

## Welcome to Kolbe Clinic

At Kolbe Clinic, our mission is to provide our patients with true recovery through progressive treatment of addiction and SUD (substance use disorder). We develop custom treatment plans that are uniquely tailored to the needs of each patient. At our substance abuse treatment center, you or your loved one can finally get the support they need. Our addiction counseling clinic offers addiction treatments, individual counseling, group counseling, resources, and a network of support to aid our patients in attaining lasting recovery.

Kolbe Clinic provides expert care for patients who are working to recover from addiction. We treat a wide range of different substance use disorders including addiction to substances like Valium, Librium, Xanax, heroin, Norco, morphine, Klonopin, fentanyl, Percocet, Oxycontin, oxycodone, alcohol, cocaine, methamphetamine and hydrocodone. Whether you have a loved one suffering from an addiction to alcohol, benzodiazepines, or opiates we offer help for IV drug users and detox services they can depend on for a fully supported recovery.

At Kolbe Clinic you can always be sure that your privacy and safety are of utmost importance. We go to great lengths to protect you by adhering to the federal HIPAA regulations and the more stringent Federal Code 42 Part 2 requirements. You control your information while we help you recover.

## Locations and Operation Days and Times

Location	Address	Days and Times of Operation	Contact Information
<b>Chelsea, Alabama</b>	109 Foothills Parkway, Suite 113 Chelsea, AL 35043	Mon- Fri 9am-5pm Saturday-Sunday <b>Closed</b> <i>Extended hours on Wednesday 6pm-9pm</i>	Phone: 205-618-9899 Grievances: Stephanie Alford Fields Phone: 205-618-9899 ext 407
<b>Jasper, Alabama</b>	1810 3 <sup>rd</sup> Avenue, Suite 101 Jasper, AL 35501	Mon- Fri 9am-5pm Saturday-Sunday <b>Closed</b>	Phone: 205-512-1015 Grievances: Stephanie Alford Fields Phone: 205-512-1015 ext 407
<b>Tuscaloosa, Alabama</b>	915 22 <sup>nd</sup> Avenue Tuscaloosa, AL 35401	Mon- Fri 9am-5pm Saturday-Sunday <b>Closed</b>	Phone: 205-764-1358 Grievances: Stephanie Alford Fields Phone: 205-764-1358 ext 407
<b>Birmingham, Alabama</b>	1830 Montclair Road, Suite A Birmingham, AL 35210	Mon- Fri 9am-5pm Saturday-Sunday <b>Closed</b>	Phone: 205-775-0300 Grievances: Stephanie Alford Fields Phone: 205-775-0300 ext 407
<b>Navarre, Florida</b>	8734 Ortega Park Drive Navarre, FL 32566	Mon- Fri 9am-5pm Saturday-Sunday <b>Closed</b>	Phone: 850-904-2277 Grievances: Stephanie Alford Fields Phone: 850-904-2277 ext 407
<b>Collinsville, Alabama</b>	13280 County Road 51 Collinsville, AL 35961	Mon- Fri 9am-5pm Saturday-Sunday <b>Closed</b>	Phone: 256-741-0400 Grievances: Stephanie Alford Fields Phone: 256-741-0400 ext 407
<b>Tallassee, Alabama</b>	80 Herren Hill Road, Suite C Tallassee, AL 36078	Mon- Fri 9am-5pm Sunday <b>Closed</b>	Phone: 334-640-0300 Grievances: Stephanie Alford Fields Phone: 334-640-0300 ext 407

## Insurance Accepted and Indigent Rates

Location	Insurance Accepted	Indigent Rates
<b>Chelsea, Alabama</b>	<ul style="list-style-type: none"> <li>○ Accepts most major payers.</li> </ul>	Please check to see if you qualify for indigent rates.
<b>Jasper, Alabama</b>	<ul style="list-style-type: none"> <li>○ Accepts Cash Only</li> </ul>	Please check to see if you qualify for indigent rates.
<b>Tuscaloosa, Alabama</b>	<ul style="list-style-type: none"> <li>○ Accepts most major payers.</li> </ul>	Please check to see if you qualify for indigent rates.
<b>Birmingham, Alabama</b>	<ul style="list-style-type: none"> <li>○ Accepts most major payers.</li> </ul>	Please check to see if you qualify for indigent rates.
<b>Navarre, Florida</b>	<ul style="list-style-type: none"> <li>○ Accepts most major payers.</li> </ul>	Please check to see if you qualify for indigent rates.
<b>Collinsville, Alabama</b>	<ul style="list-style-type: none"> <li>○ Accepts most major payers.</li> </ul>	Please check to see if you qualify for indigent rates.
<b>Tallassee, Alabama</b>	<ul style="list-style-type: none"> <li>○ Accepts most major payers.</li> </ul>	Please check to see if you qualify for indigent rates.

