



You know something's  
wrong when...

...a coffee cup is always full but never holds coffee.  
RecoveryLouisville.org | (502) 357-1972

# RECOVERY

★ LOUISVILLE ★  
A HEALING PLACE MODEL



THE HEALING PLACE

**MEN'S CAMPUS AND ADMINISTRATIVE OFFICES**  
1020 W. Market St. | Louisville, KY 40202  
502-585-4848

**LOUISVILLE'S WOMEN'S CAMPUS**  
1503 S. 15<sup>th</sup> St. | Louisville, KY 40210  
502-568-6680

**CAMPBELLVILLE CAMPUS**  
105 Hiestand Farm Rd. | Campbellsville, KY 42718  
270-789-0176

[www.thehealingplace.org](http://www.thehealingplace.org)



THE HEALING PLACE LOUISVILLE



HEALINGPLACEKY



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THE HEALING PLACE

A RECOVERY PROGRAM THAT WORKS





The Healing Place is a nationally recognized, innovative recovery program that has served Metro Louisville and surrounding areas since 1989. More than 5,000 men and women have completed our program and are now living sober, productive lives. While at The Healing Place, clients live on campus for six to nine months. They are immersed in a communal, educational process, guided by Peer Mentors who have recently completed the program. Clients are expected to complete all 12 Steps of Alcoholics Anonymous and a curriculum. Our program is not a self-help program, it is a mutual-help program.

## THE MISSION OF THE HEALING PLACE IS TO:

- Reach men and women suffering from drug and alcohol addiction
- Provide the tools for recovery
- Restore productive lives

## THE HEALING PLACE PROGRAM IS DEFINED BY THREE ESSENTIAL ELEMENTS:

- A curriculum that educates clients about the disease of addiction and recovery.
- The Community Model, a democratic, modified therapeutic community that inspires and encourages responsibility, accountability, and caring.
- Peer mentoring, a program in which clients who have successfully completed the program share their experience, strength, and hope with other addicts and alcoholics.

## THE PROGRAM CONSISTS OF FOUR STAGES

**DETOX:** The primary purpose of detox is to detoxify and stabilize an individual from drugs and/or alcohol. Clients receive food, clothing, shelter, and emotional support as they withdraw from alcohol and drugs. Our detox is non-medical, but a trained staff and partnerships with nearby hospitals ensures the medical safety of clients. Detoxification usually lasts 5 to 7 days.

**MOTIVATIONAL TRACK:** Clients accepted into our long-term recovery program begin in the Safe Haven portion of the program. During this 14-day period, clients feel more protected by remaining on property except for court dates and medical appointments. While in Safe Haven, clients attend approximately 80 classes and 12-Step meetings while they become acclimated to The Healing Place environment. Safe Haven clients are housed with those who have already begun the motivational phase of our program and begin bonding with others.

In the motivational phase, called Off the Streets (OTS), clients work with peers in similar circumstances to motivate one another to adopt social skills and learn core principles that are central to Alcoholics Anonymous and Narcotics Anonymous. While in OTS, our clients come to understand the concept of the disease of addiction. Day classes are held off campus at Healing Centers, which are located at 4th and St. Catherine (men) and 15th and Kentucky (women). These classes are where clients begin accepting their self-centered disease problem and its spiritual solution. Our clients also learn the basics of responsibility and move away from a “street” mentality. Along the way, they make a commitment to the solution. OTS usually lasts 1-3 months.

**RECOVERY STAGE (PHASE I):** The recovery stage, called Phase I, is where clients learn how to apply the 12 Steps of Alcoholics Anonymous and Narcotics Anonymous in their lives with the program curriculum. This self-paced curriculum consists of classes and written assignments. All clients are assisted throughout this process by Peer Mentors, who are men and women who recently completed our recovery program.

