

REDISCOVERY DRUG AND ALCOHOL PROGRAM DESCRIPTION

The Our Home, Inc. Rediscovery Program is a program especially designed to help young people, such as yourself, who are experiencing substance abuse and dependence. The program is based on the belief that chemical dependency is a progressive illness, and it is best treated as such. We also believe that this illness has a harmful effect on you as you are going through the natural process of growing into a young adult. The program that you will be participating in has been specifically designed to help you begin a chemical dependency recovery program, to help you understand the transition from child to adult, as well as how this transition is affected by substance abuse/dependence. The program will also provide you with specialized skills to help you in your recovery program and in your transition into a young adult.

The program believes that group methods are the best way to help you in your recovery and personal growth. You will be participating in a lot of group activities during your stay. You will be expected to use these groups to your own advantage and to help others in their recovery and growth. It is especially important that you understand that your treatment experience can only be a beginning in helping you live a healthier and more satisfying life. You are responsible for applying the things that you have learned in treatment to your daily life.

The Our Home, Inc. Rediscovery Program is 45 days (about 1 and a half months) to 60 days (about 2 months) in length (Short Term Relapse Program is 18 days (about 2 and a half weeks) in length), depending upon your individual needs. During your stay, some of the activities that you will participate in will include the following:

- Peer Group
- Step Group
- Education Group
- Spirituality Group (optional)
- Task Group
- AA & NA Meetings
- Other groups and activities as assigned

You will also be participating in individual counseling, recreational activities, school, and family counseling/services.

DISCHARGE CRITERIA

General Discharge Criteria

- The person presenting substance abuse no longer appears to present danger to others or self.
- The person served has accomplished the treatment plan objectives.
- There is concurrence among the person served, the treatment team, referring parties, parents/guardians and the utilization review team as to discharge readiness.
- An aftercare plan appropriate to the strengths, needs and abilities of the person has been established

Alternate Discharge Criteria

- If further treatment as assessed by the person served, the treatment team, the referring party, the parents and guardians or the utilization review team (PRO) is deemed unlikely to be of further benefit, this assessment may stand as a discharge criterion.
- If the person's continued stay is assessed by the treatment team, the referring party, the parents and guardians or the utilization review team (PRO) as posing a risk of serious harm to self or others, this assessment may stand as a discharge criterion.

SHORT-TERM ADOLESCENT RELAPSE TREATMENT

The Our Home Short Term Relapse Treatment Program is an intensive 18-day program. This program is designed for adolescents with a diagnosis of alcohol and other drug dependence, and who have successfully completed drug and alcohol treatment at least once. The individual must have relapsed while living in the community.

The purpose of the program is to assist adolescents in re-establishing their recovery program and in making vital community connections to support recovery. Therefore, the treatment process places a focus on identifying primary relapse “triggers”, relapse prevention and developing a continued care plan. An emphasis is placed on family involvement as well as involvement from the primary referral and other community support providers.

Treatment Philosophy

The Our Home Rediscovery Program Philosophy is based on the belief that chemical dependency is a chronic and progressive illness, and that the illness affects the individual in a holistic sense. The primary goal of treatment is for the individual to achieve sustained abstinence. However, programmatic experience is that relapse during recovery is not an uncommon event, especially among adolescents.

Therefore, it is the philosophy of this program that early and intense intervention in relapse episodes can help arrest the relapsing condition and redirect the individual toward recovery. Finally, it is also a critical belief that a philosophical sound support system increases the likelihood of recovery outside of a youthful treatment setting.

Admission Criteria

The Our Home Rediscovery Program will accept individuals based upon the following admission criteria.

1. Applicants must be between the ages of 12 through 18 years of age.
2. Applicants must meet the current DSM diagnostic criteria for substance dependence disorders and have successfully completed treatment at least once.
3. Applicants shall not require detoxification services.
4. Payment arrangements must be established prior to admission.

Discharge Criteria

The Adolescent Relapse Treatment Program will base discharges on the specific criteria summarized below.

1. Satisfactory completion of the treatment plan;
 - Completion of Standard Tasks.
 - Completion of individualized tasks.
2. Develop a Continued Care Plan suitable to the youth's needs and situation.
3. Assessed readiness for transfer to lesser level of care according to ASAM.
4. Completion of community contact with pre planned aftercare providers.

Discharge planning

Discharge planning is a vital component to assure that the youth with assistance is connected to the resources in their community. The process of connecting youth and community resources is summarized below:

1. The primary counselor will ensure that the youth contacts community resources prior to youth's discharge from treatment. Resources may include but are not limited to the following:
 - Aftercare counselor
 - School contact (Guidance Counselor, Principal)
 - Mentor
 - AA/NA Sponsor

2. A Continued Care Plan will be established prior to discharge. This plan may include but is not limited to the following:
 - Relapse triggers basic intervention plans.
 - Identify appointments and aftercare dates.
 - Times and frequency of AA/NA meetings.
 - Support systems and phone numbers.
 - List of supportive peers.
 - List of supportive activities.

3. The youth will review the Continued Care Plan and Aftercare instructions with the parent/guardian and referring party prior to discharge