



A Program of



Transforming lives. Restoring dignity.

Two Roofs, One Family:

Men's: 700 Dinwiddie Avenue, Richmond, VA 23224 | **(804) 230-1184**

Women's: 22200 Stockton Street, Richmond, VA 23224 | **(804) 418-3049**

www.caritasva.org

Table of Contents

What is The Healing Place?	Page 3
How the program works.....	Page 4
How to enter the program	Page 5
Medications	Page 6
Phases of the program	Page 7
Program rules	Page 11
Family Support	Page 13

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 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. About 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, men and women suffering from substance use disorder carve pathways to sobriety, employment, and spiritual wellness. We refer to our coexisting programs The Healing Place for Men (THPM) and The Healing Place for Women (THPW).

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 men and women.



About 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, and so is his or her 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 participants complete the self-paced educational component of the program within six to nine months, during which time they live on site and focus exclusively on their recovery. This is followed by a 6-week job readiness workforce development program and a 3-12 month transitional component. In order to successfully change behaviors and build a strong community, participants 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.
- Be accepted for who they are
- 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
- 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 is open 24/7/365. The Safe of the Streets (SOTS) Centers are the front doors to our recovery program.

Call **(804) 230-1184** for The Healing Place for Men located at **700 Dinwiddie Avenue, Richmond, VA 23224**. Call **(804) 418-3049** for The Healing Place for Women located at **2220 Stockton Street, Richmond, VA 23224**.

There are a few ways to enter the program:

- a. Potential participants must be present for an in-person eligibility screening or call to assess fit for the program. Refer to the numbers and addresses above.
- b. A man or woman can walk in or call to directly enter the recovery program. Scheduled intakes are preferred. Refer to the numbers and addresses above.
- c. For referrals, please contact THPW Recovery Program Operations Manager Anna Murphy at (804) 401-8671 or amurphy@caritasva.org and THPM Recovery Program Operations Manager Justin Woods at (804) 887-1580 or jwoods@caritasva.org. **Note: We do not accept court ordered mandates to the program.**



What does a person need when they arrive?

At least a 30-day supply of approved prescribed medicine, and the motivation to commit to up to 18 months of supported recovery.

What can a resident NOT have when they arrive?

- Cell phones
- Cars, motorcycles, or motor scooters are not permitted on property for new arrivals
- Weapons
- Medicines not approved by the clinic staff
- Electronics of any type
- Skateboards, roller skates, bicycles, roller blades
- Large musical instruments - we do not have storage space for these items.
- Newspapers, magazines or books that are not related to recovery or spirituality.

***After participants 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 the educational component of the program.**

Program Cost: Our Policy

The Healing Place welcomes anyone who is ready to commit to a life in recovery. We are proud to offer such an effective program at no cost to men and women 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 approved 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 www.caritas.org](#) under "Get Help."

What other information should participants 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.
- Participants 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.
- Participants will walk to classes and must be able to walk approximately 5 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, laundry, 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. Alumni status signals successful completion of The Healing Place program. We currently have an

active alumni association of 750+ members.

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 six parts:

Safe Off the Streets (SOTS)

SOTS is an orientation and stabilization center. SOTS participants stay a minimum of three days prior to entering the OTS1 portion of the program.

Off the Street I (OTS I)

Off the Street I helps participants learn about their disease of addiction and decide if they are really ready to work hard in a long-term recovery 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, dental, and medical services through The Daily Planet Health Services (DPHS).

While in OTS I, residents are expected to:

- Sign and participate in the OTS I Contract.
- Participants are given the opportunity to acquire identification cards, medical insurance, social security information, and other essentials.
- Attend classes Monday through Friday. The curriculum is called "Recovery Dynamics®." These classes help participants understand the disease of addiction.
- Participants 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.
- Participants will independently plan weekend activities. We expect participants 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 participants prepare to enter “Phase,” the heart of the Recovery Program. Participants continue to learn from others further along in the program. The program is self-paced. Participants move through the phases as they complete assignments, and attend meetings. When a bed opens up, the participant 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. Participants in Phase have made a long-term commitment to the Recovery Program. When a bed is open, the participant 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** 6-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 participants 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 six-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, participants 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 participant finishes all their Phase classes, assignments and community suggestions, completes the 6-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 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 SOTS participants.
- 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

