



Transforming lives. Restoring dignity.

**Two Roofs, One Family:**

**Men's:** 700 Dinwiddie Avenue, Richmond, VA 23224 | **(804) 230-1184**

**Women's:** 2220 Stockton Street, Richmond, VA 23224 | **(804) 418-3049**

[www.caritasva.org](http://www.caritasva.org)

## Table of Contents

|                                         |                |
|-----------------------------------------|----------------|
| <b>What is The Healing Place? .....</b> | <b>Page 3</b>  |
| <b>How the program works.....</b>       | <b>Page 4</b>  |
| <b>How to enter the program .....</b>   | <b>Page 5</b>  |
| <b>Medications .....</b>                | <b>Page 6</b>  |
| <b>Phases of the program .....</b>      | <b>Page 7</b>  |
| <b>Program rules .....</b>              | <b>Page 10</b> |
| <b>Family Support .....</b>             | <b>Page 11</b> |

## It's A New Day

It's time to wake up. Take a deep breath. It's a new day. Your coffee cup is ready to be filled. Your children are excited for you to make them breakfast. Your boss is ready for you to join him. You have plans to grab dinner with friends after work. You have a cozy bed waiting for you to fall asleep in tonight. Tomorrow, you get to wake up and do it again.

Simple days like these are possible for men and women who embark on the journey through The Healing Place, a program of CARITAS. For those who enter the doors of the residential recovery program, it's been a while since the smell of coffee and the prospect of work woke them up. Instead, it has been the need to use drugs and alcohol--the need to find the next drink, the next hit, or the next high to feed a relentless substance use disorder.

An effective recovery curriculum, workforce development program, and a sober living community create a foundation for success at The Healing Place. About 70% of residents remain sober after one year of completing the rigorous, long-term program. Their minds, bodies, and spirits are restored. They can begin to rebuild from the wreckage of substance use disorder. As they rebuild, they restore relationships with family and friends, they begin to dream again and set goals, and they give back to the community. They discover hope and never let go.



## What is The Healing Place?

The Healing Place, fondly known as THP, is a long-term peer-driven residential recovery program serving the Greater Richmond community. Here, men and women suffering from substance use disorder carve pathways to sobriety, employment, and spiritual wellness. We refer to our coexisting programs The Healing Place for Men (THPM) and The Healing Place for Women (THPW).

The Healing Place program includes a workforce development program, a transitional sober living community, and an active Alumni Association to support lifelong sobriety. We offer services at no cost to men and women.



***About 70% of our residents are sober after one year of completing the program and 90% find jobs within one month of completing the workforce development component of the program.***

## **How It Works**

Every individual is different, so is their recovery. While certain interventions may work well for some, The Healing Place model is a non-medical approach that works for people who may have tried everything else. Our program forges a pathway to sobriety for individuals addicted to alcohol, opiates, cocaine, and other substances.



The Healing Place is a long-term, residential recovery program. With the help of the Jenkins Foundation and several community leaders, The Healing Place model was identified in 2000 to help fill a tremendous gap in the homeless services system. The best-practice model is designed after a successful model in Louisville, grounded in the principles of Alcoholics Anonymous.

Most participants complete the self-paced educational component of the program within 6-8 months, during which time they live on site and focus exclusively on their recovery. This is followed by a 6-week job readiness workforce development program and a 3-12 month transitional component. Together, these components represent completion of the program. In order to successfully change behaviors and build a strong community, participants do not hold a job outside of The Healing Place. In the program, we emphasize:

- Accountability
- Resiliency
- Peer-to-peer care
- Community
- Workforce development

## **While at The Healing Place, residents can expect to:**

- Have all their basic needs met
- Receive peer-to-peer care from trained and experienced peers, staff, and volunteers with lived experience
- Receive access to medical and behavioral health services through our community partners

- Be held accountable
- Find a spiritual connection with the community and with a God of their understanding
- Be accepted for who they are
- Become part of a much larger, caring THP family
- Receive personalized and professional assistance in getting a job, facing their past and forging a pathway forward

## Entering the Program

The Healing Place is open 24/7/365. The Safe off the Streets (SOTS) Centers are the front doors to our recovery program.

Call **(804) 230-1184** for The Healing Place for Men located at **700 Dinwiddie Avenue, Richmond, VA 23224**.

Call **(804) 418-3049** for The Healing Place for Women located at **2220 Stockton Street, Richmond, VA 23224**.

Potential participants can walk in to complete an eligibility screening, or call for an over-the-phone screening. Scheduled intakes are preferred. Refer to the numbers and addresses above.



## What does a person need when they arrive?

At least a two-week supply of any approved prescribed medicine. No ID, insurance, or documents are required.

## What can a resident NOT have when they arrive?

- Cell phones or electronics of any type\*
- Cars, motorcycles, or motor scooters are not permitted on property for new arrivals
- Weapons
- Medicines not approved by staff
- Skateboards, roller skates, bicycles, roller blades
- Large musical instruments - we do not have storage space for these items.

