

# PROGRAM DESCRIPTION



Understanding our Programs and  
Program Criteria

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



# WELCOME

## TO OUR LOVE BASE ORGANIZATION



We provide recovery support to women recovering from drugs and alcohol by providing transitional housing, IOP/OP, and other support services and referrals to outside services.

### 3.1 RESIDENTIAL PROGRAM

Level 3.1 programs are appropriate for patients whose recovery is aided by a time spent living in a stable, structured environment where they can practice coping skills, self-efficacy, and make connections to the community including work, education and family systems.

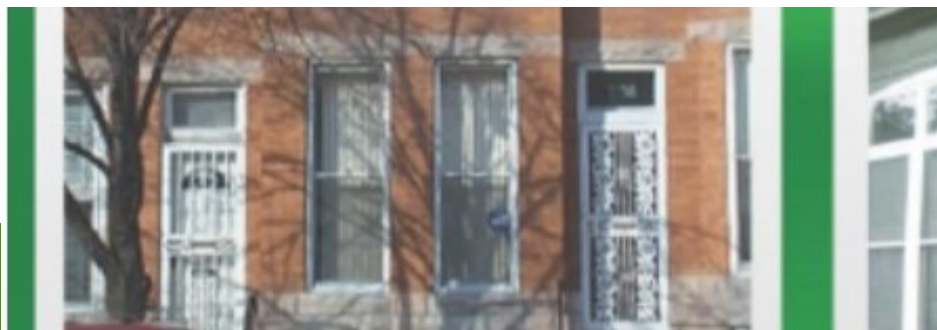
The program offers at least five hours per week of low intensity SUD treatment. Treatment includes individual, group and family therapy, medication management and psychoeducation. The services facilitate the application of recovery skills, relapse prevention and emotional coping strategies.

The highly structured educational format is based on an experiential learning format supplemented by educational groups that teach the residents the principles of self-diagnosis and utilizes the Socratic Method to engage the residents in the process.

The community employs community-imposed consequences and earned privileges as part of the recovery and growth process. In addition to the daily scheduled activities, groups and individual activities, individuals are assigned responsibilities within the community setting. Both residents and volunteers act as facilitators, emphasizing personal responsibility for one's own recovery process, life and self-improvement.

#### Program Criteria

- Must Be 21 years old
- Referral/Self-referral accepted on a case-by-case bases
- 30 Days of Abstinence
- Ability to be mobile
- Cognitively able to participate in group
- MAT participants accepted
- Group Attendance Required/Individual Sessions Required
- Peer Services Provided
- Financially able to pay program fees-
- (\$0 for six months or duration of treatment) (\$200.00 thereafter)
- Women's Wholeness Program Participation Required



## IOP HOUSING AND PROGRAM DESCRIPTION

LTC's intensive outpatient programs (IOPs) are direct services for participants with substance use disorders or co-occurring mental and substance use disorders who do not require detoxification or 24-hour supervision.

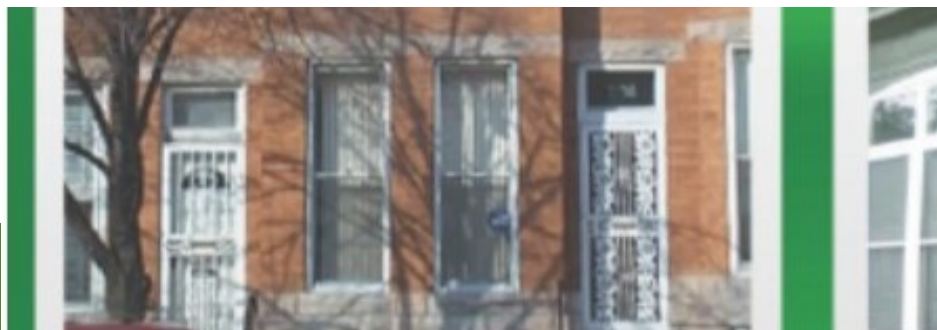
LTC intensive outpatient program (IOPs) is available for ambulatory participants and housing services. IOP services offer a minimum of 9 hours of service per week and individual sessions.

Treatment includes individual, group and family therapy, medication management and psychoeducation. The services facilitate the application of recovery skills, relapse prevention and emotional coping strategies.

The highly structured educational format is based on an experiential learning format supplemented by educational groups that teach the residents the principles of self-diagnosis and utilizes the Socratic Method to engage the residents in the process.

### Program Criteria

- Must be 21years old
- Referral/Self-referral accepted on a case-by-case bases
- 30 Days of Abstinence
- Ability to be mobile
- Cognitively able to participate in group
- MAT participants accepted
- Group Attendance Required/Individual Sessions Required
- Peer Services Provided
- Financially able to pay program fees- (\$100 for six months or duration of treatment) (\$200.00 thereafter)
- Women's Wholeness Program, SHIFT, Participation Required



## OP HOUSING AND PROGRAM

LTC's outpatient services are designed to help participants achieve changes in alcohol and/or drug use. This level of care is for participants with less severe disorders; for those who are in early stages of recovery, as a "step down" from more intensive services.

OP supports those participants who are stable and for whom ongoing monitoring or disease management is appropriate. Services are provided less than 9 hours weekly of treatment (workshops) and individual sessions. Service components, include individual and group counseling, motivational enhancement, family therapy, educational groups, occupational and recreational therapy, and MAT.

