



Transforming lives. Restoring dignity.

700 Dinwiddie Avenue, Richmond, VA 23224

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www.caritasva.org

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It's A New Day

It's time to wake up. Take a deep breath. It's a new day. Your coffee cup is ready to be filled. Your children are excited for you to make them breakfast. Your boss is ready for you to join him. You have plans to grab dinner with friends after work. You have a cozy bed waiting for you to fall asleep in tonight. Tomorrow, you get to wake up and do it again.



Simple days like these are possible for men--and soon women--who embark on the journey through The Healing Place, a program of CARITAS. For those who enter the doors of the residential recovery program, it's been a while since the smell of coffee and the prospect of work woke them up. Instead, it has been the need to use drugs and alcohol--the need to find the next drink, the next hit, or the next high to feed a relentless substance use disorder.

An effective recovery curriculum, workforce development program, and a sober living community create a foundation for success at The Healing Place. Nearly 70% of residents remain sober after one year of completing the rigorous, long-term program. Their minds, bodies and spirits are restored. They can begin to rebuild from the wreckage of addiction. As they rebuild, they restore relationships with family and friends, they begin to dream again and set goals, and they give back to the community. They discover hope and never let go.

What is The Healing Place?

The Healing Place, fondly known as THP, is a long-term peer-driven residential recovery program serving the Greater Richmond community. Here, our neighbors suffering from substance use disorder carve pathways to sobriety, employment, and spiritual wellness.

The Healing Place program includes a workforce development program, a transitional sober living community, and an active Alumni Association to support lifelong sobriety.

We offer services at no cost to individuals living within our service area. Services are currently available for men and will be available for women by early 2020.



Nearly 70% of our residents are sober after one year of completing the program and 90% find jobs within one month of completing the workforce development component of the program.

How It Works

Every individual is different, so is their recovery. While certain interventions may work well for some, The Healing Place model is a non-medical approach that works for people who have tried everything else. Our program forges a pathway to sobriety for individuals addicted to alcohol, opiates, cocaine, and other substances.



The Healing Place is a long-term, residential recovery program. With the help of the Jenkins Foundation and several community leaders, The Healing Place model was identified in 2000 to help fill a tremendous gap in the homeless services system. The best-practice model is designed after a successful model in Louisville, grounded in the principles of Alcoholics Anonymous.

Most clients complete the self-paced program within six to nine months, during which time they live on site and focus exclusively on their recovery. In order to successfully change behaviors and build a strong community, clients do not hold a job outside of The Healing Place and do not use medicated-assisted treatments. There are many pathways to success, and this is the one that works for men and women who have tried everything else. In the program, we emphasize:

- Accountability
- Resiliency
- Trauma-informed case management
- Community
- Workforce development

While at The Healing Place, residents can expect to:

- Have all their basic needs met
- Receive trauma-informed care from trained and experienced staff
- Be held accountable
- Find a spiritual connection with the community and with a God of their understanding
- Be accepted for who they are
- Become part of a much larger, caring THP family
- Know there is always a way back to THP
- Receive personalized and professional assistance in getting a job, facing their past and forging a pathway forward

Entering the Program

The Healing Place and its Speciality Shelter, for men suffering from Substance Use Disorder, is open 24/7/365. The address is 700 Dinwiddie Avenue, Richmond, VA 23224. Please call (804) 230-1184 for questions and help.

There are a few ways to enter the program:

- a. Medical professionals and Department of Corrections representatives can make referrals to The Healing Place. Call 230-1217 and press 3.
Note: We do not accept court ordered mandates to the program.
- b. Clients must be present for an in-person eligibility screening to be considered for the program. Eligibility screenings take place between 8 a.m. and 4 p.m. Call 230-1217 and press 1 to schedule.
- c. A person can stay in our 24/7 Speciality Shelter at 700 Dinwiddie Avenue. Men can stay up to 3 days per month in this emergency shelter. After the third night in the 24/7 shelter, residents that are interested and eligible for the recovery program must sign a commitment stating their intent to enter the program. You may enter the shelter at any time, 24/7/365.
- d. A man can walk in or call to directly enter the recovery program. Scheduled intakes are preferred. Call 230-1217 and press 1.



What does a person need when they arrive?

Proof of residency (ID, mail or recent medical discharge that shows 60 days of residency), at least a 30-day supply of prescribed medicine, and the motivation to commit to 7-12 months of recovery.

What can a resident NOT have when they arrive?

- Cell phones
- Cars, motorcycles, or motor scooters
- Weapons
- Medicines not approved by the clinic staff
- Electronics of any type
- Skateboards, roller skates, bicycles, roller blades
- Newspapers, magazines or books that are not related to recovery or spirituality.

