

# Powell Chemical Dependency Center

## Powell CDC Treatment Information

- Voluntary program
- Abstinence based (generally, no benzodiazepines, opioids, or stimulants)
- 12 Step based program
- Must be 18 years old and out of high school
- Treatment unit is not a locked unit
- Residential (Inpatient) at Powell CDC is short term - 2-3 weeks followed by intensive outpatient
  - Residential care is not on a medical floor - is bedded outpatient
  - Serious medical conditions must be addressed before or after residential care
  - Residential program does not have 24-hour nursing
  - Patients must be completely independent in activities of daily living and not requiring PT, OT, RT, IV's etc.
  - Focus of care at Powell CDC is on substance use disorder treatment
  - Patients must be psychiatrically stable (not actively suicidal/homicidal)
- Treatment consists of counseling and education groups 7 days a week, as well as individual counseling
- Family Program is available to anyone
- Mental health therapy available on a short-term basis
- Public Education program available to anyone
- Specialized groups available (liver and kidney disease related to addiction)
- Free Aftercare program for patients and family members/concerned persons
- Active health insurance or self-pay is required - do not have sliding fee scale
- Evaluations for treatment are scheduled by calling 515-263-2424

### Powell Chemical Dependency Center (Powell CDC)

Iowa Lutheran Hospital  
700 E. University Ave.

Des Moines, IA 50316

**Phone** 515-263-2424

**Fax** 515-263-2463

**To access treatment or ask questions, please call 515-263-2424.**