



# Volunteers of America of Ohio and Indiana

## Fresh Start Recovery Centers

Offer Hope   Restore Dignity   Transform Lives

# Our Mission

- Develop an intervention to
  - Address the continuing addiction crisis
  - Address the foster care crisis
  - Address the significant number of babies testing positive for opiates and other substances at birth
  - Ensure moms receive treatment while with child/children- no separation
  - Break the multigenerational addiction pathway that our families have been experiencing for decades
  - Provide treatment for individuals involved in the child services and/or criminal justice systems

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## Foundational Approaches to Treatment: Promising & Evidence Based Practices

- Client-Centered
- Harm Reduction
- Trauma-Informed Care
- Seeking Safety
- Nurturing Parent
- Parents in Recovery
  - Helping Women Recovery
  - Trauma Recovery and Empowerment (TREM)



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## Fresh Start Recovery Centers

- Serves Women with or without DCS cases
- Serves women who are pregnant
- Serves women with or without children
- Program is not a detox facility.
- 45 bed residential facility in Indianapolis (30)
- 23 bed residential facility in Winchester (18)
- 24 bed residential facility in Evansville (16)
- 25 bed residential facility in Columbus (14)

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## Residential Phase 1 - Acute

- Up to 30 days- May extend based on individual need
- Focus on initiating sobriety and recovery
- MAT Available - all 3 medications accessible
- 4 Hours of required group treatment daily- includes processing and non-processing groups
- 1 Hour or more of weekly individual addiction treatment
- 1 Hour or more of weekly individual case management
- Clients cannot leave the facility without staff or approved formal or informal support by Case Manager or Treatment Counselor
- Family visitations can occur weekly – Some COVID restrictions
- Random drug screens

## Residential Phase 2 - Stepdown

- Based on individual need- Average is 45 days
- Focus on aftercare planning and maintaining recovery
- 9 Hours of required group treatment weekly- includes processing and non-processing groups
- 1 Hour or more of required individual SUD treatment
- 1-2 Hours required of weekly individual case management
- Focus on community reintegration to utilize learned skills and remain in a safe and accountable environment.
- Can leave facility w/o staff if pass is recovery-focused
- Can obtain part-time employment, educational classes, or training
- Random drug screens, searches, and breathalyzers

## Referral Process

- Referrals are a requirement prior to a client being admitted into Fresh Start Recovery Program.
- Centralized Access Team
  - Pre-screen information
- Assignment to facility for intake/assessment
  - Substance abuse assessment – must meet ASAM 3.5 level of care
- Medical – New patient and ongoing

# Upon Arrival to Fresh Start Recovery Centers

- Intake- Includes Clinical Assessment
- Welcome of client
- Inventory of personal items
- Administer urine drug screen
- Shower and wash hair
- Clothes and belongings are treated to ensure the environment is free of pests
- Provide client set of scrubs
- Assist with completion of paperwork
- Review program expectations and guidelines



## Upon Arrival to Fresh Start /Turning Point Recovery Center Continued

- Identify and coordinate any upcoming appointments, CFTMS, court dates, etc.
- Tour of facility and assigned room
- Every parent with a child will have private room
- Clients without children will have a single room or provided with a bunk and/or dorm style room
- Manage medications
- Provide meal/snack

## COVID-19 Response and Prevention

- Daily screening and temperature checks of clients and staff
- Restrictions on passes
- Suspension of Saturday visitation
- Modified cell phone policy during Phase 1 (Acute Phase)
- Development of group cohorts ( 9 clients, 1 facilitator)
- Single room occupancy

## Access/ Referral

Access and Information Line **1-833-659-4357**

Email Referral Information [voaaccess@voaohin.org](mailto:voaaccess@voaohin.org)

Team of trained staff providing information and community resources, prescreening, scheduling of assessment, and intake.

Monday – Friday (8am-5:30pm)

# Access and Information Line- 1-833-659-4357

## Email Referral Information- [voaaccess@voaohin.org](mailto:voaaccess@voaohin.org)

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