*After clients have been in the program for a while, they can have radios, CD players, portable DVD players and general reading materials. They are also permitted to drive cars, motorcycles and motor scooters toward the end of Phase.

Program Cost: Our Policy for Fee-Based Services

The Healing Place welcomes anyone who is ready to commit to a life in recovery. This is a change from a previous policy, which requested a fee for anyone outside of our service area. We are proud to offer such an effective program at no cost to men in need.

How do you manage medications for residents?

We screen each potential resident to ensure their safety and that they are a good match for our recovery program. We have a complete list of prescription medications that are compatible with The Healing Place model on our website. We ask that each participant have a 30-day supply of all prescription medications upon entering The Healing Place. If our program is not a good fit, we will make referrals to other community resources. There is a full list of resources on the website.

What other information should clients know before entering the program?

- THP is a long-term, residential program based on abstinence, the 12-step model and community. The educational portion is self-paced and usually requires 7-9 months to complete.
- Clients live on property and have all their basic needs met (food, clothes, personal hygiene items, medical services, prescriptions, workbooks, etc.) while taking classes and building a recovery network within and outside The Healing Place.
- Clients will walk to classes and must be able to walk 5-8 miles per day.
- Residents are not able to work outside of The Healing Place before they reach Transition. There is a workforce development component of the program called CARITAS Works that will help prepare residents for employment and independent living in the community. Residents will also have in-house job assignments while participating in THP, i.e. helping in the kitchen, maintenance and housekeeping.
- When a resident completes the educational and transition portion of the program, they have the opportunity to become Alumni and join the Alumni Association. We currently have a brotherhood of more than 750 alumni at THP.



What does it take to be successful at The Healing Place?

The Healing Place model is a non-medical approach that works for people who have been unsuccessful with other programs. Residents need willingness, motivation, and commitment to complete the challenging, long-term program.

The Recovery Program

The Healing Place Residential Recovery Program has five parts:

Off the Street I (OTS I)

Off the Street I helps staff decide who wants to be in the Recovery Program. It also helps residents learn about the disease of addiction and decide if they are really ready to work hard in a long-term recovery program.



If there are no beds in OTS I, people can still get help. Specialty shelter guests may attend the same classes and 12-step meetings as the clients in OTS I and earn their way into the program.

While in OTS I, residents will have:

- A bed to sleep in every night
- A place to store their personal things
- Daily breakfast, lunch and dinner
- Basic health care and medication management
- Access to behavioral health services through the Daily Planet and RBHA including two onsite dual diagnosis groups.

While in OTS I, residents are expected to:

- Sign and participate in the OTS I Contract.
- Attend classes Monday through Friday. The curriculum is called "Recovery Dynamics®." These classes help clients understand the disease of addiction.
- Clients will be out of the building between 8 a.m. and 3 p.m. every day of the week.
- Attend 12-step meetings such as Alcoholics Anonymous and Narcotics Anonymous.
- Clients will independently plan weekend activities. We expect clients to attend 12-step meetings on weekends. Attending meetings shows that a person is committed to recovery and The Healing Place program.
- Check-in is at 4 p.m. on the weekends.

Off the Street II (OTS II)

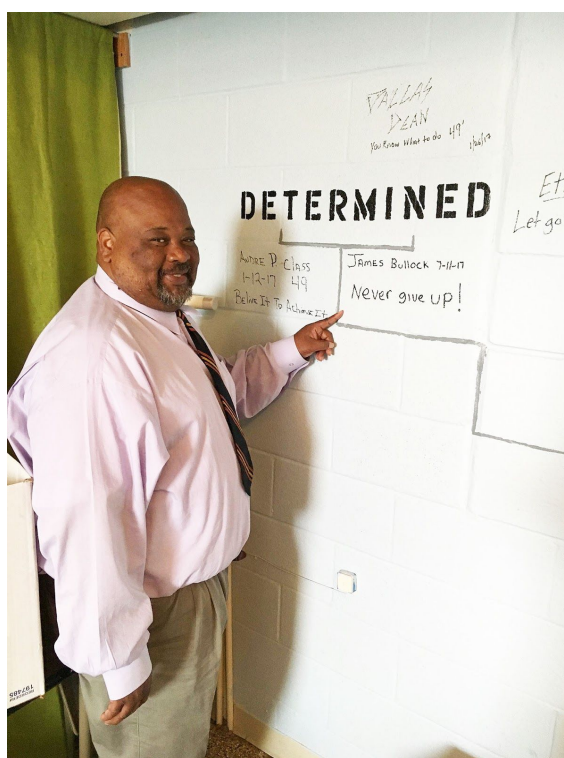
Off the Street II lasts about two weeks and helps clients prepare to enter “Phase,” the heart of the Recovery Program. Clients continue to learn from others further along in the program. The program is self-paced. Clients move through the phases as they complete assignments, and attend meetings. When a bed opens up, the client who has gone to the most 12-step meetings and classes will move to that bed.

