

## **Pine Recovery Center Description**

Pine Recovery Center is a community based, alcohol and drug treatment provider located at 120 West School Avenue, Visalia California 93291. We are certified and licensed by the State of California, Department of Alcohol and drug to provide 26 residential beds for men, 1 bed for detoxification, 25 beds for the primary recovery program. Following successful completion of the 90 day program, clients enter the after care phase of recovery which ends one year from their date of entry into the program. All admissions into the program are on a voluntary basis, and rules for acceptance are the same for everyone without regard to race, color, creed, national origin, gender, sexual orientation, age, religion, ancestry, or physical disability.

The program is based on the Comprehensive Social Model Service modality. In this setting the client is responsible to himself, the home, and to other residents.

Comprehensive Social Model (abbreviated definition):

1. (By practice) views that the range of behavioral choice is determined by interaction between individuals and their environments, and views the process of behavioral learning as experiential.
2. (By practice) maintains practices and values that support desirable behavior and discourages undesirable behavior.
3. (By practice) is a system model that incorporates elements, social customs, and cultural values as interacting influences on the system.

Through education, re-socialization and development of social skills, residents learn how to live responsibly without the use of alcohol and drugs. Criminal and gang

behaviors and are not allowed in the program, and are addressed, as many of our clients have histories of criminal and gang activities.

Clients learn basic life skills such as cooking, house and yard maintenance, meeting deadlines and living with schedules. The daily repetitive routine helps bring order to former chaotic lifestyles.

Comprehensive Social Model provides a therapeutic environment through a hierarchy of authority and accountability. This consists of a Resident Council (all the residents), and an Executive Council (5 elected members). The Executive Council performs the critical duties of screening prospective residents and handling disciplinary matters, overseeing house meetings and maintaining order. Executive Council Members have 30 day terms. All Executive and Residential Council activity is overseen by program staff.

A 6 point system is employed to ensure all weekly program requirements are met. The six point categories are: (1). completion of chores, (2). attendance at 8 A.A. /N.A. meetings minimum, (3). 8 service hours, (4) paper work completed, (5) no disciplinary write-ups, (6) and participation in recreation. Without all six points no pass is allowed. Passes are a privilege.

The role of staff is to guide and assist the client in development of a personal recovery plan as well as ensure the integrity and safety of the home and residents. Guides assist clients with their needs (referrals etc.) and hold them accountable on program requirements. Clients receive a minimum of one dyad session per week with their guide.

All Pine Recovery Center staff meets State of California, Department of Drug and Alcohol regulations for working in the recovery field.

All new admissions are screened within 48 hours and orientated by staff concerning expectations of the program and policy by staff. Paperwork requirements and time lines are explained at this point and a “buddy” is assigned to the resident to assist him in settling into his new home. The buddy is a senior resident who is familiar with all aspects of the program.

### **Initiation of Program**

All residents go through a **21 day blackout period, beginning at admission. Clients can only send and receive mail during the blackout.** Within the first seven days clients complete an initial recovery plan called “Where Are You Now?”. The purpose of this plan is to identify priorities in the client’s life and suggest indicated adjustments to put the client on the right track.

“Goals and Objectives” is a weekly paperwork requirement and is reviewed in a process group every Wednesday morning for validity and accountability.

At 14 days the client and the guide design a treatment plan which is reviewed at projected completion times and as new issues arise. **Most treatment plans require completion of steps four and five (Inventory Steps) and this goal must met before job search or work can begin at 75 days. If a resident meets the above requirements, and has a valid California driver license, registration, and insurance, he may have an automobile to go or look for work.**

Client evaluations are done by the Executive Council at 21, 45, 75 and 90 days and passed on to staff for review. At 21 days the resident must turn in work sheets called the “First Step Preparation”, First Exit Plan, and a self discovery booklet called “talay” (take a look at yourself). Depending upon a clients’ treatment history and drug of choice, we require a client Relapse Prevention, Quitting Meth, or Quitting Heroin workbook as part of a treatment plan.

