

## EXPECTATIONS

In order to provide a supportive atmosphere for you, your sobriety and your family, we ask residents to incorporate the following expectations into their lives:

- Be actively involved in the development and the implementation of your treatment goals and service plan.
- Keep your apartment and its furnishings maintained and clean.
- Become an active, productive, and supportive member of the Women's Recovery Program, by being truthful to yourself and the program.



## ADDITIONAL CHESTNUT HEALTH SYSTEMS PROGRAMS

**Adult Outpatient Substance Abuse Treatment**  
618.877.4420

**Adolescent Substance Abuse Treatment**  
618.288.3100

**Outpatient Mental Health**  
618.877.4420 or  
618.397.0900

**Crisis Intervention Hotline**  
618.877.0316

**Prevention Services**  
618.288.3100



Funding provided in part by Department of Human Services, Division of Alcoholism and Substance Abuse, and the Madison County 708 Mental Health Board. Treatment openings are maintained for priority population referrals: pregnant injecting drug users, pregnant and post partum substance abusers, injecting drug users and known HIV-infected persons, parenting substance abusers, women with children, DCFS referrals and persons eligible for ASFIT or TANF.

## CHESTNUT HEALTH SYSTEMS



## Women's Recovery Housing Program

Giving you the tools to choose the path that's right for you — a transitional housing community.



# WOMEN'S RECOVERY HOUSING PROGRAM

The purpose of the Women's Recovery Program is to provide safe housing for DCFS-referred women and their children while the mother is in treatment for substance abuse.

## SERVICES PROVIDED

### TRANSITIONAL HOUSING

- The program consists of seven furnished apartments.
- You are expected to pay rent which is based on 30% of your gross income.
- The rent payment is placed in a holding account. If you successfully complete the program, the money is used to help toward securing independent housing, such as rent, deposit, or furniture. If you are asked to leave the program, the rent is not refunded.

### SUBSTANCE ABUSE TREATMENT

- You will be required to attend substance abuse treatment provided by Chestnut Health Systems. The addiction counselor will facilitate treatment groups to assist you with your sobriety. Individual sessions will also be conducted in order to provide more insight and skills into your recovery.
- Attendance to AA or NA groups weekly and sponsor contact is also a required component of substance abuse treatment.
- Urine or breathalyzer will be required on a random basis to verify sobriety.

### PARENTING

Everyone needs help raising children — who unfortunately did not come with instructions. Mothers are expected to complete a 16-session parenting class provided at Chestnut Health Systems. Even though you may have attended previous parenting classes, it is the philosophy of the Women's Program that parenting is an ongoing, learning process. New parenting skills are an essential component in attaining a healthy family atmosphere.

### LIVING SKILLS

A case manager will assist you with various living needs that you may encounter while in the recovery program. Such needs might include nutrition, budgeting, housekeeping, children's medical needs, parenting and financial needs.

### MENTAL HEALTH

You and your children may be encouraged to receive a mental health assessment from the staff of Chestnut Health Systems. The staff consists of psychiatrists, therapists, and nurses. You and your children have more than likely experienced emotional discomfort due to stress revolving around your parent-child relationship. Family and individual counseling aids the repairing of this relationship.

### EDUCATION/VOCATIONAL SKILLS

The program's case manager will assess your educational/vocational needs and, if necessary, link you with the appropriate provider of services.

## COMMENTS FROM RESIDENTS

*"The Recovery Housing Program has helped me have a good home without drugs and alcohol and has helped me be a better parent. I have a place I can call home instead of staying place to place. Now I have a future."*

*"The Recovery Housing Program is not only a safe place for me and my children to live — meaning a roof over our heads — but a foundation of other women just like me seeking recovery and a new way of life."*

*"I'm going on 18 months clean and I know I could not have done it without the Women's Recovery Program and DCFS standing behind me. I never thought I could stay clean this long, but with the program's help, I am a witness that recovery works if you want it."*

*For more information call 618.877.4420.*