While in OTS II, residents will have:

- Breakfast, lunch and dinner every day.
- The opportunity to earn time to leave The Healing Place between 4:30 and 6 p.m. on weekdays.
- Use of a phone to call their sponsor.
- A 6 p.m. check-in time on weekends.

While in OTS II, residents are expected to:

- Go to Recovery Dynamics® classes
- Begin the Recovery Dynamics® writing assignments
- Attend 12-step meetings
- Get a 12-step sponsor and join a 12-step home group
- Work in the building



Phase

This is the heart of the Recovery Program. Clients in Phase have made a long-term commitment to the Recovery Program. When a bed is open, the client who has finished the written assignments and has the most 12-step meetings will move into Phase.

While in Phase, residents will have:

- Breakfast, lunch and dinner every day
- Use of a phone to make local calls
- TV and exercise privileges
- Access to a variety of books
- An 11 p.m. curfew

- Use of personal music device with headphones
- Entrance into **CARITAS Works** 5-week workforce development program

While in Phase, residents are expected to:

- Continue Recovery Dynamics® classes and 12-step meetings.
- Continue working with a 12-step sponsor and taking part in a 12-step home group.
- Actively participate in the Community Process. This is where others in the program talk to clients in Phase and Transition about attitudes and behaviors that are not conducive to recovery. We call this a Therapeutic Community.
- Be willing to take suggestions from the Community Meetings.
- Give back to peers entering OTS I
- Complete chores that help support The Healing Place recovery community.

What is CARITAS Works?

The CARITAS Works workforce development program consists of three components that will ultimately guide participants to attain sustainable economic security and become productive, independent, joyful, and service-driven members of their community. 90% of graduates have a job within 30 days of completing the program.



- **Works** is a five-week, eight hour a day (160+ hours), job-readiness and skills development program. The program encompasses: character building, career development, life skills, and computer classes.
- **Job Club** provides access to the computer lab, employment resources, and personal assistance with job applications and resources to support employment opportunities. Temporary employment with a small stipend through CARITAS is available while an active member of Works Job Club.
- **AfterWorks** offers two years of job placement support and follow-up: access to the computer lab, a career development specialist, job resources, classes to support graduate's current employment, and opportunities to help them develop their careers.

Transition

In Transition, clients get ready to move from on property at The Healing Place to live on their own in the community. This is a supported opportunity to practice life in recovery. When a client finishes all their Phase classes, assignments and community suggestions, completes the 5-week **CARITAS Works Program**, and secures employment, they move into Transition.

While in Transition, residents will have:

- Access to breakfast, lunch and dinner every day.
- Access to on-site dorm housing for 2 weeks in preparation for off-site, weekly rent apartments.
- Community referrals to legal and health care assistance.
- Use of a cell phone through CARITAS.
- Access to housing support.
- Help learning how to budget money.
- After 45 days, the privilege to stay up to five nights a week off property.

While in Transition, residents are expected to:

- Provide a minimum of two hours of service work a week at The Healing Place to reach back to the OTS I and Specialty Shelter clients.
- After finding a job outside The Healing Place, pay affordable rent off property.
- Maintain active participation in 12-step recovery meetings (Five 12-step meetings a week), work with a 12-step sponsor and be active in a 12-step home group.
- Attend weekly peer-driven Community meetings on Monday at 12 p.m. or Thursday at 6 p.m. and follow any Community suggestions.
- Turn in a weekly budget.
- Make a plan to repay debts.
- Establish a minimum of \$2,500 savings.
- Continue to work on goals that improve self sustainability and long-term recovery.

Life After The Healing Place

Alumni Status

Clients who complete all program goals are called “Alumni.” They share the message of hope and change with clients who are still in the recovery program, which helps them sustain their own sobriety by keeping them connected to a recovery support system. They have a job, are saving money, and have a secure place to live. They create a plan of action and review it with their peers in the Transition community. If peers support the plan, they vote them into Alumni status. This means they can move out of Transition apartments and into a place of their own.

- They are encouraged to visit clients at THP any time.
- They can enjoy meals at THP.



