



TEXAS STAR *Recovery*

Chemical Dependency
Treatment for Adults

Detox

Medical Rehab

Residential

Intensive Outpatient (IOP)

Texas Star Recovery is a substance abuse treatment program for adults located in Austin, Texas. Under the leadership of Dr. William Loving, Texas Star Recovery maintains a reputation of providing the highest quality care for those suffering from chemical dependency or dual diagnosis in a structured and safe environment.

With a multitude of treatment options, Texas Star Recovery treats the source of addiction rather than just the symptoms. By addressing and processing the underlying desire to self-medicate, each patient receives the skill-set and tools necessary to build resilient, lifelong sobriety.

We provide a safe and nurturing environment dedicated to helping patients overcome chemical dependency. Once their relationship with addiction is defined and acknowledged, the doors of progress open and the pathway to recovery begins.



“I walked
out the door
hopeful,
CONFIDENT
and ready.”



Accredited by Joint Commission
and licensed by Texas Department
of State Health Services.



Levels of Care

Medical Detoxification

For patients subject to medical complications, health risks and/or extreme discomfort when beginning treatment. Patients are seen by an ASAM board certified physician on a daily basis with twenty-four hour nursing care. Average length of detox is seven days.

Medical Rehabilitation

For patients no longer detoxing, but who still require a high level of medical attention from physicians and nursing.

Inpatient Residential Treatment

For patients who have stabilized and need an inpatient program focused on 12-Step fundamentals, relapse prevention and development of support systems. Typical length of stay is ten days.

Vista at Texas Star 30 Day Treatment Program

An eight bed, up-scale setting providing a high level of individual care with private rooms in a safe environment. Offers a holistic approach to overcoming addiction with a focus on reintegration into society. Insurance may be used for detox on-site at the inpatient facility.

Intensive Outpatient Program (IOP)

This unique treatment option allows patients to receive chemical dependency or dual-diagnosis treatment without committing to an inpatient setting. IOP treats the root cause of the addiction with an emphasis on cognitive behavioral therapy, family dynamics, education, group and individual process sessions. The Six-week program consists of three evenings per week (Monday, Tuesday and Thursday from 6:00 pm to 9:00 pm).

Aftercare

Weekly program that offers support, structure and guidance from peers and staff. Alumni may attend for as long as desired.

Admission Process

We recognize time is of the essence and we strive to make the admission process as simple as possible.

- Referrals are accepted by phone 24/7
- Pre-arranged admissions take place seven days a week from 7:30 am to 11:00 pm
- FOR EMERGENCY ROOMS, doctor-to-doctor after hour admissions may take place 24/7

Note: If patient is actively suicidal, they will not be admitted and will be referred or transferred to an appropriate level of care.

How it Works

- Referral is made to admissions by phone (or by fax during business hours)
- Texas Star will establish contact with patient in a timely fashion
- An initial phone screening ensures Texas Star as an appropriate level of care
- Financial counsel and insurance verification is provided
- An admissions specialist will schedule assessment/admission

Admission Assessment and Evaluation Components

- Comprehensive chemical dependency evaluation by an ASAM certified physician
- Psychiatric assessment conducted by psychiatrist (if deemed appropriate)
- Nursing assessment conducted by RN
- Clinical assessment conducted by masters-level clinician, treatment plan formed
- Medical history/records obtained by physician
- Dietary assessment provided by licensed dietician

Texas Star's Approach To Recovery

- Customized treatment plan (including dual diagnosis)
- 12 Steps-A Foundation for Recovery
- Cognitive behavioral therapy
- Individual sessions with physicians and clinicians
- Process groups
- Relapse prevention
- Family of origin work
- Education about the nature of addiction as a disease
- Healthy living classes
- Family education
- Processing negative feelings associated with addiction
- Integration into recovery community (AA, NA, CA, Al-Anon)
- Reintegration into society
- Spiritual awareness and individual sessions with spiritual advisor
- Healthy stress management options: yoga, meditation, exercise
- Weekly alumni support group
- Family weekend
- Aftercare



Our Commitment



Thank you for entrusting Texas Star with the well-being of your patients.