# Your Rights

*At Kolbe Clinic we respect your rights to excellent care and treatment.*

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## *Patient-Centered Care*

- ❖ The right to receive quality care, free from discrimination, harm, and abuse.
- ❖ The right to equal care regardless of age, sex, ethnicity, nationality, culture, sexual orientation, gender identity, socioeconomic status, physical ability, lifestyle, and other personal characteristics.
- ❖ The right to receive care in a safe, humane environment.
- ❖ The right to have your culture, beliefs, and dignity respected.
- ❖ The right to information about relevant protective and advocacy services.
- ❖ The right to receive information about your care in a language you understand.
- ❖ The right to have your pain managed.

## *Meaningful Communication*

- ❖ The right to be notified of the roles and names of the staff and employees who facilitate your care.
- ❖ The right to be informed about your current health status.
- ❖ The right to be informed and educated about your condition and future treatment.
- ❖ The right to be free from restraints and seclusion unless it is necessary for your health and safety or the health and safety of others.
- ❖ The right to be made aware of all known possible outcomes of care that are anticipated or unanticipated.
- ❖ The right to complain about treatment to the appropriate office or entity about your treatment plan and process without the fear of revenge. **If you feel your rights have been violated, you should**

**contact the Kolbe Executive Director at [Mickey.Trimm@KolbeClinic.com](mailto:Mickey.Trimm@KolbeClinic.com) or request a Grievance Form (P&P-02) at the Front Desk.**

- ❖ The right to have any complaint reviewed, acknowledged and rectified.

## *Affordability*

- ❖ The right to access to information about resources regarding how to pay for your care.
- ❖ The right to ask for an accurate estimated price of your care before it is provided.
- ❖ The right to be informed about hospital and physician charges.
- ❖ The right to be made aware of the consequences of being non-compliant to required payments.

## *Choice*

- ❖ The right to accept, ask for or refuse care.
- ❖ The right to be an active participant in your care process.
- ❖ The right to involve your family in your care decisions.
- ❖ The right to appoint a person to be involved in your treatment and care plan. (Lay caregiver)
- ❖ The right to informed consent before non-emergency care is provided.
- ❖ The right to deny participation in research studies.

## *Privacy and Confidentiality*

- ❖ The right to have your individual privacy respected.
- ❖ The right to confidentiality surrounding your personal health information.

# Your Responsibilities

*The Kolbe Clinic expects that all clients will adhere to the following responsibilities.*

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- ❖ Refrain from all forms of physical violence or abuse toward other clients or staff members.
- ❖ Refrain from abusive language, disruptive behavior or any sexual conduct toward clients or staff members.
- ❖ Not loiter outside the clinic.
- ❖ Not bring any weapon or other form of illegal contraband into the clinic or onto Kolbe Clinic property.
- ❖ Not bring any illegal drug or alcohol onto clinic property.
- ❖ Not bring any legal prescription medication onto clinic property unless directed to do so by the medical staff and/or your counselor/case manager.
- ❖ Refrain from using illicit drugs or alcohol and recognize that such use may constitute grounds for administrative discharge from the program.
- ❖ Refrain from smoking inside Kolbe Clinic facilities. This includes vapor or e- cigarettes.
- ❖ Provide a urine sample upon request of your counselor or nurse and to so with the understanding that
  - you may be observed by a staff member of the same gender while producing/providing the sample
  - that providing a cold or adulterated sample or refusing to provide a sample upon request is equivalent to a positive drug screen.
- ❖ Attend all group or individual counseling sessions as indicated in your treatment plan or clinic rules. A consistent failure to attend will affect your progress in treatment and could adversely impact your continued retention in the program.
- ❖ Inform your counselor or nurse of any prescription medications you are currently taking.
- ❖ Behave in a civil, decent, and respectable manner and treat other clients and staff members in the same way.
- ❖ Dress appropriately and recognize that you will not receive services if you are not wearing a shirt and shoes.
- ❖ Do not participate in any diversion (selling or giving away) of any prescribed medication
- ❖ Recognize and acknowledge that a violation of these client responsibilities can result in involuntary discharge from the program and a discontinuation of all services.