The first part of Phase I stresses structure, responsibility, and accountability. A rotation of chores throughout Phase I teaches clients to function in a structured environment (e.g. cooking, housekeeping, laundry, maintenance, security, and office work). Clients are encouraged to look at their own behavior. This personal accountability is facilitated at the Community meetings, which are held three times a week.

The second part of Phase I focuses on interpersonal skills, stressing concern and accountability for others in the program. This is achieved through role modeling, holding peers accountable for their actions, and giving support to others. Phase I typically lasts 3-6 months.

**CONTINUING CARE (PHASE II):** After completing The Healing Place recovery program, clients address issues of employment, education, vocational training, housing, etc. They continue their program of recovery by working on relapse prevention exercises, participating in an alumni community, and attending AA meetings. In addition, men and women begin to re-establish ties with their families and build clean and sober lifestyles for themselves.

Once a client finishes the program, he or she can choose to become a Peer Mentor. Peer Mentors volunteer to serve as leaders and role models for those who are newer in the recovery program. Peer Mentors teach classes, monitor assignments, coordinate job assignments, and work one-on-one with individuals moving through the recovery process. Peer Mentors demonstrate The Healing Place philosophy that the best solution is one alcoholic or addict reaching back to help another on the journey to recovery.

Clients who complete the program and choose not to become a Peer Mentor are able to continue to live on property at a small cost while finding work, allowing them to transition slowly back into life. All clients who complete our program receive support and assistance from our continuing care staff, including help with finding employment, housing, and navigating legal and medical issues.







# THE HEALING PLACE RECOVERY PROCESS

The Healing Place’s recovery program is a long-term residential program that uses a social model of recovery through peer mentoring and personal accountability without pharmaceutical intervention. Clients move at their own pace, with the average person taking 6-9 months to finish the program.

## THE HEALING PLACE HAS A 75% SUCCESS RATE.

Clients are successfully remaining sober one year or more after completing the program.\*

## THE PROGRAM IS PROVIDED AT NO COST TO THE CLIENT – WE SEEK TO REMOVE BARRIERS.

- We house, clothe, and feed each client for less than \$25 per day and serve over 350 men and 250 women per night; over 7,000 individuals each year.
- Clients receive free medical care thanks to a team of volunteer doctors, nurses, nurse practitioners, pharmacists, and University of Louisville medical students.
- The Healing Place saves taxpayers more than \$21 million every year in medical, judicial, and prison costs.
- The Healing Place has been named a “Model That Works” by the U.S. Department of Health and Human Resources and serves as the process model for centers across the United States.
- The Healing Place has a partnership with the University of Louisville Medical School, training second-year medical students through our clinic as well as working with the Kent School of Social Work. We also have a partnership with the Department of Corrections to provide services for men and women.
- The Healing Place offers additional resources for clients including job placement, transitional and permanent housing, GED certification, college entrance coaching, legal and medical assistance, parenting classes, and family reunification services.

\*The University of Kentucky Center for Drug and Alcohol Research Behavioral Outcome Study annual outcome evaluation for the Recovery Kentucky Centers.  
<http://cdar.uky.edu/RCOS/>



# FREQUENTLY ASKED QUESTIONS

## WHAT SERVICES DOES THE HEALING PLACE PROVIDE?

All campuses provide the motivational and intensive residential recovery program. The Louisville Men’s and Women’s Campuses also provide on-site detox programs.

### LOUISVILLE (MEN’S AND WOMEN’S):

- Non-medical detox (3-10 days)
- Residential alcohol and drug services (approximately 6 months)
- Transitional living for those who have completed the residential program (approximately 3 months)

### CAMPBELLVILLE (MEN’S):

- Safe Off the Streets (3-10 days)
- Residential alcohol and drug services (approximately 6 months)
- Transitional living for those who have completed the residential program (approximately 3 months)

## WHO IS A CANDIDATE FOR THE HEALING PLACE PROGRAM?

- All clients must be 18 or older and be able to physically participate in the program.

## HOW MUCH DOES THE PROGRAM COST?

- The Healing Place does not charge a fee for any portion of the program. We do not accept any kind of insurance, Medicaid, or Medicare.

