

Cayuga Addiction Recovery Services

Supportive Living Program

The Mission: To help people attain a healthy recovery oriented lifestyle through a process of recovery, peer support, self awareness, and change.

The Goal: To prepare residents for successful and independent living in the community while maintaining long term recovery.

About CARS Supportive Living

Supportive Living has a capacity of 18 people and serves both men and women. Residents may be placed in either a 5 bedroom apartment (with 3 people) or a 2 bedroom apartment with 3 people. A person's room assignment is at the discretion of the program supervisor and may be changed at any time.

Resident activities in Supportive Living are determined by an Individualized Service Plan. The plan is developed with the resident in order to build the capacity to successfully readapt to independent living in the community. Service Plans may address issues around a resident's ability to make effective choices, develop supportive and healthy relationships, finances (such as job readiness, money management, and education), housekeeping, and skills to maintain a healthy recovery oriented lifestyle.

All residents of Supportive Living meet 3 times per week for *Morning Meeting* which covers a variety of topics including reasons for gratitude, the development of self awareness, creative problem solving, daily living skills, community issues, apartment maintenance, and announcements about local opportunities for recreation or support

All residents engage in volunteer activities, education, or specific interpersonal skill development groups (through other community agencies). All activities require approval of the Program Coordinator and appropriate releases must be signed to verify the hours worked if requested. This activity is designed to give clients an opportunity to practice being responsible, further practice healthy interpersonal skills, form healthy relationships, and practice workplace culture skills.

Residents have to be engaged in outpatient treatment at CARS Outpatient or another approved outpatient treatment program.

Residents also meet with a Supportive Living counselor every two weeks and must have individual counseling session with their Outpatient Counselor every two weeks.

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Admission Criteria

- Residents must be referred by a chemical dependency treatment program with a recommendation for a Residential Level of Care.
- Have an alcohol or chemical dependence diagnosis
- Appear to be free of serious communicable disease that can be transmitted through ordinary contact.
- Residents must be stable psychiatrically (not be actively suicidal or homicidal, or actively psychotic).
- Residents must be medically stable and should have 30 days or more of abstinence from all mind / mood altering substances. Residents may take medications prescribed by a physician for the treatment of co-existing mental or physical illness (program rules will apply regarding prescribed medications).
- Residents must require the support of a residence that provides an alcohol and drug free environment and the peer support of fellow residents to maintain abstinence.
- A resident must not require 24-hour on site supervision by clinical staff
- A resident must have the necessary interpersonal skills to live with others in a community living setting

Succeeding in Supportive Living takes COURAGE and COMMITMENT.

- ☺ Residents must be able to stay clean and sober with peer support (including involvement in community based, recovery oriented support groups).
- ☺ Residents need to be willing to provide support to others in the program.
- ☺ Residents need to approach all Service Plan activities with enthusiasm, energy, and a positive attitude.
- ☺ Residents must stay in compliance with all outpatient treatment recommendations
- ☺ Residents must be committed to follow ALL PROGRAM RULES and strive to meet the program expectations.

Leaving Supportive Living:

Residents can be successfully discharged when they've completed all or most of their Service Plan goals. Clients should expect to have completed their Service Plan goals and be ready to leave at six months.

Residents who relapse in the program may be offered an opportunity to be referred to a higher level of care for stabilization and return to the program. In some cases the client may not be accepted back into the program.

Residents who can not or will not follow the program rules, are disruptive, or endanger others are discharged unsuccessfully.

Residents may choose to leave the program at any time.