

# INNOVATIVE SOLUTIONS TO THE OPIOID EPIDEMIC

ADDICTION TREATMENT | CHRONIC PAIN TREATMENT | MEDICAL DETOX

## THE CONTROL CENTER



(866) 667-4557

[THECONTROLCENTER.COM](http://THECONTROLCENTER.COM)

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# THE FUTURE IS IN YOUR HANDS



We are  
focused on  
reducing  
opioid  
dependence  
for more than  
100,000  
Americans  
by 2020.

ROBERT BROOKE  
CEO, VITALITY

## LETTER FROM OUR CHIEF MEDICAL OFFICER

Our country's reliance on opioids to mask, escape from and treat emotional and physical pain is incomprehensible.

With the number of overdose fatalities and human suffering centered on excessive, long term opioid use, the medical & treatment communities must find effective solutions now.

As a response to the opioid epidemic, The Control Center by Vitality has developed high tech, innovative & medically sophisticated addiction and chronic pain treatment programs.



**100 million**

Americans suffering from  
chronic non-cancer pain

**10 million**

Americans prescribed long-term  
opioid therapy for chronic pain

Sources:

Ahrnsbrak et al. 2017: data from 2016 National Survey on Drug Use and Health; Furlan et al., 2006  
Volkow & McLellan, 2016; Saidi et al., 2018; Shaheed et al., 2016; Eriksen et al., 2006; Moulin et al., 2015; Manchikanti et al., 2011

# ADDICTION TREATMENT

Anyone who takes opioids is at risk of developing an addiction. The good news is that opioid drug addiction is treatable and can be successfully managed. If you or someone you know is struggling with addiction, take the first step: get informed and help them find the right treatment for them.

The Control Center by Vitality is committed to the implementation of innovative treatment solutions to end opioid addiction. We are combining novel treatments, technologies, and scientific research to provide effective new treatments for patients living with chronic pain and addiction.



# CHRONIC PAIN TREATMENT

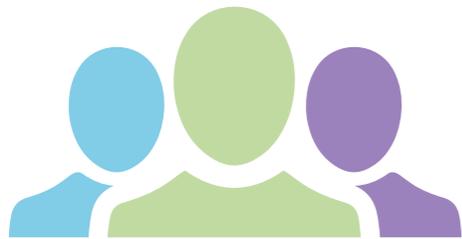
Chronic pain is pain that has persisted past 3 months. Chronic pain can have a significant impact on your daily life, mental health, and overall wellbeing. For many, chronic pain has led to a dependence on opioids.

Our medical team creates an individualized plan to treat chronic pain while eliminating opioid use. Our goal is to help you increase physical functioning, improve your ability to cope with pain, and promote the return to a productive home and work lifestyle.



# HOW IT WORKS

Our team is committed to raising the standard of care in chronic pain treatment and addiction recovery. Going beyond the traditional model of treatment, we offer patients a 12-month outpatient treatment program to help them achieve long-term, sustainable recovery.



- 1 Comprehensive Assessment
- 2 Admissions
- 3 Medical Detoxification
- 4 Vitality Treatment Programs
- 5 After Care Program

## VITALITY TREATMENT PROGRAMS



Our **Addiction Program** targets addiction and co-occurring disorders, alleviating an individual's overall symptoms.



Our **Chronic Pain Program** is unique in that we target not only chronic pain, but the mental health problems that most often co-exist with chronic pain.



## THE FIRST STEP BEGINS WITH YOU

We will work with you to determine the right treatment for you. One of our licensed clinicians will guide you through a free, comprehensive assessment and create a personalized treatment plan specific to your needs.

Take the first step, call us at (866) 667-4557 to receive a comprehensive assessment.

# DEDICATED TO PROVIDING INNOVATIVE TREATMENT

We are combining novel treatments, technologies, and scientific research to provide effective new treatments for patients living with chronic pain and addiction.



## WORLD CLASS MEDICAL TEAM

Our medical team includes board certified physicians, clinical psychologists, psychiatrists, physical therapists, registered nurses, and behavioral health specialists.



## PERSONALIZED TREATMENT

Patients receive a personalized treatment plan based on a comprehensive assessment with our medical team and real-time feedback from wearable technology.



## VITALITY HEALTHTECH

Patients stay connected with their medical care team through wearables, apps, and on-demand resources. Use of real-time feedback enables the Vitality team to optimize treatment.



## CLINICALLY-PROVEN TREATMENT

We have partnered with research universities across North America and conducted clinical trials to develop advanced chronic pain and opioid addiction treatment.

# MEET YOUR TEAM

We are a multi-disciplinary team of clinicians, psychologists, scientists, and bio-engineers, but the center of our treatment model is you. Our team is here to help you achieve sustainable, long-term recovery.

## OUR TEAM INCLUDES

- ADDICTION SPECIALISTS
- BOARD CERTIFIED PHYSICIANS
- CASE MANAGERS
- CLINICAL PSYCHOLOGISTS
- PHYSICAL THERAPISTS
- BOARD CERTIFIED PSYCHIATRISTS
- BEHAVIORAL HEALTH SPECIALISTS
- LICENSED SOCIAL WORKERS
- REGISTERED NURSES



# LEADING EXPERTS



**DR. JAMES P. WATSON**  
MEDICAL DIRECTOR

Dr. James Watson is a board certified plastic surgeon, a Fellow of the American College of Surgeons, and a member of the American Medical Association.

As a clinical research, Dr. Watson has been awarded more than \$1.5 million in grants for research into various topics. His investigations have resulted in more than two dozen journal articles and book chapters in medical publications.



**SHELBY ALKIRE LCSW**  
PROGRAM DIRECTOR

Shelby has been focused on social work for more than 10 years, obtaining a Bachelor's Degree in Social Work, and then a Masters of Science in Clinical Social Work from Columbia University in New York.