Treatment includes individual, group and family therapy, medication management and psychoeducation. The services facilitate the application of recovery skills, relapse prevention and emotional coping strategies.

The highly structured educational format is based on an experiential learning format supplemented by educational groups that teach the residents the principles of self-diagnosis and utilizes the Socratic Method to engage the residents in the process.

### Program Criteria

- Must be 21 years old
- Referral/Self-referral accepted on a case-by-case bases
- 30 Days of Abstinence
- Ability to be mobile
- Cognitively able to participate in group
- MAT participants accepted
- Group Attendance Required
- Individual Sessions Required
- Peer Services Provided
- Financially able to pay program fees- (\$200 for six months or duration of treatment) (\$350.00 double occupancy- \$450.00 single occupancy thereafter)
- Women's Wholeness Program, SHIFT, Participation Required





## TRANSITIONAL/LONG-TERM HOUSING

The Light of Truth Center, Inc. is a highly structured residential environment/continuum of care Behavioral Health Program that utilizes the Therapeutic Community Modality (Modified), in which the primary goals are the treatment of substance use, mental health, co-occurring disorders or other behavioral health needs and the fostering of personal growth leading to personal accountability and sustained recovery.

The highly structured educational format is based on an experiential learning format supplemented by educational groups that teach the residents the principles of self-diagnosis and utilizes the Socratic Method to engage the residents in the process.

The community employs community-imposed consequences and earned privileges as part of the recovery and growth process. In addition to the daily scheduled activities, groups and individual activities, individuals are assigned responsibilities within the community setting. Both residents and volunteers act as facilitators, emphasizing personal responsibility for one's own recovery process, life and self-improvement.

(This is the core of all our programs) Housing with a treatment component or just housing; **this is the core.**

### Program Criteria

- Must be 21 years old
- Referral/Self-referral accepted on a case-by-case bases
- Six to 9 months abstinence and program completion
- Ability to be mobile
- Cognitively able to participate in group
- MAT participants accepted
- Individual Sessions Required
- Peer Services Provided
- Financially able to pay program fees-Self-sufficient
- (\$350.00 double occupancy) -(\$450.00 single occupancy)
- Women's Wholeness Program, SHIFT, Participation Required



## WOMEN'S WHOLENESS PROGRAM - SHIFT

Our Women's Wellness program, SHIFT, is a new concept specifically designed to support our consumers as they begin to grow in new areas of their lives. We recognize that sharing hope, inspiration, forgiveness and trust ("Shift") truly provides a new way in allowing recovery to take hold. We also recognize that providing social interactions to build and bring out inner qualities and gifts, within the women, will also produce a shift; in perspectives and behaviors

SHIFT (Sharing Hope Inspiration Forgiveness & Trust) is an opportunity to engage our women beyond housing. Our goal is to raise their awareness of self-worth and to present opportunities for spiritual-physical-mental healing; to heal the whole woman – one workshop at a time.

We do this by engaging business entrepreneurs, business professionals, artists, and individuals to facilitate hands-on workshops. These workshops enable the women to dream, to be inspired, and to know that others care. By providing holistic opportunities that engage the whole self - spirit-soul-body, we go beyond housing to ensure that they become well rounded citizens.

SHIFT provides LTC clients an opportunity to get to know who they are intimately and socially.

### Program Criteria

- All LTC participants, across all levels of care and all Centers.
- Group held every Friday evening at 6PM to 8 PM





## PROGRAM PARTICIPANT'S RIGHTS AND RESPONSIBILITIES

Every participant at the Light of Truth Center, Inc. has human and personal rights to be respected and honored. In addition, it is the responsibility of all participants to act in a manner that respects the rights of others. The Light of Truth Center, Inc. is committed to the protection of participant rights and to providing services within an environment that is characterized by dignity and respect of all persons, and is responsive to the unique needs, abilities, and characteristics of participants served by the organization.

Participant rights: As a participant in programming of the Light of Truth Center, Inc, you have the right to:

- Be fully informed about the course of your care and decisions that may affect your treatment
- Revoke your consent for treatment at any time
- Timely and accurate information to assist you in making sound decisions about your treatment
- Be fully involved as an active participant in decisions pertaining to your treatment
- Have an individual identified in writing that will direct and coordinate your treatment
- Request a change in individual directing and coordinating our treatment, if you so desire
- Receive services in an environment that is free of all forms of abuse, including, but not limited to, (a) financial abuse, (b) physical abuse and punishment, (c) sexual abuse and exploitation, (d) psychological abuse including humiliation, neglect, retaliation, threats and exploitation, and (e) all forms of seclusion and restraint





## PROGRAM PARTICIPANT'S RIGHTS AND RESPONSIBILITIES

- Have information about your treatment and your confidentiality protected to the greatest extent allowed by federal and state confidentiality laws and regulations
- File a grievance or complaint about the services you receive without fear of retaliation or reprisal of any sort
- Have family members, friends or others involved in your treatment with your consent and approval
- Receive services that comply with all applicable federal and state laws, rules and regulations
- File a grievance with an outside third party if you feel that the organization has not satisfactorily addressed any concerns you have or, does not adequately address any formal grievance you submit
- To request a transfer to another program if you believe you are not receiving care that is meeting your needs and preferences.
- You may also have additional rights afforded to you based on federal, state, and local regulations. Your service coordinator will advise you of any additional rights that you may have.

# OUR TEAM



## OUR CONTACT



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