

RESPONSIBILITIES OF CLIENTS

Individuals admitted to Harbor House assume a great deal of responsibility for their care and personal growth. They are treated with respect and dignity and are provided with all available information so that they can make informed decisions about their care.

Recovery begins when clients accept and admit that they have a problem, that they are powerless over their addiction and that their lives are unmanageable. They must be willing to go to any length to achieve and maintain sobriety, be honest with themselves and others and be thorough in examining all areas of their lives, including their relationships and patterns of living. Old ideas and behaviors need to be discarded and replaced with new healthy living skills and coping mechanisms.

SPIRITUAL DISCOVERY

An important part of all Twelve Step recovery programs deal with spiritual discovery. Part of the recovery process is realizing that there is a power greater than the power of each individual. An individual's road to prolonged sobriety can best be achieved by developing a relationship with a Higher Power that is meaningful to that individual. We are very respectful of each person's individual spiritual and religious beliefs. Twelve Step recovery programs deal with spirituality not religion. We believe that what's important for each individual is the journey, the searching associated with finding spiritual meaning which will support a solid recovery program.

CERTIFICATION

Harbor House is certified by the State Department of Mental Health and CARF (Commission on Accreditation of Rehabilitation Facilities) to operate primary residential treatment beds in Jackson,

Mississippi. All other programs are certified by the Mississippi Department of Mental Health. The agency has a total of 106 beds and receives financial support from the Mississippi Department of Mental Health, the Mississippi Department of Rehabilitation Services, the City of Jackson, private foundations, corporations and individuals.

FAMILY PROGRAM

The Family Program is available to all families and friends of active clients at Harbor House and to the general public. It focuses on information and education about the disease of addiction and is held on Thursday evenings from 6:30 p.m. to 8:30 p.m. (for a total of six sessions). The major goal of the Family Program is to provide families and friends with information and education that allows them to understand the disease of addiction and what they can do to begin the process of recovery. Families are affected by addiction in many ways and they suffer many consequences; their own recovery is essential for their welfare and for that of the client.

The Family program covers the same six-week curriculum as that of the educational program for the clients. At the start of each session the topic for the evening is introduced, followed by a film, a brief lecture and a discussion circle that includes the clients whose families/friends are in attendance. The last fifteen minutes of the Program allow for clients and families to continue their discussions together in small groups. The films provide information on the medical aspect of addiction, the stages of recovery, the signs and symptoms of relapse, spiritual advice on the dangers of enabling, behaviors associated with denial and client testimonials about relapses associated with cross addiction. Participants can sign up for a formal family conference to be scheduled by the client and counselor on or before the fifth week of treatment.

FAMILY PROGRAM CURRICULUM

The Addicted Brain

- Chemical Imbalance, Dysfunction & “Brain Reward Regions”
- Emotional Memories that Predispose Cravings & Relapse
- Euphoria, Tolerance & Compulsive Use
- Prevention, Intervention & Recovery

Mood Altering Drugs

- Cocaine & Crack
- Alcohol & Marijuana
- Hallucinogens
- Narcotics, Stimulants & Depressants

Denial – Is It More than Just a Lie?

- Cultural History – Alcohol and Drugs Over the Years
- Social Environment – Drinking and “The Good Life”
- Feel-Good Drugs
- Intrapsychic Consequences-Two Directly Opposing Beliefs Conflicting within One Person
- Overcoming the Moral Stigma of Alcoholism and Drug Addiction

Warning Signs of Relapse

- What is Relapse? / What is Recovery?
- The Process of Becoming Dysfunctional in Recovery
- The Process of Learning to Live a Healthy Spiritual Life
- Present Moment Living in the Here & Now
- What Can Others Do to Help?
- Replacing Shame & Blame Using Feeling Statements

Enabling

- How to quit rescuing and caretaking
- Getting off the Drama Triangle
- How to Stop Doing for Others What They Can & Should Do for Themselves
- Helping Others to Grow, Learn & Change...Being Myself!

