Agency Description:

The Salvation Army's Adult Rehabilitation Center (ARC's) form the largest network of rehabilitation programs in the nation. The purpose is to help men and women overcome serious life problems, such as drug and alcohol addiction. The ARC gives opportunities to stabilize their lives and regain confidence and respect. Development of good work ethic and other responsible behaviors is encouraged. Spiritual growth and moral regeneration brings hope, purpose and meaning to their lives.

The Salvation Army San Diego's Adult Rehabilitation program is a long-term **(**6-12 month**)** residential rehabilitation program that provides housing, meals, clothing, and rehabilitation services without cost to the participants.

In **Phase I,** the 6-month residential-treatment phase of our program, the beneficiary will participate in Individual and Group Counseling as well as daily Work Therapy. They will take advantage of our Curriculum classes. All beneficiaries must attend 3-5 AA/NA meetings each week, along with regular contact with a sponsor. While a resident in any phase of the program, beneficiaries are tested daily for alcohol and drug use; any use of either results in immediate termination.

Upon completion of the first phase of our program, the beneficiary will be invited to continue his/her recovery in our re-entry phase (**Phase II**). In re-entry, they are able to remain in the residence until s/he becomes employed. Once employed, they will live-in/work-out from the Adult Rehabilitation Center, (**Phase III**), until having funds to move to aftercare (**Phase IV**) at one of our Bridge Houses. These ARC sober-living homes are located in San Diego and provide transitional housing for an additional 120-180 days.

The following services are provided by the program:

- **Rehabilitation Issues Life Skills**
- **Nicotine Cessation Classes**
- **Individual Counseling**
- **Group Counseling**
- **Family Reconciliation Counseling**
- **Family Orientation**
- **Anger Management**
- **12-Step Study**
- **Big Book Study**
- **Relapse Prevention**
- **Exit planning/Re-entry**
- **Daily Devotions, Bible Study, Chapel services.**
- **Bridge House Sober Living**
- **Work Therapy Assignment Daily**
- **AA/NA meetings**
- **Case Management**

Target Population:

The Salvation Army's Adult Rehabilitation Center serves adult men and women who are 21years of age or older and able to work. They must have an identified Drug or Alcohol problem and be willing to participate in all aspect of program.

What criteria do clients meet in your program to be eligible for the HCP:

In order for a beneficiary to qualify for the HCP they must be in the program for at least 150 days and in need of resolving legal issues. At 150 days in the program they must be actively participating in all aspects of program that include:

1. **Completion of 90 day review and 150 day review.**
2. **Obtained an AA/NA Sponsor**
3. **Attend 5 AA/NA meetings per week**
4. **Completed 8 week Anger Management Class**
5. **Completed 22 weeks of Rehabilitation Issues**
6. **Completed 12 week Relapse Prevention Class**
7. **Attend weekly process group**
8. **Attend weekly individual counseling**
9. **Successfully completed all rehabilitation plans and coursework**

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Clean Plates/HCP Steering Committee