’s motivation for growth stems from a deep commitment to make their services widely and easily available to those in need, while maintaining passion for delivering advanced behavioral, addiction, and therapeutic educational services. For over two decades, CRC programs have helped individuals and families reclaim and enrich their lives.

“*Our passion is to provide services to those in need, no matter where they are in the life cycle of their disease.*”

- Dr. Barry Karlin, Founder and CEO

Treating Adults and Troubled Youth for:

- Substance Abuse
- Eating Disorders
- Dual Diagnosis
- Behavioral Disorders
- Pain Management
- Weight Management
- Medication Management

In a Variety of Treatment Settings:

- Interactive On-line Programs
- Detoxification Services
- Residential Programs
- Comprehensive Outpatient Programs
- Outdoor Wilderness Programs
- Therapeutic Boarding Schools
- Extended Care Programs

For more information please contact the eGetgoing Team today

866-435-7999

www.crchealth.com