



STEPHEN CENTER HERO Program
~ *Health, Empowerment, Responsibility and Opportunity* ~

The HERO Program is located at 5217 S. 28th, Omaha Nebraska, 68107. The phone number is (402) 715-5440.

The Stephen Center HERO Program provides substance abuse treatment for low-income and homeless persons. Services are also provided for persons who are dually diagnosed with both substance abuse and mental illness. Our program is based on the Integrated Dual Diagnosis Treatment of recovery.

Initial program costs include:

The cost for housing is **\$375.00** a month

The cost for treatment is **\$400.00** a month (treatment cost will vary depending on which phase of the program the client is in – please see below).

Residential Clients are required to arrive at treatment with a minimum of \$775.00 to cover their first month of housing and treatment.

PROGRAM COMPOSITION:

Under the direction of the Program Director, staff operates under a multi-disciplinary team that includes a Spirituality Therapist, a Case Manager, Licensed Addiction Drug Alcohol Counselors, and Mental Health and Addictions Therapists, who collaborate to develop initial and individual treatment plans, review treatment plans, formulate discharge plans and make decisions on the course of treatment. Licensed Mental Health Professionals are on staff for clients who are dually diagnosed.

TREATMENT FEATURES INCLUDE:

- Treatment interventions based on evidence-based practices utilizing client's motivation to change.
- Motivational approaches to instill self-efficacy and hope.
- Group and individual therapy that address both substance abuse and mental illness.
- Substance abuse counseling that emphasizes active treatment and relapse prevention.
- Involvement of family in the treatment process.
- Use of self-help groups (12-Step program) in support of the treatment process.
- Pharmacological treatment and medical management integrated into the treatment process using community resources.
- Holistic approach to health including active health promotion.
- Outreach and collaboration with other service delivery agencies.
- Referrals to appropriate community facilities when clients do not respond to treatment or do not meet admission requirements.

PHASES OF CARE (Long Term Residential Treatment Option):

Revised 10/2/13, 10/1/14, 8/6/15, 6/15/16

TIP

When clients are admitted to treatment they enter Transition Into Programming (TIP)

- The initial treatment plan is presented to client within 24 hours of admission.
- The amount of time in TIP depends on how well clients respond to staff direction and progress on initial treatment plan. This is generally between 24 and 48 hours.
- During TIP, clients follow TIP program schedule, releases of information are obtained, discharge plans are formulated, families are contacted to invite them to Family Program and clients are assigned a primary counselor and a program buddy.

Phase I

Upon successfully completing TIP, clients attend the regular program schedule.

- Phase I of the individual treatment plan is presented to client within 10 working days.
- Phase I length of stay depends on client's response to individual treatment plan.
- General length of time clients remain in Phase I is between 30 and 45 days.
- **Passes outside the treatment center are NOT allowed during Phase I.**
- The **only** exceptions are prearranged medical and court ordered appointments that cannot be changed and newly scheduled community referral appointments.
- There is a 2-week "blackout" period when clients are not allowed any visitors or phone calls. This allows for full integration into treatment. Blackout may be extended if deemed necessary by clinical staff.
- Discharge plans are reviewed.
- Clients are required to attend Five (5) weeks of Family Programming, preferably with significant participation of family members.
- When clients have made significant progress on their individual treatment plans, they progress into the next phase (Phase II) of treatment.
- Major tasks include writing a life story, completing a drug chart and introduction/acceptance into the treatment community.

Phase II

The **first pass** a client is eligible for is to look for employment. When clients are involved in the job search process, after they have the approval of their individual counselor, they may then be eligible for passes that include activities such as family visits, 12-Step meetings with sponsors and church services. **These passes are NOT to exceed five hours.**

- Clients are **expected** to secure employment within the first four weeks in Phase II.
- When clients are on disability and cannot work, we will assist them in securing a meaningful volunteer assignment.
- Cell phones and vehicles MAY be allowed at this time, as staff deems appropriate. Clients found to have cell phones prior to Phase II or without permission from staff MAY be discharged.
- Discharge plans are reviewed.
- When clients have made significant progress on their individual treatment plans they progress into the next portion (Phase III) of treatment.
- Phase II includes 12-14 weeks of evening Intensive Outpatient Programming (IOP). Clients are also required to attend daytime programming if they are not working a minimum of 30 hours per week, volunteering or looking for a job.
- Client cannot move to Phase III without securing employment or volunteer position, completing all Phase II requirements, AND maintaining their treatment bill under the \$675 level.

Housing and Treatment costs for Phase II are as follows:

\$375 housing + \$400 treatment = \$775 – 1st month

\$375 housing + \$350 treatment = \$725 – 2nd month

\$375 housing + \$300 treatment = \$675– 3rd month

Phase III, Outpatient/Relapse Prevention

Structured living is recommended upon discharge from primary treatment.