\*As participants progress through the program, they may have radios, CD players, and portable DVD players. They are also permitted to drive cars, motorcycles and motor scooters toward the end of the educational component of the program.



## Program Cost: Our Policy

The Healing Place welcomes anyone who is seeking a life in recovery. We are proud to offer such an effective program at no cost to men and women in need.

## How do you manage medications for residents?

We screen each potential resident to ensure their safety and program fit. We have a complete list of prescribed medications acceptable within The Healing Place program on our website.

### Healthcare Services

THP program includes access to medical and behavioral health services onsite through community partnerships to ensure comprehensive support.

### MOUD

Medications such as buprenorphine, methadone, and naltrexone help reduce cravings, manage withdrawal symptoms, and support long-term recovery. These medications improve retention, and reduce the risk of overdose.

## What other information should participants know before entering the program?

- THP is a long-term, residential program rooted in the 12-step model and community. The educational portion is self-paced and usually requires 6-8 months to complete.
- Participants live on property and have all their basic needs met (food, clothes, personal hygiene items, medical services, prescriptions, workbooks, etc.) while taking classes and building a recovery network within and outside The Healing Place.
- Residents are not able to work outside of The Healing Place before they reach Transition. There is a workforce development component of the program called CARITAS Works that will help prepare residents for employment and independent living in the community. Residents will have in-house assignments while participating in THP, i.e. helping in the security, kitchen, maintenance, laundry, and housekeeping.
- When a resident completes the educational and transition portion of the program, they have the opportunity to become Alumni and join the Alumni Association. Alumni status signals successful completion of The Healing Place program. We currently have an active alumni association of 750+ members.

## The Healing Place Residential Recovery Program has six parts:

### 1. Safe Off the Streets (SOTS)

SOTS is an orientation and stabilization center. SOTS participants stay a minimum of three days prior to entering the OTS1 portion of the program.

### 2. Off the Street I (OTS I)

Off the Street I helps participants learn about their disease of addiction and decide if they are really ready to work hard in a long-term recovery program.

#### While in OTS I, residents will have:

- A bed to sleep in every night
- A place to store their personal things
- Daily breakfast, lunch and dinner
- Access to behavioral health, dental, and medical services through The Daily Planet Health Services (DPHS).
- Assistance obtaining personal identification documents (i.e. valid state ID, social security card, and health insurance).

#### While in OTS I, residents are expected to:

- Sign and participate in the OTS I Contract.
- Attend classes Monday through Friday. The curriculum is called “Recovery Dynamics®.” These classes help clients understand the disease of addiction.
- Attend 12-step meetings such as Alcoholics Anonymous and Narcotics Anonymous.
- Independently plan weekend activities. We expect participants to attend 12-step meetings on weekends. Attending meetings shows that a person is committed to recovery and The Healing Place program.
- Curfew is at 4 p.m. on the weekends.

### 3. Off the Street II (OTS II)

Off the Street II lasts about two weeks and helps participants prepare to enter “Phase,” the heart of the Recovery Program. Participants continue to learn from others further along in the program. The program is self-paced. Participants move through the phases as they complete assignments, and attend meetings.

#### While in OTS II, residents will have:

- Additional personal time from 4:30-6:00 p.m. weekdays.
- A 6 p.m. check-in time on weekends.

#### While in OTS II, residents are expected to:

- Go to Recovery Dynamics® classes.
- Begin the Recovery Dynamics® writing assignments.
- Attend 12-step meetings.
- Get a 12-step sponsor and join a 12-step home group.

#### 4. Phase

This is the heart of the Recovery Program. Participants in Phase have made a long-term commitment to the Recovery Program.

##### While in Phase, residents will have:

- Breakfast, lunch and dinner every day.
- Increased access to CARITAS phones to make local calls.
- Increased TV and exercise privileges.
- An 11 p.m. curfew.
- Use of personal music devices with headphones.
- Entrance into **CARITAS Works**, a 6-week workforce development program after completion of the education component.

##### While in Phase, residents are expected to:

- Continue Recovery Dynamics® classes and 12-step meetings.
- Continue working with a 12-step sponsor and taking part in a 12-step home group.
- Actively participate in the Community Process. The therapeutic community process allows participants to support each other in addressing attitudes and behaviors that are not conducive to recovery.
- Be willing to take suggestions from the Community Meetings.
- Give back to peers entering OTS I.
- Maintain daily campus operations (kitchen, laundry, housekeeping, etc.).

#### 5. CARITAS Works

The CARITAS Works workforce development program consists of three components that will ultimately guide participants to attain sustainable economic security and become productive, independent, joyful, and service-driven members of their community. 90% of graduates have a job within 30 days of completing the program.