## Grievance Procedure

At Kolbe Clinic patients have the right to file a grievance at any point in their treatment without fear of retaliation of any kind from the organization, counselor, or staff. All Grievances will be addressed, and the patient notified of the outcome.

If an issue cannot be resolved with staff of Kolbe Clinic the patient can follow the following steps to have their grievance addressed by the company:

**Step 1:**

Ask the front desk or staff member for an official grievance form. Copies can be requested from the email below if the patient is not in the office.

**Step 2:**

Complete the grievance form with as much detail as possible.

**Step 3:**

Return the grievance form to the front desk or email it to the email listed below.

If the patient has any issues, they can call or email and request to file the grievance verbally with the Assistant Director, Stephanie Alford.

**Contact Information:**

Stephanie Alford Fields

Phone: (888) 310-9011 ext 407

Email: [Stephanie.Alford@Kolbeclinic.com](mailto:Stephanie.Alford@Kolbeclinic.com)

## **IMPORTANT CONTACTS:**

**Alabama Department of Mental Health**  
100 North Union Street, Montgomery 36130  
Phone: 1-800-367-0955

### **Department of Mental Health Advocacy Program:**



### **Protection and Advocacy for Individuals with Mental Illness:**

PAIMI provides services to individuals with mental illness or emotional impairments who are at risk of abuse or neglect.

Program Contact  
1-877-726-4727

### **Local Department of Human Resources Offices:**

Jefferson County: 205-933-9110  
Shelby County: 205-664-2470  
Walker County: 205-221-9775  
Tuscaloosa County: 205-562-6900  
Elmore County: 334-567-1171  
Tallapoosa County: 256-329-0531  
DeKalb County: 256-845-1931  
Cherokee County: 256-927-3132

# Nutritional Tips

## Eat:

*The best foods for recovering patients include whole grains, vegetables, eggs, beans, and fish.*

- Whole grains and other complex carbohydrates contribute to the release of serotonin while also adding fiber to the diet. The body digests them slowly, and as a result, they keep insulin and blood sugar levels from spiking and moods from crashing.
- Vitamin deficiency is common among substance users. Vegetables restore vitamins and nutrients that substance users might have been lacking.
- Egg whites contain essential nutrients such as protein, L-tryptophan, and L-tyrosine.
- It is important that one maintains a balanced diet with sufficient vitamins, minerals, and amino acids.
- Beans and other high-fiber foods are recommended by the U.S. National Library of Medicine.
- Fish offers protein and fatty acids that might help regulate mood.

## Avoid:

*Recovery patients should stay away from certain foods because of their ability to crash a good mood or reinforce pathways to addiction.*

- Foods with high sugar concentrations. Low blood sugar levels are common among former substance users.
- A healthy diet should be low in added sugars, instead primarily containing the natural sugars found in foods such as fruits and milk.
- Caffeine also offers a temporary fix but is another substance that alters brain chemistry. It hinders the absorption of calcium and can lead to fatigue and a reduced ability to deal with stress, which can impair one's progress during recovery.
- Simply for dietary reasons, red meat and processed foods should be avoided. Red meat has been linked to clogged arteries and shorter lifespans.
- Processed foods are often stripped of the nutrients that are so valuable to a recovering patient, and they often contain high amounts of sugar and sodium.

These and more tips can be found at: <https://www.recovery.org/learn/diet-nutrition-in-recovery/>