## DO YOU HAVE OUTPATIENT SERVICES AVAILABLE?

Recovery Louisville offers outpatient services and it is affiliated with The Healing Place. This fee-based program includes an assessment by our licensed staff and a personalized treatment plan that meets the client’s individual needs. For more information, call 502-357-1972.







### HOW DO I GET INTO THE HEALING PLACE?

In order to be admitted into one of our programs, a prospective client must pre-screen on the appropriate campus. We are a first come, first served, open door program. There is no process for admission into our programs unless the individual can come to our facility for a pre-screening.

### HOW DO YOU HELP PREPARE CLIENTS FOR “LIFE ON LIFE’S TERMS” AFTER COMPLETING THE PROGRAM?

Upon completion of The Healing Place’s recovery program, clients enter continuing care and have an opportunity to live on campus for a period of time or be referred to off-site transitional housing. Clients receive employment, medical, legal, and educational referrals.

### WHAT IS THE PROGRAM PROCESS?

There are four phases to The Healing Place process.

- Entry/detox
- Motivational phase – Safe Haven and Off the Streets
- Phase I intensive peer-driven recovery program
- Phase II continuing care

### WHAT SHOULD I BRING WITH ME TO THE PROGRAM?

Clients should bring several changes of comfortable clothes, comfortable walking shoes, personal toiletries that do not contain alcohol, a warm coat, shower shoes, at least a 30-day supply of non-narcotic prescription medications (check with staff before bringing any medications to find out if they are allowed), paper, pens or pencils, and smokers may bring a carton of cigarettes.

### DO NOT BRING:

Cell phones, personal electronic devices (laptop computers, tablets, mp3 players, gaming consoles, etc.), money, anything containing alcohol, unapproved prescription or over-the-counter medication, weapons, vehicles, and non-recovery related reading materials. If you have a question about what to bring, call staff at 502-583-0369.

### CAN I HAVE VISITORS?

- **Detox clients** may not have visitors at any time.
- **Off-the-street (OTS) Clients** may visit with family and friends off-campus on the weekend. OTS I clients may also visit with family and friends who come to on-campus 12 Step meetings 15 minutes prior to the meeting and 15 minutes after the meeting.
- **Phase I** clients may visit with family and friends off-campus after 4:30pm. Phase I clients may also visit with family and friends who come to on-campus self-help meetings for 15 minutes prior to the meeting and 15 minutes after the meeting.
- **Phase II** clients may visit with family and friends off-campus as their schedule allows.

### WILL I BE ALLOWED TO LEAVE CAMPUS OVERNIGHT?

Overnight passes are occasionally approved during the later stages of Phase I.

### AM I ALLOWED TO WORK OR GO TO SCHOOL WHILE IN THE PROGRAM?

No. Clients are expected to commit their full time and attention to their recovery while in the program.

### WHAT IF I HAVE MEDICAL APPOINTMENTS WHILE IN THE PROGRAM?

Participants may follow up with medical appointments and procedures provided they do not interfere with program participation. On occasion, clients may need to take care of their medical conditions prior to participating in the program.

### WHAT IF I HAVE A COURT DATE COMING UP?

Having a court date during the program does not prohibit someone from coming into the program. Talk to staff about your legal situation and they will help work it out. The Healing Place does not transport clients to court dates. You are responsible for your own transportation to and from court dates.

### HOW DO YOU WORK WITH CLIENTS WHO HAVE CHILDREN?

We have a Family Coordinator who acts as a liaison between our clients and organizations such as CPS, family court, and other agencies. The Family Coordinator assists clients in transitioning their children back into their lives by arranging short, consistent visits that progress over time to longer, overnight visits. Parents are encouraged to attend the weekly Parent Support Group facilitated by the Family Coordinator. Each quarter, we have a Family Day at each campus where families are invited to come and learn about our program, addiction, family roles, and Al-Anon.

