



PO BOX 525  
GILBERT, ARIZONA 85299  
480 782 0403  
HOPEFORADDICTION.COM

## Liberty House Program Overview

### Care Plans/Services

#### **Safe Shelter:**

- Provide safe shelter for at-risk single moms (and their kids) and single women.
- Women from situations of substance abuse, trauma, domestic violence, or homelessness are eligible.

#### **Recovery/Sobriety:**

- Women participate in weekly recovery meetings and weekly classes to understand and identify specific triggers, learn coping tools and build a supportive community.
- In addition, women participate in daily activities to practice recovery tools and implement relapse prevention strategies. Daily activities include worksheets and dialog with staff and volunteers.
- Relapse Prevention Plans are created together with staff to ensure success.
- Drug tests are conducted randomly at least once per week, more if needed.

#### **Parenting:**

- Women follow a general parenting plan that teaches how to meet the physical and emotional needs of their children.
- Parenting coaches work with moms for specific and age appropriate needs through parenting classes and Individualized Parenting Plans (IPP).

#### **Counseling:**

- One-on-one counseling to address the areas of addictions and trauma with certified counselors specifically trained in addiction and trauma.

#### **Responsibility:**

- Women are taught the importance of personal responsibility in all areas of life and provided a plan to assist in taking responsibility.

#### **Health:**

- Women are supported in the areas of nutrition, health and personal hygiene.
- Weekly menu planning meetings ensure healthy meal planning for mom and children.

### **Money Management:**

- Women are taught to budget and correctly use finances.
- This skill begins with successful management of EBT as women do not begin working a job until a level of stability and success in completing program goals is achieved.

### **Relationships:**

- Staff assist women to evaluate current relationships and teach them how to have healthy relationships in all areas of life.
- Each relationship is carefully evaluated and reviewed before re-entering.

### **Long-Term Success:**

- Women are prepared to transition to an appropriate long-term program to ensure long-term success.
- Women who desire to transition to the Hope for Addiction long-term home, Freedom House, will begin Freedom House transition steps including securing a part-time job.

## **Program Outcomes**

### **Women are evaluated and supported toward the following outcomes:**

- Consistently and successfully follow a daily schedule.
- Meet the needs of children through general and individual parenting plans and staff guidance.
- Follow individualized care plans and program expectations.
- Recognize areas of personal need and seek help appropriately.
- Honestly communicate needs, fears, and struggles.
- Plan and prepare healthy meals with guidance.
- Demonstrate ability and willingness to secure and maintain employment.
- Maintain consistent sobriety, verified through random clean drug tests.

## **Misc**

- Individual goals and practical steps to accomplish goals are created throughout the process to promote long-term stability and independence.
- Weekly evaluation of goals is done by staff and reviewed with each woman. Changes and additional supports are implemented as needed.
- Staff works closely and alongside the women/children.
- Liberty House is a live-in facility with one staff member living in the home. Observation is critical to evaluate, create and accomplish outcomes and goals.
- Staff are constantly encouraging, discussing and supporting women to keep moving forward.
- We utilize schedules, menus, parenting plans, goals and specific care plan outcomes to measure progress.
- If a woman has difficulty, additional supports are added to help women progress.