Our commitment is to provide each patient with the highest quality of care possible.

We understand the importance of communicating patient information. If you would like our staff to be aware of specific information regarding the care of your patient, please ensure this is communicated upon referring.



Texas Star Recovery - Medical Staff

William 'Bill' Loving, MD, ABAM - Medical Director

Board Certified Psychiatrist ★ Board Certified in Addiction Medicine
Licensed Buprenorphine Provider by The National Alliance of Advocates for
Buprenorphine Treatment ★ Assistant Professor at Texas A&M's Dept. of
Psychiatry and Behavioral Science

For over 25 years Dr. Loving has treated psychiatric, chemically dependent, and dually diagnosed patients. His philosophy is to treat chemical dependency as a chronic self-induced central nervous system disorder. Dr. Loving evaluates individuals in order to diagnose and address psychiatric issues that may complicate treatment.

Dr. Loving graduated from the University of Texas Medical Branch in Galveston, Texas in 1974. After serving his psychiatric residency at Austin State Hospital, he began his neuropsychiatry practice.



Matthew E. Masters, Jr., MD

Diplomate, American Board of Addiction Medicine
Diplomate, Internal Medicine ★ Assistant Professor at Texas A&M's
Department of Psychiatry and Behavioral Science

Dr. Masters graduated from The University of Texas Health Science Center in Houston, Texas in 1987. He completed his residency in Internal Medicine at University Medical Center Brackenridge in Austin, Texas.



William J. McCreight, MD

Board Certified in Addiction Medicine ★ Board Certified in Family Medicine
Dr. McCreight graduated from The University of Texas in San Antonio, Texas in 1992. He has hospital privileges at Texas Star Recovery Program and maintains a private practice in family and addiction medicine.



Russ H. Carter, MD, MBA

Diplomate Physical Medicine and Rehabilitation ★ Subspecialty Certification
in Pain Management and Sports Medicine

Dr. Russ Carter graduated from the St. George's School of Medicine. He completed a residency in psychiatry at the University of Pittsburgh and a fellowship in pain management at Western Pennsylvania Hospital. He maintains a private practice in pain and addiction medicine.

Elaina Jensen, MSN, NP-C

Board Certified Family Nurse Practitioner ★ Board Certified Family Psychiatric Mental Health-NP
Board certified Addictions-NP by Addictions Nursing Certification Board

Elaina received her Masters of Science in Nursing from The University of San Diego in 1996 and Post-Masters Certificate from The University of Texas in Austin as a Family/Psychiatric Mental Health -NP.

Texas Star Recovery - Contracted Sources

Chemical dependency services at Texas Star Recovery are contracted under Neuro Institute of Austin, L.P., dba Texas NeuroRehab Center.

Inpatient Treatment Program

Aetna Behavioral Health
Beech Street
Blue Cross / Blue Shield
CIGNA Behavioral Health
CompCare
ComPsych
First Health / Coventry
LifeSYNCH / Humana
Magellan Behavioral Health



PHCS/Multiplan
Scott & White Health Plan
Seton Health Plan
Texas True Choice
United Behavioral Health
Value Options

Intensive Outpatient / Dual Diagnosis Program

Aetna Behavioral Health
Blue Cross / Blue Shield
CIGNA Behavioral Health
CompCare
ComPsych
LifeSYNCH / Humana

Magellan Behavioral Health
Seton Health Plan
Scott & White Health Plan
United Behavioral Health
Value Options

- ★ Individual Patient Agreements for out-of-network benefits will be negotiated.
- ★ In the event that a Managed Care Organization is not indicated on this list, the services may be managed through an affiliate network.

Vista at Texas Star

30 Day Treatment Program

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TexasStarRecovery.com

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