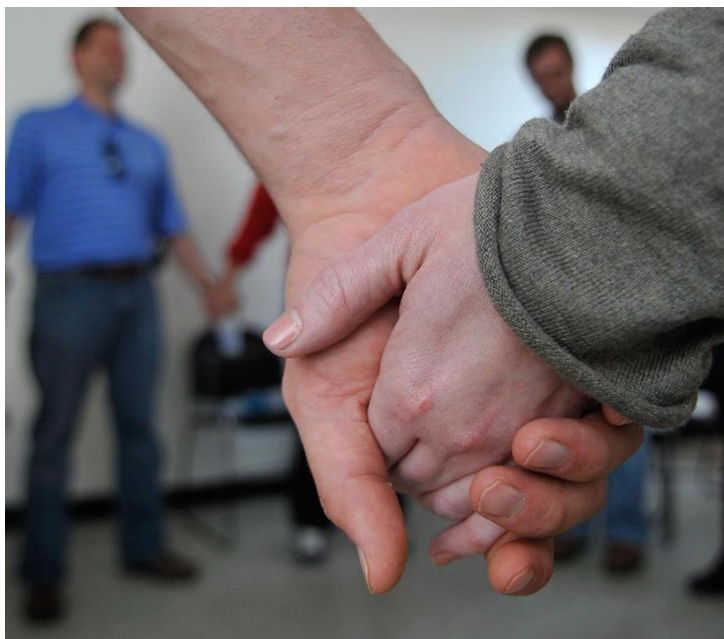
Participants who complete all program goals are called “Alumni.” They share the message of hope and change with participants who are still in the recovery program, which helps them sustain their own sobriety by keeping them connected to a recovery support system. They have a job, are saving money, and 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 participants 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 if an Alumni needs essential household items.

The Rules

What will get a participant dismissed from THP?

- Violence or threats of violence
- Racial or sexual insults
- Sexual activity or soliciting participants for sex
- 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. The participant will consult with the program manager to determine terms for re-engagement.

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 return to use. This means they start using alcohol or other drugs again. Anyone in Off The Street I, Off The Street II or Phase who returns to use is offered space in SOTS and the opportunity to start the program over. If a person returns to use in Transition or Alumni, they can go through a “Refocus Contract.” Refocus typically lasts 90 days and helps them move back into recovery.

Can loved ones visit residents at THP?

Yes. Phone and leave privileges increase as residents move through the program. There is a Family Education Program that meets on Thursdays. It is free and open to anyone affected by Substance Use Disorder. See topics, locations and more at caritasva.org/family-education-program.

How do you support participants with children?

We have a Family Resource Coordinator who will act as a liaison between our participants and organizations such as CPS, family court, and other agencies to assist reunification with their children. We also offer enriching programs and classes related to parenting.

Do participants 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 participants 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 participants to think about and potentially return to using again.

Court Dates & Probation Appointments

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

Medical Appointments

Participants 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

Participants in the recovery program can receive mail. We may ask participants to open letters and packages in front of a staff person. For The Healing Place for Men, address mail to 700 Dinwiddie Ave. Richmond, VA, 23224. For Healing Place for Women, address mail to 2220 Stockton Street, Richmond, VA 23224.

Weekends

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

Confidentiality

The law does not allow us to tell anyone anything about participants unless the participant 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. Participants 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

CARITAS is growing a support system of resources for families impacted by Substance Use Disorder. Join “Allies and Advocates” virtually on the last Tuesday of every month to learn how our program works, education on Substance Use Disorder, ways to support your loved one, and ways to care for yourself.

You can also join the Family Education Program virtually Thursday evenings at 6:30pm. This group is a collaborative effort dedicated to providing quality education and support to families of substance users in our community.

Find the zoom links for these gatherings, as well as additional support and information on our website under “Family Resources.” You can also find us on [Facebook](#) to see which topics we will cover each week! Contact TPHW Operations Manager Anna Murphy at (804) 401-8671 for more information.

We Now Welcome Women

The Healing Place for Women 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 are thrilled and grateful to now 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 women who need help. To donate, learn more and get involved, please visit us online at 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.

www.caritasva.org