Detachment

- Limits and Boundaries for Healthy Relationships
- How to Say No Without Feeling Guilty
- Learning to Let Go & Let God

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for the
M I N D , B O D Y , & S P I R I T



Funded and Certified by the
Mississippi Department of
Mental Health

Welcome to Harbor House Chemical Dependency Services, one of the region's premier non-profit, community based addiction treatment providers. Our skilled treatment team has delivered services to over 10,000 men and women since 1973. Our mission is to offer a continuum of high quality, affordable and effective chemical dependency treatment services and programs for adults and their families, including those who cannot afford private treatment facilities.



PROGRAMS

Harbor House is proud to offer a continuum of care of residential programs, including primary (six to eight weeks) and secondary (sixty days) care for men and women and a sober living house for men (up to six months). We also offer Outreach and Recovery Support services for men and women, a Family Program, a DUI Diagnostic Assessment Service and an adventure-based Ropes Course. Detailed information on each program can be found at www.hhjackson.org. The Mission of Harbor House has not changed since we opened the doors in 1973.

PRIMARY CARE

The first phase of recovery at Harbor House for individuals interested in overcoming addictive behaviors and lifestyles is the Primary Care Residential Program. Clients stay fulltime at the main campus for six to eight weeks. The Program utilizes evidence based practices and a Twelve Step recovery model. There are separate programs for men and women.

The clinical staff develops an Individual Service Plan with each client that is used as a guide to prioritize client goals and objectives and measure client progress. The Plan outlines a roadmap for the client to follow to become a productive member of society, improve relationships with families and friends, secure gainful employment and enhance their level of spirituality.

The daily program includes individual counseling, small group discussions and educational classes. Time is also allocated each day for clients to complete written assignments and household chores, interact with their peers on a one-on-one basis, engage in physical fitness activities and attend regular Twelve Step recovery meetings. Arrangements are made with other agencies, organizations and providers if clients need services not available at Harbor House.

SECONDARY CARE

Clients are able to extend their treatment for another sixty (60) to ninety (90) days by transferring into the Secondary Care Residential Treatment Program (or Transitional Program). Research shows conclusively that the length of treatment has a direct relationship to the probability of a successful, long-term recovery.

The Secondary Program is based on the philosophy that individuals in recovery need practice to change old habits and to maintain a healthy, productive lifestyle using the information they have learned in primary treatment. Transitioning into a clean and sober life involves becoming active in Twelve Step recovery groups, such as Alcoholics and Narcotics Anonymous, finding employment and taking responsibility for making honest, informed decisions.



The major goal of the Secondary Program is to provide a stable environment which promotes individual accountability, responsibility and productivity. Objectives supporting this goal include handling house-keeping chores, finding and maintaining gainful employment compatible with treatment requirements, learning time and money management, becoming an active member of the recovery community, gaining awareness of relapse signs and symptoms and acknowledging family obligations. Other goals are more individual in nature and involve personal growth of both integrity and spirituality.

Records are maintained of client participation in small groups, completion of daily written inventories and weekly assignments, consistency in following daily itineraries and weekend schedules, as well as their attendance at Twelve Step meetings, Aftercare, Big Book and Twelve Step study sessions and morning meditations.

Secondary clients may bring a vehicle (with current driver's license, tags, and insurance) to be parked in an enclosed lot, take the city bus or use the Harbor House van for transportation to and from work and shopping. Staff is available twenty-four hours per day at each location.

OUR TREATMENT PHILOSOPHY



Our treatment philosophy is based on rehabilitating each individual's mind, body and spirit. We believe that addiction is a treatable illness, that it can be overcome by following a twelve step recovery program such as that used by Alcoholics Anonymous and Narcotics Anonymous and that all residents of our community should have access to high quality treatment services. Consistent with our mission, Harbor House is committed to creating a supportive and nurturing environment for individuals to begin to experience the benefits of sobriety and start the healing process.

We believe that addiction affects a person biologically, psychologically, spiritually, emotionally and socially. We also know that addiction creates special problems for families and communities which must be taken into account during the treatment planning process. The unique needs of each individual are reflected in the personalized treatment plans that are developed for each client.

