

# RBHA NORTH CAMPUS

## H.O.P.E. PROGRAM

### H.O.P.E. PROGRAM

HOPE stands for Holistic Opportunities for Promise and Empowerment and that is an accurate depiction of our approach to working with consumers in this program. RBHA's HOPE program is a residential program for the treatment of substance use disorders and/or co-occurring mental health conditions. Our staff uses a coordinated approach to treating the consumer's substance use and mental health needs.

Group topics may include:

- Relapse Prevention
- Anger Management
- Grief/Trauma
- Mindfulness
- Peer Support Whole Health & Reliance
- Yoga
- Music and Art Therapy
- Health & Wellness
- Co-occurring Disorders
- Recreation
- Smoking Cessation
- Vision Boards
- Evidence-Based Practice Curriculum
- WRAP Groups

RBHA uses a treatment team approach. Each consumer is assigned a Behavioral Health Technician, a Certified Peer Recovery Specialist, and a Care Coordinator who work with them throughout treatment to determine needs and assist them in matriculating successfully through the program.

Our priority is to partner with consumers in their journey of recovery. Consumers are taught about the disease of addiction and given knowledge and skills to begin their recovery. We aim to help consumers discover people and organizations to provide support both during treatment and following discharge.

# RBHA NORTH CAMPUS

## WOMEN'S RESIDENTIAL TREATMENT CENTER

### WOMEN'S TREATMENT PROGRAM

RBHA's Women's Residential Treatment Center (WRTC) provides gender-responsive treatment to its consumers. There is a wealth of research supporting the increased efficacy of a program that reflects an understanding of women's lives, versus one that is designed for men or without a gender in mind. There can be a tremendous social stigma or feeling of shame attached to those who abuse alcohol or drugs or experience behavioral health issues. Shame and the fear of severe consequences, such as losing custody of children, often lead women, men, and their families to not address the existence of a problem. The experience of trauma and absence of healthy relationships are extremely common in the lives of affected women. Women, for example, turn to drugs and alcohol to maintain a relationship or fill in the void of what's missing in a relationship.

WRTC staff serve and work in partnership with women who suffer from a substance use disorder and who may have a co-occurring mental health condition. Pregnant and parenting women receive priority admission into our program. Children accompanying their mothers must be under the age of 11 years old. All children residing with their mothers at WRTC are eligible to attend the Children's Services Center (CSC) located on RBHA North Campus. We provide tender and loving care to our little residents. Each mother is asked to become familiar with our regulations and to be involved in CSC daily living as much as possible. We support the mothers so they are able to participate in treatment groups and activities supportive of their recovery. We partner with mothers and provide hands on parenting skills. As this is our specialty, we model healthy parent-child interactions and advise mothers when necessary.

We understand that the families we serve are coming from all walks of life and some children may be struggling with issues that are manifested behaviorally. Our goal is to assist the mother with managing her child's behavior by utilizing patience and understanding. We communicate to the parent that change can be a long process but that it can begin right here, at WRTC. Children of all ages respond well to structure so we work with mothers to develop a daily routine for their child/children.

# RBHA NORTH CAMPUS

## MEN'S RESIDENTIAL TREATMENT CENTER

### **MEN'S TREATMENT PROGRAM**

Across Virginia, hundreds of people die yearly from drug overdoses and nearly 80% involve prescription opioid drugs or heroin. Research shows that men are more likely than women to use almost all types of illicit drugs. Also for most age groups, men have the higher rates of use or dependence on illicit drugs and alcohol. Individuals with Substance Use Disorders (SUD) require rapid access to treatment and ongoing recovery supports. Men's Residential Treatment Center (MRTC) at RBHA North Campus is a gender-specific treatment and counseling program that focuses specifically on SUD recovery for men.

The purpose of the MRTC is to provide a safe environment to men seeking help with stopping their substance use practices and starting their journey to recovery. MRTC staff understand that this decision is difficult and try to make the transition as comfortable as possible for residents. Residents are encouraged to engage in various group therapy sessions that focus on wellness such as Evening Gardening, Recovery Management, Trauma Education, HIV/STI prevention classes, Anger Management, and Smoking Cessation. As the residents progress on individual journeys to recovery, they are encouraged in the Transitional Group to build better job hunting practices and seek employment and housing services. Residents are also given time to exercise daily to aid in their wellness pursuits. They are also given the opportunity to participate in 12 step programming both on and off campus.

The entire RBHA North Campus is a smoke-free environment and MRTC staff provides a person-centered care approach to the recovery process of all residents. Each resident is treated with consideration and respect for personal dignity, autonomy, and privacy.

# RBHA NORTH CAMPUS

## WITHDRAWAL MANAGEMENT

### **MEDICALLY MONITORED WITHDRAWAL MANAGEMENT**

RBHA North Campus offers a Withdrawal Management (WM) program which provides 24-hour evaluation, observation, medical monitoring and addiction treatment by licensed health care professionals in an inpatient setting to adults ages 18 years and older. The program assists residents with the use of medications to safely withdraw from alcohol and opiates. The WM unit is located in the Men's Residential Treatment Center on the second floor where the staff offer a warm, friendly, and person-centered care approach to assist each individual admitted on his/her journey to recovery.

The Withdrawal Management program realizes that each resident plays a vital role in the planning of his/her own treatment plan. Progress is monitored and treatment will be adjusted to help with any difficulties that arise. Past and/or current substance use, past relapses, and readiness to change are considered when forming treatment plans and are tailored to the individual needs of residents.