She has most recently overseen all aspects of comprehensive rehabilitation programs including components of residential detoxification facilities, structured recovery housing, as well as intensive outpatient treatment programs.



**DR. JENNIFER HUGGINS**  
CLINICAL PSYCHOLOGIST

Dr. Jennifer Huggins is a clinical psychologist. She received her Doctorate of Psychology with a Health Psychology Emphasis and completed a Postdoctoral Fellowship in Health Psychology at the California Pacific Medical Center.

Dr. Huggins is a published researcher with papers on the topics of post-traumatic stress disorder severity and marijuana use in coping.



**DR. STERLING ZIELINSKI**  
CLINICAL PSYCHOLOGIST

Dr. Sterling Zielinski is a clinical psychologist with a Doctorate of Psychology and specializes in individual psychotherapy, mindfulness, family systems, and integrated approaches to addictive disorders. His work experience spans business, military, entertainment and education.

Dr. Zielinski integrates meaning, psychoeducation, insight, and process therapies in the here-and-now.

# PERSONALIZED TREATMENT

You should feel confident you are choosing the best program for you or your loved one. The right treatment program will address a patient's overall physical and mental health including medical history, substance use history, co-occurring disorders, and emotional needs. Addiction and chronic pain look different for each person and so should treatment.

With the goal to provide the best in care for individuals, your medical care team will create a personalized treatment plan for you based on comprehensive assessments. Through the duration of your treatment, you will receive follow-up assessments and stress monitoring to support your treatment and improve recovery outcomes. Upon completing your treatment, our alumni program offers patients peer-network support, continuing education, wellness activities, and other resources to strengthen recovery.

## VITALITY PROGRAM OFFERS

- DETOXIFICATION
- INTENSIVE DAY TREATMENT
- PSYCHIATRIC CARE
- MEDICATION MANAGEMENT
- CASE MANAGEMENT
- GROUP THERAPY
- HEALTH & WELLNESS EDUCATION
- NUTRITION SUPPORT
- FOLLOW UP CARE
- INDIVIDUAL & GROUP THERAPY
- MINDFULNESS
- COGNITIVE BEHAVIORAL THERAPY
- EMDR & TRAUMA THERAPY
- RELAPSE PREVENTION & LIFE-SKILLS
- HRV & STRESS MONITORING
- PHYSICAL THERAPY
- VITALITY PATIENT APP
- AFTERCARE PROGRAM



## What Patients Say About Us



"Everyone was amazing, really passionate, loving, and caring. I don't know what I would have done without them. They've definitely saved my relationships with my family."

- Jackie



"The process of going through treatment, groups, and the opportunities I have had here, my life has become richer, more diverse, and more beautiful than I could have ever imagined."

- Sam



"They have this multi-layered, multi-faceted approach where they're looking at us. They see who we are and how we need to heal and recover. They look through the lenses of psychology, philosophy, neuroscience, creativity, and spirituality."

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# VITALITY HEALTHTECH

Technology is revolutionizing healthcare by enhancing patient care with innovative tools, bridging the communication gap between patients and providers, and empowering patients to take an active role in their own health.

We are committed to bringing a new age of technology into addiction and chronic pain treatment. We are harnessing the latest in technology to better support our patients in their journey to recovery - from wearable technology to custom applications.

## Heart Rate Variability Monitoring

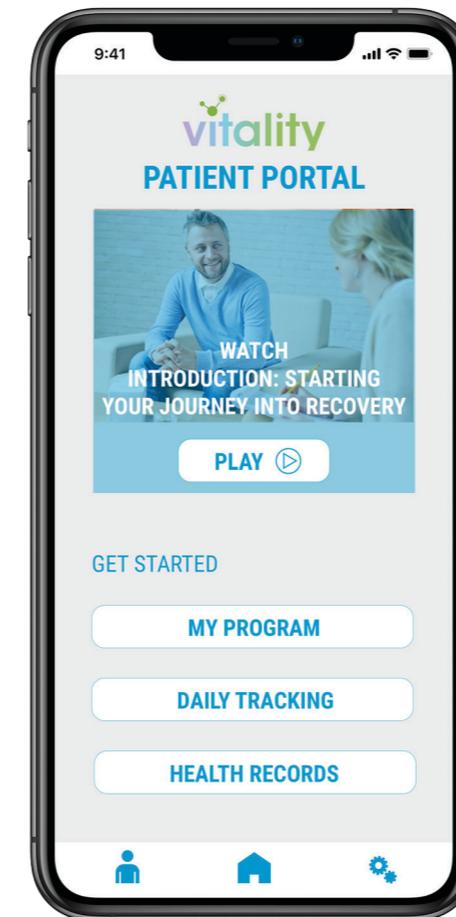


Heart rate variability (HRV) is a measure of your heart and nervous system activity. In clinical studies, HRV has shown that chronic pain and addiction patients usually have a lower HRV that can improve after treatment.

Our team monitors HRV via wearable technology to visualize physical and psychological stress, helping tailor patient treatment.

## VITALITY APP

Our easy-to-use app provides patients with a custom online experience. You will be able to tap into your health records, educational content, and other helpful resources.



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# CLINICALLY-PROVEN TREATMENT

Clinical research is essential for making advances in healthcare. Vitality Healthtech is leading the way by partnering with major research universities to develop new, more effective treatment methods for addiction and chronic pain. We believe that only by implementing clinically-proven treatments will we be able to eliminate opioid addiction.

At The Control Center by Vitality we use clinically-proven treatments in addiction and chronic pain patients that goes beyond the standard of care, focusing on dramatically improving patient-care and patient outcomes.



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