- They are encouraged to teach classes and take part in Community Meetings.
- The supportive community continues to help them stay sober and keep a place to live.
- A referral is provided for the CARITAS Furniture Bank.
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The Rules

What will get a resident dismissed from THP?

- Violence or threats of violence
- Racial or sexual insults
- Sexual activity or soliciting clients for sex
- Having or asking for a romantic relationship with another client
- Stealing
- Destroying property
- Using, selling, or trading alcohol or other drugs at The Healing Place.



What happens if a resident is dismissed? May they return?

Yes. They can call after 12pm noon on Tuesdays. A staff person will tell them what they need to do if they want to come back to The Healing Place. In some cases, depending on the infraction, a clinical decision is made on the length of time.

What happens if a resident returns to use?

Substance use disorder is a chronic disease and has become a public health concern. Sometimes people who are trying to get sober relapse. This means they start using alcohol or other drugs again. Anyone in Off The Street I, Off The Street II or Phase who starts using again is offered space in the Specialty Shelter and the opportunity to start the program over. If a person relapses in Transition or Alumni, they can go through a “Refocus Plan.” Refocus typically lasts 90 days and helps them move back into recovery.

Can loved ones visit residents at THP?

Yes. To start, residents can visit with loved ones for 15 minutes at a time before and after each open meeting that takes place at THP. These meetings are on M/W/S 6:30 p.m. - 7:30 p.m. Phone and leave privileges increase as residents move through the program. There is a Family Education Program that meets on Thursdays and Mondays. It is free and open to anyone affected by Substance Use Disorder. See topics, locations and more at caritasva.org/family-eduction-program.

Do clients need money while at The Healing Place?

No. The Healing Place provides food, shelter, toiletries and clothing. It is not helpful for families to give clients money. **For example:** Give them cigarettes instead of money for cigarettes. Give them a phone card instead of money for the phone. Give them a bus ticket instead of money for the bus. Money triggers some clients to think about and start using again.

Court Dates & Probation Appointments

Clients should attend all scheduled court dates and probation appointments while at THP. We will not write letters excusing clients from court or probation appointments.

Medical Appointments

Clients should attend all outside medical and mental health appointments while at THP. They must do all the needed paperwork before the appointment and find transportation. If they cannot find transportation, bus tickets may be available. We recommend limiting outside appointments to 2 days a month to ensure the educational component of the program is not compromised.

Mail

Clients in the recovery program can receive mail. We may ask clients to open letters and packages in front of a staff person. Address mail to 700 Dinwiddie Ave. Richmond, VA, 23224.

Weekends

- We want clients to go to as many 12-step meetings as possible on weekends. Clients find their own way with the help of their peers and their friends from 12-step meetings.
- Some clients may have chores at THP on weekends.
- One Saturday morning each month all clients must stay on-property to clean THP.
- Phase and Transition clients may earn passes to stay out overnight on weekends.

Confidentiality

The law does not allow us to tell anyone anything about clients unless the client provides written permission. Even if you know someone is at The Healing Place, we cannot talk to you about them. This law applies to everyone including parents, children, spouses and others. Clients can tell us verbally or in writing at any time that it is no longer okay to share information about them.

More Resources

There are other avenues and options for recovery in the area. Please visit our website www.caritasva.org and select "Recovery Resources" under the "Get Help" tab for a list of other services in the area. If you do not have access to a computer, please dial 211.



Support for Family Members and Loved Ones

The Family Education Program is a collaborative effort dedicated to providing quality education and support to families of substance users in our community. We meet every Monday, 5:30 p.m., at 501 N. 2nd Street at the Motivate Clinic and Thursday at 563 Southlake Blvd., 6:30 p.m.

[Visit us on Facebook to find out which topics we will cover each week!](#)

We are free and open to anyone affected by Substance Use Disorder. Arm yourself with the education, support and resources to cope with a loved one's substance use and make peace with the past and present.



We're Ready to Welcome Women

By early 2020, CARITAS will open its doors to The Healing Place for Women. The recovery program is the cornerstone of the CARITAS Center, an innovative concept to provide all the solutions to end homelessness and addiction under one roof.

Women in Richmond have long been in need of substance use recovery services like those CARITAS provides men at The Healing Place. We cannot wait to open these doors and welcome women into this effective recovery program. We will help them reunite with their families and make plans for bright futures. Learn more at www.caritasva.org.

Support Our Work

Help us keep our doors open 24/7/365 to men, and soon women, who need help. To donate, learn more about the project and get involved, please visit us www.caritasva.org or contact Chief Development Officer Clara Stokes to set up a tour and learn more: cstokes@caritasva.org or (804) 887-1571.

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