

Detoxing While You Work

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Palm Beach Outpatient Detox in Boca Raton, Florida is South Florida's cutting edge, outpatient treatment facility, creating a new path to recovery from drug and alcohol addiction. Steven R. Scanlan, M.D. and David Remland opened PBOD in 2008 with the goal to detoxify their

patients from drugs and alcohol using minimal amounts of prescribed medications. With their straightforward approach to detoxification, they keep patients in their everyday environment, while requiring deep commitment and motivation—thus allowing for more successful results, real recovery and fewer opportunities for relapse.

Celebrating a combined 36 years of sobriety, they have created a new and powerful approach to recovery. Their “less is more” concept of detoxification is embodied in their treatment programs. With a success rate far above the national average, based on standard in-patient programs, their approach is always very personal and is always based on abstinence and recovery.

Steven R. Scanlan, M.D. is board certified in General Psychiatry and addiction medicine, celebrating seven years of recovery from opiate addiction. “I specialize in empowering my patients to experience true recovery from opiate, benzodiazepine and alcohol addiction. I am one of few doctors in the country to regularly practice a safe administering of the detoxification drug Subutex®/Suboxone® in proper, non-addicting amounts. I also specialize in successfully detoxing Subutex®/Suboxone® addicts. I have performed well over 1,000 detoxifications in the last few years. I specialize in relapse prevention, dual diagnosis treatment (e.g., bipolar disorder coinciding with opiate addiction), and psychopharmacology, (the study of drug-induced changes in mood, sensation, thinking, and behavior).

Graduating with honors in psychiatry from Northeastern Ohio Universities College of Medicine, Dr. Scanlan completed his psychiatry residency training at the University of Miami/Jackson Memorial Hospital—renowned for being one of the busiest psychiatric emergency rooms in the United States.

Dr. Scanlan adds, “I have served as an attending physician at one of the largest inpatient detox and rehab facilities in the United States, working with patients from their first day of detox up through their first year of recovery. I have also served as Chief Psychiatrist at the Broward County, Florida Sheriff's Department. I am an active member in the American Board of Psychiatry and Neurology, the American Psychiatric Association, the American Medical Association, the American Society of Addiction Medicine and The Association for Addiction Professionals (NAADAC).”

“I met David Remland at a 12-step meeting, where David became

my sponsor.” Honoring 29 years sobriety, David Remland started his drug addicted path when he was 12 years old.

David Remland has been active in recovery since he was 17 years old, but prior to that, things were much different. “On the outside, my family had a “picture perfect” life, but the reality on the inside was that alcoholism was having an enormous negative effect on me and my entire family. Being the oldest of three came with a lot of responsibility, and I needed to fill the void in my life—alcohol and drugs seemed like my best solution. At age 16, I was kicked out of my house, fending for myself on the streets of New York. By age 17, my addiction got progressively worse. I stole cash, a check from my brother, and moved from drug house to drug house simply for a place to sleep. After living two months on the stolen check from my brother, I was found at a drug house. I had two choices: rehab or jail. I have to admit, rehab sounded better because I would get three meals a day and better housing. I went into a traditional in-patient rehab in Minnesota where I spent 49 days. After the first initial withdrawal tantrum, I surrendered to my addiction saying, “I give up. I can't do it anymore.” Everything started making sense. I worked my 12 steps and as a result of my spiritual awakening, I regained my confidence and trust in my family. I became very successful in the real estate business and have a wonderful family with two boys ages 10 and 12.”

Over the last 29 years, David says he has had many ups and downs, but sobriety has always stayed the number one priority in his life. Like most successful recovered addicts or alcoholics, he acknowledges that “without sobriety I would have nothing.” He has attended over 4,000 12-step meetings during his recovery and still attends meetings weekly involving his clients at PBOD.

Our detox facility has a 24/7 on-call system. We are always readily available, creating fewer opportunities for our patients to relapse. Personally taking them to solution-oriented, 12-step meetings, getting involved with the correct sponsor and finding them beneficial support groups are key factors for our patients to stay on the road to a successful recovery.

PBOD offers several different treatment programs—alcohol, opiate and benzodiazepine detoxification starting at \$2,000. Detox from Subutex/Suboxone will cost an average of \$5,000 due to the amounts of time and attention needed to medically stabilize a patient.

PBOD's Life Program is a 60-day outpatient program, costing \$5,000 and includes the following: detox, individual therapy, relapse prevention, medication management, drug testing and life-skill training. In addition, a recovery plan is tailored to each individual patient based on their needs. Patients are also introduced to the 12-step program with one-on-one education and selected meetings outside of the office.