## Fee Schedule

<b>CPT CODE</b>	<b>Service or Procedure</b>	<b>Kolbe Fee</b>	<b>Indigent Rate</b>
90785	Add on	\$15.00	\$5.25
90791	Psychiatric Evaluation	\$144.00	\$96.00
90792	Psychiatric Evaluation with Medical Services	\$218.84	\$101.49
90832	Psychotherapy 16-37 Minutes	\$91.50	\$61.00
90834	Psychotherapy 38-52 Minutes	\$138.00	\$92.00
90837	Psychotherapy 53 Minutes or More	\$204.00	\$136.00
90839	Psychotherapy in Crisis for the First 60 Minutes	\$204.00	\$136.00
90840	Psychotherapy in Crisis Each Add. 30 Minutes	\$72.41	\$48.27
90845	Under Psychotherapy for Crisis Svc. & Proc.	\$117.00	\$78.00
90846	Family Psychotherapy W/O Patient	\$114.00	\$76.00
90847	Family Psychotherapy W/ Patient Under	\$129.00	\$86.00
90849	Psychotherapy for Crisis Services and Proc.	\$78.00	\$52.00
90853	Group Psychotherapy - 12 Person Max	\$63.00	\$42.00
90880	Under Other Psychiatric Services or Procedures	\$135.00	\$90.00
99201	NEW Physician Examination Level 1	\$211.50	\$141.00
99202	NEW Physician Examination Level 2	\$225.00	\$150.00
99203	NEW Physician Examination Level 3	\$259.50	\$173.00
99204	NEW Physician Examination Level 4	\$300.00	\$200.00
99205	NEW Physician Examination Level 5	\$378.00	\$252.00
99211	Follow – Up Physician Examination Level 1	\$120.00	\$80.00
99212	Follow – Up Physician Examination Level 2	\$133.50	\$89.00
99213	Follow – Up Physician Examination Level 3	\$141.00	\$94.00
99214	Follow – Up Physician Examination Level 4	\$159.00	\$106.00
99215	Follow – Up Physician Examination Level 5	\$202.50	\$135.00
81205	Urine Pregnancy Test	\$15.00	\$10.00
80305	Cup	\$20.00	\$15.00
J2315	Vivitrol - Per MG	\$5.00	\$3.25
Q9991	100mg Sublocade	\$3,500.00	\$1,750.00
Q9992	300mg Sublocade	\$3,500.00	\$1,750.00
36415	Blood Draw	\$15.00	\$10.00
96372	IM/SQ Injection	\$25.00	\$20.00

# How Buprenorphine Works

Buprenorphine has unique pharmacological properties that help:

- Lower the potential for misuse
- Diminish the effects of physical dependency to opioids, such as withdrawal symptoms and cravings
- Increase safety in cases of overdose

Buprenorphine is an opioid partial agonist. This means that, like opioids, it produces effects such as euphoria or respiratory depression. With buprenorphine, however, these effects are weaker than those of full drugs such as heroin or methadone.

Buprenorphine's opioid effects increase with each dose until at moderate doses they level off, even with further dose increases. This "ceiling effect" lowers the risk of misuse, dependency, and side effects. Also, because of buprenorphine's long-acting agent, many patients may not have to take it every day.

## Side Effects of Buprenorphine

Buprenorphine's side effects are similar to those of opioids and can include:

- Nausea, vomiting, and constipation
- Muscle aches and cramps
- Cravings
- Inability to sleep
- Distress and irritability
- Fever

## Buprenorphine Safety

People should use the following precautions when taking buprenorphine:

- Do not take other medications without first consulting your doctor.
- Do not use illegal drugs, drink alcohol, or take sedatives, tranquilizers, or other drugs that slow breathing.

Mixing large amounts of other medications with buprenorphine can lead to overdose or death. Do ensure that a physician monitors any liver-related health issues that you may have.

## Pregnant/Breastfeeding Women and Buprenorphine

Limited information exists on the use of buprenorphine in women who are pregnant and have an opioid dependency. But the few case reports available have not demonstrated any significant problems resulting from use of buprenorphine during pregnancy. The FDA classifies buprenorphine products as Pregnancy Category C medications, indicating that the risk of adverse effects has not been ruled out.

<https://www.samhsa.gov/medication-assisted-treatment/medications-counseling-related-conditions/buprenorphine>

# Brief Summary of Important Facts about Vivitrol

## What is the most important information I should know about VIVITROL?

### VIVITROL can cause serious side effects, including:

1. **Risk of opioid overdose.** You can accidentally overdose in two ways.
  - VIVITROL blocks the effects of opioids, such as heroin or opioid pain medicines. **Do not** try to overcome this blocking effect by taking large amounts of opioids—this can lead to serious injury, coma, or death.
  - After you receive a dose of VIVITROL, its blocking effect slowly decreases and completely goes away over time. If you have used opioid street drugs or opioid-containing medicines in the past, using opioids in amounts that you used before treatment with VIVITROL can lead to overdose and death. You may also be more sensitive to the effects of **lower** amounts of opioids:
    - after you have gone through detoxification
    - when your next VIVITROL dose is due
    - if you miss a dose of VIVITROL
    - after you stop VIVITROL treatment

