

## **Sparrow's Nest – A Residential Program**

**Our Mission:** To have a safe place for women to become completely free from any type of addictive chemical dependency and the corresponding lifestyles.

Different therapies are used to affect change in the lives of our clients.

**Dormitory Therapy** - The dormitory living environment provides a family unit and a physical structure in which each client has the responsibility to complete her tasks. The dormitory is more than a place to sleep. This living arrangement provides ideal conditions which enhance the treatment efforts of the overall program and which effects change in the residents. The daily routine of the program structure serves as a basis for a creative design of a therapeutic setting to support strengths and reveal weaknesses.

Residents are involved in much of the decision-making in the dormitory. They, along with staff, work within the program guidelines to design their own house routine. Group meetings involving all residents and staff, in each dorm are held three times a week. Additional group meetings may be called as needed to deal with conflicts in the dorm. Group interaction includes problem-sharing and interpersonal feedback, designed to help clients and staff gain valuable insight into each individual group member. Residents are encouraged and required to take responsibility for supporting and confronting each other.

Free time is an important part of the treatment at Sparrow's Nest and is made available to the client so that they may learn how to become an effective time manager. Friends and relatives are allowed monthly visits after orientation phase.

During Phase I the client is involved in six weeks of orientation, which is designed to help them feel comfortable with staff, policies, and procedures. The client begins to feel a sense of security and stability, feelings that are nurtured during these weeks.

**Individual Therapy and Family Interaction** - While in the residential treatment facility, the client and her family are involved in a variety of activities, which give them opportunities to confront and resolve their problems.

**Psychosocial Therapy** - After the client has been accepted into the program, an initial interview is conducted. Sparrow's Nest counseling staff utilizes the psychosocial history as a tool to obtain pertinent data from the client. A staff consultation is then held, which includes the life coach and appropriate treatment staff. At this time, a detailed treatment plan is devised. This plan is used as a guide to direct the treatment of the client throughout their stay at the program. Case consultations are conducted on a weekly basis. In these meetings each client's treatment plan is reviewed and upgraded, prognosis is made, and recommendations for follow-up and possible aftercare are given.

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**Individual and Group Therapy** - Both individual and group counseling occur on a weekly basis. These sessions may be called or are regularly scheduled meetings. The clients themselves are very important to each other's treatment. On occasion, a client may call a group session to confront an issue within the dorm. Frequently, input evolving from these groups influence programmatic as well as individual direction and changes.

**Family Therapy** - Sparrow's Nest takes the position that family involvement in the treatment is one of the most crucial factors to the client's success. To encourage family participation whenever possible, we seek commitments from available family members to participate in as much of the program activity as is healthy for the family and the client. Classes are offered to educate the family about substance abuse and its effect on the entire family unit. Family group sessions are encouraged to give members the opportunity to communicate the different points of view that exist within the family unit. Problems, strengths and weaknesses, thus exposed and confronted within the safety of the group, can then be understood and resolved.

**Recreation** - Recreational activities are utilized as an opportunity to observe the residents behavior during her leisure time. Whether through field trips or scheduled on-property activities, the purpose is to evaluate and reinforce the client's spiritual and emotional growth, that they might make a smooth reentry into society.

**Work Therapy** - Since work will become a real part of the client's lifestyle after treatment, it is vital that functioning as a clean and sober individual in the workplace is a learned behavior. Greater emphasis is placed upon character than upon work skill. Character traits, such as initiative, neatness, responsibility, and proper response to authority are stressed. Clients must demonstrate, through their behavior and attitude, that they know how to cooperate within a designated structure. The client is taught not only how to follow but also how to lead.

**Home Visitation** - Clients are eligible for weekend visits with their families after six months of treatment (if approved by case board). The client is expected to visit the family at home without direct supervision from Sparrow's Nest. However, both client and life coach design a "plan of action". The home pass is used as a therapeutic tool to evaluate the client's progress thus far.

**Field Trips** - Monitored field trips are designed to evaluate and reinforce the client's spiritual, emotional, and social growth. Field trips are another recreational outlet utilized by Sparrow's Nest to test the interaction skills of the client.

**Aftercare and Reentry** - This is the most crucial time in the entire treatment process. The client returns to society, but not without a definite aftercare plan. This phase is closely monitored. Support agents are selected to work in conjunction with Sparrow's Nest regarding the process of each client.

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The following is Sparrow's Nest treatment program. Each phase lasts for approximately three months but is based on the individual's progress.

### **Phase I: Introduction**

During this phase of treatment the client is given time to adjust to the structure of the program. The paperwork is completed and, if necessary, the proper authorities are notified of the client's introduction. The client is assigned a "Big Sister" who assists the individual in learning the rules and regulations and gives encouragement to them during this period of adjustment.

### **Phase I Goals and Objectives**

Step 1: "We admitted we were powerless over alcohol/drugs—that our lives had become unmanageable."

Step 2: "Came to believe that a power greater than ourselves could restore us to sanity."

Step 3: "Made a decision to turn our will and our lives over to the care of God as we understood Him."

### **Phase II: Big Sister**

In this phase, the client is expected to demonstrate some of the objectives she has learned by accepting additional responsibilities, which are assigned by their life coach and/or other staff members.

### **Phase II Goals and Objectives**

Step 4: "Made a searching and fearless moral inventory of ourselves."

Step 5: "Admitted to God, ourselves, and to other human beings, the exact nature of our wrong."

Step 6: "Were entirely ready to have God remove all these defects of character."

### **Phase III: Group Leader**

During this phase of treatment, the client is expected to continue demonstrating leadership qualities by accepting additional responsibilities. Clients are asked to show, through behavior, that they understand that with authority comes responsibility.

### **Phase III Goals and Objectives**

Step 7: "Humbly ask Him to remove our shortcomings."

Step 8: "Made a list of all persons we had harmed and became willing to make amends to all of them."

Step 9: "Made direct amends to such people whenever possible, except when to do so would injure them or others."

### **Phase IV: Senior Group Leader**

During the final stage of treatment, the life coach and the client concentrate on designing the client's aftercare plan for the reentry phase. Clients are given the additional authority and responsibility, which will enable them to demonstrate that they can function under pressure and make decisions based upon Biblical principles rather than upon their feelings.

### **Phase IV Goals and Objectives**

Step 10: "Continued to take personal inventory and when we were wrong, promptly admit it."

Step 11: "Sought, through prayer and meditation, to improve our conscious contact with God as we understand Him, praying for knowledge of His will for us, and power to carry that out."

Step 12: "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics/drug abusers, and practice these principles in all our affairs."