- **Works** is a six-week, eight hour a day (160+ hours), job-readiness and skills development program. The program encompasses character building, career development, life skills, and computer classes.
- **Job Club** provides access to the computer lab, employment resources, and personal assistance with job applications and resources to support employment opportunities. Temporary employment with a small stipend through CARITAS is available while an active member of Works Job Club.
- **AfterWorks** offers two years of job placement support and follow-up: access to the computer lab, a career development specialist, job resources, classes to support graduate's current employment, and opportunities to help them develop their careers.





## 6. Transition

In Transition, participants get ready to move from The Healing Place to the CARITAS Recovery Residences. This is a supported opportunity to practice life in recovery. When a participant finishes all their Phase classes, assignments and community suggestions, completes the 6-week **CARITAS Works Program**, and secures employment, they move into Transition.

### **While in Transition, residents will have:**

- Access to housing in our residential recovery apartments.
- Community referrals to legal and health care assistance.
- Use of cell phone.
- Access to housing support.
- Help learning how to budget money.
- After 45 days, the privilege to stay up to five nights a week off property.

### **While in Transition, residents are expected to:**

- Provide a minimum of two hours of service work a week at The Healing Place to reach back to the OTS and SOTS participants.
- Pay rent.
- Maintain active participation in 12-step recovery meetings, work with a 12-step sponsor and be active in a 12-step home group.
- Attend weekly peer-driven Community meetings on Monday at 12 p.m. or Thursday at 6 p.m. and follow any Community suggestions.
- Establish a minimum savings balance over a period of six months.
- Continue to work on goals that improve self sustainability and long-term recovery.

## Life After The Healing Place

### *Alumni Status*

Participants who complete all components of the program are called “Alumni.” They share the message of hope and change with participants who are still in the recovery program, which helps them sustain their own sobriety by keeping them connected to a recovery support system. They have a job, are saving money, and have a secure place to live. They create a plan of action and review it with their peers in the Transition community. If peers support the plan, they vote them into Alumni status. This means they can move out of Recovery Residences and into a place of their own.



- They are encouraged to visit participants at THP any time.
- They can enjoy meals at THP.
- They are encouraged to teach classes and take part in Community Meetings.
- They receive support that continues to help them live a life in sobriety.
- A referral is provided for the CARITAS Furniture Bank if an Alumni needs essential household items.

## **Other Key Information**

### **Can loved ones visit residents at THP?**

Yes. Phone and leave privileges increase as residents move through the program. There is a Family Education Program that meets on Thursdays. It is free and open to anyone affected by Substance Use Disorder. Loved ones may attend our open AA meetings Monday, Wednesday, and Saturdays and may arrive 15 minutes early to visit. See more at <https://www.caritasva.org/resources/>.

### **How do you support participants with children?**

We have supportive parenting classes for parents. Once participants complete certain phases of the program, women may put in requests for the family suite to have their children visit.

### **Court Dates & Probation Appointments**

Participants should attend all scheduled court dates and probation appointments while at THP. We have dedicated staff members who act as a liaison between our participants and the judicial system.

### **Mail**

Participants in the recovery program can receive mail. We may ask clients to open letters and packages in front of a staff person. For The Healing Place for Men, address mail to 700 Dinwiddie Ave. Richmond, VA, 23224. For Healing Place for Women, address mail to 2220 Stockton Street, Richmond, VA 23224.

### **Weekends**

- OTS participants are required to attend a total of three meetings.
- Some participants have chores/jobs at THP on weekends.
- Phase and Transition participants may earn passes to stay out overnight on weekends.
- Once monthly, participants are required to stay on-site and deep clean their home.

### **Confidentiality**

The law does not allow us to tell anyone anything about participants unless the participant provides written permission. Even if you know someone is at The Healing Place, we cannot talk to you about them. This law applies to everyone including parents, children, spouses and others. Participants can tell us verbally or in writing at any time that it is no longer okay to share information about them.

## More Resources

There are other avenues and options for recovery in the area. Please visit our website [www.caritasva.org](http://www.caritasva.org) and select “Resources” under the “Services” tab for a list of other services in the area. If you do not have access to a computer, please dial 211.



## Support for Family Members and Loved Ones

CARITAS is growing a support system of resources for families impacted by Substance Use Disorder. Join “Allies and Advocates” virtually to learn how our program works, education on Substance Use Disorder, ways to support your loved one, and ways to care for yourself. You are invited to join us for a virtual orientation session to learn more about The Healing Place program. We will offer an overview of our services, as well as discuss ways to support yourself and your loved one during this journey. This is FREE and open to all who would like to learn more. Contact Anna Murphy at [amurphy@caritasva.org](mailto:amurphy@caritasva.org) or (804) 887-1595 for additional information or to sign up.

## Support Our Work

**Help us keep our doors open 24/7/365 to men and women who need help. To donate, learn more and get involved, please visit us [www.caritasva.org](http://www.caritasva.org) or contact Chief Advancement Officer Clara Stokes to set up a tour and learn more: [cstokes@caritasva.org](mailto:cstokes@caritasva.org) or (804) 887-1571. [www.caritasva.org](http://www.caritasva.org)**