*Tell your family and the people closest to you of this increased sensitivity to opioids and the risk of overdose.*

2. **Severe reactions at the site of injection.** Some people on VIVITROL have had severe injection site reactions, including tissue death. Some of these reactions have required surgery. Call your healthcare provider right away if you notice any of the following at any of your injection sites:
  - intense pain
  - the area feels hard
  - large area of swelling
  - lumps
  - blisters
  - an open wound
  - a dark scab

*Tell your healthcare provider about any reaction at an injection site that concerns you, gets worse over time, or does not get better within two weeks.*

3. **Sudden opioid withdrawal.** To avoid sudden opioid withdrawal, you must stop taking any type of opioid, including street drugs; prescription pain medicines; cough, cold, or diarrhea medicines that contain opioids; or opioid-dependence treatments, including buprenorphine or methadone, **for at least 7 to 14 days** before starting VIVITROL. If your healthcare provider decides that you don't need to complete detox first, he or she may give you VIVITROL in a medical facility that can treat sudden opioid withdrawal.

**Sudden opioid withdrawal can be severe and may require hospitalization.**

4. **Liver damage or hepatitis.** Naltrexone, the active ingredient in VIVITROL, can cause liver damage or hepatitis. Tell your healthcare provider if you have any of these symptoms during treatment with VIVITROL:
- stomach area pain lasting more than a few days
  - dark urine
  - yellowing of the whites of your eyes
  - tiredness

*Your healthcare provider may need to stop treating you with VIVITROL if you get signs or symptoms of a serious liver problem.*

## **What is VIVITROL?**

**VIVITROL is a prescription injectable medicine used to:**

- treat alcohol dependence. You should stop drinking before starting VIVITROL.
- prevent relapse to opioid dependence, **after** opioid detoxification.

You must stop taking opioids before you start receiving VIVITROL. To be effective, VIVITROL must be used with other alcohol or drug recovery programs such as counseling. VIVITROL may not work for everyone. It is not known if VIVITROL is safe and effective in children.

## **Who should not receive VIVITROL?**

**Do not receive VIVITROL if you:**

- are using or have a physical dependence on opioid-containing medicines or opioid street drugs, such as heroin. To test for a physical dependence on opioid-containing medicines or street drugs, your healthcare provider may give you a small injection of a medicine called naloxone. This is called a naloxone challenge test. **If you get symptoms of opioid withdrawal after the naloxone challenge test, do not start treatment with VIVITROL at that time.** Your healthcare provider may repeat the test after you have stopped using opioids to see whether it is safe to start VIVITROL.
- are having opioid withdrawal symptoms. Opioid withdrawal symptoms may happen when you have been taking opioid-containing medicines or opioid street drugs regularly and then stop. **Symptoms of opioid withdrawal may include** anxiety, sleeplessness, yawning, fever, sweating, teary eyes, runny nose, goose bumps, shakiness, hot or cold flushes, muscle aches, muscle twitches, restlessness, nausea and vomiting, diarrhea, or stomach cramps.
- are allergic to naltrexone or any of the ingredients in VIVITROL or the liquid used to mix VIVITROL (diluent). See the medication guide for the full list of ingredients.

## **What should I tell my healthcare provider before receiving VIVITROL?**

**Before you receive VIVITROL, tell your healthcare provider if you:**

- have liver problems, use or abuse street (illegal) drugs, have hemophilia or other bleeding problems, have kidney problems, or have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if VIVITROL will harm your unborn baby.
- are breastfeeding. It is not known if VIVITROL passes into your milk, and if it can harm your baby. Naltrexone, the active ingredient in VIVITROL, is the same active ingredient in tablets taken by mouth that contain naltrexone. Naltrexone from tablets passes into breast milk. Talk to your healthcare provider about whether you will breastfeed or take VIVITROL. You should not do both.

# Kolbe Clinic

## Patient Orientation Packet Acknowledgement

I hereby certify that I have received and read the information provided in the Patient Orientation Packet provided by Kolbe Clinic.

I understand that by signing this document, I am agreeing and acknowledging that I am bound to the provisions outlined in this packet, and by extension, agree not to deviate from the regulations and responsibilities appointed to me by Kolbe Clinic.

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Full Name (Print)

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Signature

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Date