Our core curriculum is the evidence based “Living in Balance”. The Living in Balance counseling program is both psycho-educational and an experiential treatment model. It is designed so that clients can enter at any point in the cycle of sessions and continue in the program until all sessions are completed.

The Living in Balance manual is intended for use by professional counselors who have been trained in the provision of alcohol and other drug treatment and is appropriate for use in outpatient, inpatient, or residential treatment settings. The Living in Balance manual was initially developed by a team of staff members and expert consultants associated with the Center for Drug Treatment and Research for a cocaine treatment research demonstration project funded by the National Institute on Drug Abuse (NIDA). Although it was originally designed specifically for a cocaine abuse population, it is holistic and generic in content and therefore applicable for the treatment of a wide range of drug abuse disorders, including poly-drug abuse. We substitute the word “cocaine” in class room settings with “drug of choice,” or in one on one instruction, whatever the drug of choice may be for that particular client.

The residents receive 9 educational hours per week, 5 process group hours, and 6 recreation hours. The fourth and fifth weeks have all the normal process groups but the educational classes are open to videos and gender specific topics such as Men, Sex, and Recovery.

It is strongly suggested that all residents get an N.A or A.A. sponsor as soon as possible and we employ a tool called the "Sponsor Sheet". This is a device designed to keep the client accountable on reading assignments and step work with a sponsor. Sponsors also provide an outlet for the client to discuss program issues without fear of reprisal. Clients often perceive program rules as unjust and need to vent to someone outside the program.

A.A. and N.A book study are held 2 times weekly. Pass meetings are held once weekly to authorize client passes. A family member or significant other must participate in Family Group and Nar-anon/AI-anon meetings for the client to receive overnight passes.

Parenting classes are mandatory for all residents. The parenting curriculum is aimed at high risk families with tools for managing children in the home. The curriculum is composed of 5 modules beginning with Self Care (5 weeks), Communication (7 weeks), Developmental Issues (6 weeks), Anger Management (6 weeks), and Behavior Management (6 weeks). Certificates are awarded for each component upon successful

completion of the topic. The parenting instructor has nine years experience in presenting the curriculum to recovering men and women.

Tulare County Superior Courts accept our certificates in cases where parenting classes have been mandated as a legal requirement. Clients are encouraged to keep coming back after leaving residential services to complete all five modules at no charge.

Testing for alcohol and drug use is random, but most tests are conducted when the client is suspected of using or drinking or is indicated by a change in the clients behavior. All marijuana users are tested for THC levels at admission to establish a baseline, from which levels should decrease to 0 around 30 days from entry. 5 panel instant tests are used and positive tests are sent to Redwood Labs to confirm if the client contests the result. We use Alcohol saliva strips, sense of smell, and observe behavior to confirm alcohol use.

### **Aftercare**

After completion of the primary program, the client is strongly encouraged to enter the after care phase of recovery. Aftercare is a 9 month commitment, keeping the client in treatment a full year from his date of entry into residential services. The requirements for after care are:

Documentation for attendance at 3 meetings (A.A./ N.A) a week.

Attendance at the process group called "Caring and Sharing" every Sunday evening at 7:00 pm.

Brief face to face with the After Care coordinator every week and a scheduled one on one every month.

The share of cost for the participant is \$5.00 a week. Volunteers are not charged a fee.

Any Pine Recovery Center client is welcome to come back and talk to a staff member at any time, day or evening hours at no cost. Pine Recovery Center is a drop in center which offers comprehensive support and services for life. Men return years after completion for fellowship and to give back.

### **Volunteerism**

Volunteerism lies at the heart of social model recovery. The principle of one alcoholic/addict helping another is paramount to the process of recovery and character building. Volunteering at the home you received services from provides a continuum of therapeutic contact with staff and newcomers at the next level. The volunteer is now able to put into practice the principles talked about in early recovery under staff supervision. The volunteer learns empathy for his fellow man, while putting program into action for himself and others. We encourage most residents to consider volunteering.