- If the treatment team determines that placement is more appropriate at an outside structured living facility, primary counselors will coordinate this placement.
- Clients are required to be working a program of sobriety that requires regular 12-Step meeting participation and planned meetings with sponsors.
- If clients are referred to structured living environments outside our treatment facility or are discharged to environments such as home, our staff is available to make a referral to appropriate outpatient services for continued care.
- Clients in Phase III continue to meet with their primary counselor and maintain an active treatment plan that includes discharge when clinically indicated.
- Phase III clients are required to attend at least one Out Patient (OP) group per week and maintain employment.
- A minimum of 45 days is required in this treatment phase.

Rent and Treatment costs for Phase III (Transitional Living) are:

\$375 housing + \$225 treatment = \$600

Phase IV, Transitional Living

Structured living is recommended upon completion of all Three (3) phases of the Stephen Center HERO Program. Active connection with the treatment facility is evidenced to provide stability and continued sobriety in early recovery.

PHASES OF CARE (Short Term Residential Treatment Option):

TIP

When clients are admitted to treatment they enter Transition Into Programming (TIP)

- The initial treatment plan is presented to client within 24 hours of admission.
- The amount of time in TIP depends on how well clients respond to staff direction and progress on initial treatment plan. This is generally between 24 and 48 hours.
- During TIP, clients follow TIP program schedule, releases of information are obtained, discharge plans are formulated, families are contacted to invite them to Family Program and clients are assigned a primary counselor and a program buddy.
- Introduction/acceptance into the treatment community.

STR

Upon successfully completing TIP, clients attend the regular program schedule.

- STR individual treatment plan is presented to client within 10 working days.
- STR length of stay depends on client’s response to individual treatment plan.
- General length of time clients remain in STR is between 30 and 45 days.
- **Passes outside the treatment center are NOT allowed during STR.**

- The **only** exceptions are prearranged medical and court ordered appointments that cannot be changed and newly scheduled community referral appointments.
- There is a 2-week “blackout” period when clients are not allowed any visitors or phone calls. This allows for full integration into treatment. Blackout may be extended if deemed necessary by clinical staff.
- Major tasks include writing a life story, completing a drug chart.
- Discharge plans are reviewed.
- Clients are required to attend Five (5) weeks of Family Programming, preferably with significant participation of family members.
- When clients have made significant progress on their individual treatment plans, in consultation with their referral source, decisions are made concerning STR completion, transition into the LTR program, or transition to alternate sober living environments with referral to additional outpatient treatment resources.

IMPORTANT FACTS:

Medications

Persons interested in entering our substance abuse program must be aware that this is a self-medication treatment program. Medications are locked in a secured area; dispensing is monitored by staff. There are no physicians on duty. Addictive medication or medications that will result in a positive urinalysis (UA) are NOT allowed in our facility. It is the responsibility of each client seeking treatment to inform their own medical personnel of this policy prior to entering our facility. You must be off of these medications BEFORE entering treatment.

12-Step Meetings

Clients involved in any phase of treatment are required to attend 12-step meetings.

Financial Obligations

Meeting financial obligations is an important part of recovery. All clients are required to make regular payments for housing and program fees. Upon securing a job, clients will be required to submit all pay stubs to the Billing Coordinator and pay 75% of their pay to their outstanding treatment bill. Clients will also meet with the Billing Coordinator to create a monthly budget before entering Phase III of the program.

Past treatment bills must be paid in full before former clients are eligible to re-enter treatment.

Clients who do not meet the expectations of paying their treatment bill in a timely manner may be evicted for non-payment, and unpaid bills may be turned over to a collection agency.

Meals

Three meals a day are provided at no additional costs. Grocery supplies in the client rooms needs to be kept at a minimum due to storage space available. Coin-operated snack machines are available in the dining room.

Laundry Facilities

Washers and dryers are available for client use at no additional cost. Detergent is provided. Irons and ironing boards are available for check-out.

Client Apartments

Client apartments house up to four clients. Each unit includes a small kitchenette with sink, mini-fridge and microwave, a full bathroom and two bedrooms. Each bedroom contains two twin beds and wardrobes with drawers. Bedding is provided; however, clients are welcome to bring their own pillows and bedding if desired. Clients are responsible for cleaning their own apartments daily.

ALL Client belongings will be subject to being placed in the Intensive heat bug room to prevent bed bug infestation from outside sources.

Unscheduled Exit from Program

Clients who leave treatment against staff advice or are discharged due to non-compliance of treatment expectations will NOT be allowed to reside at the Stephen Center Shelter for at least six months. Clients who leave treatment without paying their bill will not be allowed to reside at the Stephen Center Shelter until the bill is paid in full. **Any medication left behind will be disposed of. Personal items left behind will be disposed of after 24 Hours.**

Visitation

Visitors are restricted to family members only and must have prior approval by the client's counselor. Visitors are required to show photo id upon entering the building and their belongings will be searched to prevent contraband from being brought into the building.

Visitation is held:

Saturday 3:00 pm – 4:30 pm, after Blackout

*The last Saturday of the month 3:00 pm – 8:00 pm (clients may sign up family members to eat dinner at the Stephen Center HERO Program)

Sunday 4:00 pm – 4:30 pm for Family Members who will be attending the Family Group from 3:00 pm – 4:00 pm. Once the Client and Family Members have completed 5 weeks of Family Group, they may have visiting from 3:00 pm – 4:30 pm.