

## Recovery is Found One Step at a Time

Located in Kirkland, WA, Residence XII is a premier non-profit alcohol and chemical dependency treatment center for women and their families. It is one of the oldest gender-specific private treatment programs in the country. Because Residence XII recognizes the special issues and needs of women with addiction disorders, they have designed a program specifically for this population. Through Inpatient, Intensive Out-patient, Relapse Prevention, Continuing Care and Family programs, the focus is on the physical, emotional and spiritual components of addiction and recovery. This provides a comprehensive and accessible approach to treatment and a safe and nurturing environment to help women and their families overcome the pain and stigma of addiction.

### Step 1 - Detoxification

Because Residence XII is a non-medical facility, we can only accept women who have abstained from drugs and alcohol for a minimum of 72 hours prior to admission. This means that many women must first go to a detoxification program before participating in our Intensive Inpatient, Outpatient or Relapse Prevention Programs. Residence XII can recommend detoxification programs if needed, as well as set up an assessment or visit with the woman in detox. We can also make arrangements for transfer to our facility.

### Step 2 – The Assessment

The first step towards recovery for a woman with alcohol or drug dependency is of course admitting she needs help. But sometimes, it takes the support of a family member, friend, employer or health care professional to lead her gently towards the path. But whether a woman decides she needs treatment on her own, or with the help of someone who cares about her future, the very first step in the process is having an extensive, comprehensive assessment that paints a realistic picture of the past, the present and even sometimes the future.

Most assessments start with a phone call from a health care professional, a family member, friend, employer, or the woman herself. Initial questions about length of stay, cost, etc., can usually be answered at this time. But in order for Residence XII to get a clearer picture of each woman's unique circumstances, she must receive a complete assessment with one of our Assessment and Referral Coordinators (ARC). Most assessments take two hours and include the following topics:

- *Medical Concerns and Issues* – Information about any diagnosis, treatment or current medication.
- *Employment History* – Information about past employment, current employment and future goals.
- *Drug/Alcohol History* – What is her drug of choice? How long and often is she using? Etc.
- *Legal Issues or Concerns* – Is she seeking treatment for legal reasons (i.e., DUI, child welfare, employment issues, or other legal proceedings)
- *Family History* – Information about her family's history of alcohol, drug and mental health issues.
- *Current Family Environment* – Is her family supportive about treatment and recovery?
- *Support Systems In Place* – When she leaves Residence XII who will be part of her support system?
- *Mental Health History* – Information on past and current mental health issues and treatment?
- *Defining The Appropriate Program* – Do we have the right program for her? (i.e., Intensive Inpatient, Outpatient, Relapse Prevention) If not, we can help with a referral!
- *Financial Options* – How will she be able to financially participate in treatment? Most of our women are funded through insurance or self-pay, but we do have a limited number of scholarships available.
- *Choosing a Start Date* – Treatment at Residence XII is voluntary. Therefore, every woman who participates in our programs must be open and ready to come to us for help with her recovery.

Following an assessment, each woman and her family receive a packet of information on what to expect at Residence XII, along with what she should bring if she is going into our Inpatient Program. They will also take a tour of our facility. Seeing the warm environment and the sense of community we have created at Residence XII often helps to eliminate some of the many worries of women seeking help for addiction.

Residence XII's Assessment and Referral Coordinators are available 8 a.m. – 6 p.m. Monday – Friday. Call: 425.823.8844 or 800.776.5944

### Step 3 – Treatment

#### Intensive Inpatient

For women unable to remain abstinent from alcohol and chemical use on an outpatient basis, Residence XII's residential Inpatient Program offers a safe structured environment for chemical dependency treatment. This variable length of stay program focuses on the disease of addiction, guilt and shame, self-esteem, assertiveness, life skills for sobriety, nutrition, relationship issues and relapse prevention strategies.

*Our Intensive Inpatient program includes:*

- Highly structured goal oriented curriculum with a 3 – 5 week variable length of stay
- Based on a 12 step abstinence based program
- Individual problem identification including focus on dual disorder diagnosis and stability
- Daily Group therapy with an average of 8 women
- Films, lectures and activities
- Comprehensive Family Program
- Detailed exit planning including; Outpatient, Relapse Prevention and Continuing Care
- Random urinalysis

*(Note: This program meets the requirements for DUI deferred prosecution, Employee Assistance Programs, Child Protective Services issues, Domestic Violence violations.)*

#### Intensive Outpatient

Residence XII's Intensive Outpatient Program delivers the same quality treatment to women as our inpatient program but does so over an extended period of time. It is specifically designed for women who are able to maintain sobriety without having to stay in a residential program. It is also often included as a step down for women in our inpatient program.

*Our Intensive Outpatient program includes:*

- Highly structured goal oriented curriculum for up to 8 weeks
- Based on a 12 step abstinence based program
- Individual problem identification including focus on dual disorder diagnosis and stability
- Group and individual sessions
- Films, lectures and homework
- Skill and behavior development for addiction-free living
- Comprehensive Family Involvement
- 12 step community meeting attendance
- Random urinalysis
- Detailed exit planning including: Relapse Prevention and Continuing Care

*(Note: This program meets the requirements for DUI deferred prosecution, Employee Assistance Programs, Child Protective Services issues, Domestic Violence violations.)*

#### Relapse Prevention

Residence XII's Relapse Prevention Program is designed to help women and their families avoid or discontinue addiction relapse. Led by a Certified Relapse Prevention Specialist, this program is designed specifically for women who have had prior treatment but have been unable, or are struggling, to maintain their recovery. Relapse prevention focuses on the recognition of relapse syndrome, understanding relapse triggers and high risk events and helps women and their families develop a relapse intervention plan. It also focuses on daily sober living skills and safe living environments.

*Our Relapse Prevention Program includes:*

- Highly structured small treatment group (3 hours, twice a week for eight weeks.)
- Individual sessions (3) including one with a family member
- Completion of a Relapse Prevention workbook
- Individualized recovery and relapse prevention plans
- Treatment plans for related health issues
- Random urinalysis
- Family involvement through family groups
- Participation in support groups outside of Residence XII (Patients are required to have a sponsor)
- Exit planning that includes Continuing Care

*(Note: This program meets the requirements for DUI deferred prosecution, Employee Assistance Programs, Child Protective Services issues, Domestic Violence violations.)*

**Our Family Programs**

Residence XII knows that recovery is a “family affair,” and that women often value their relationships above their recovery. Because of this, each woman’s individualized treatment plan includes a Family Program element. Through lectures, family sessions and support groups, family members can learn more about the disease of addiction, relapse prevention, codependence and boundaries. They will also learn how to support the women in recovery while focusing on their own personal recovery from the impact of addiction.

*Our Family Program for Intensive Inpatient includes:*

- Orientation to Residence XII, Family Programs and visiting.
- Three week rotation lectures
- Family Support Groups
- Family sessions with the woman in treatment
- Children’s program for ages 6 – 11

*Our Family Program for Intensive Outpatient includes:*

- Discussion on various topics including: the disease of addiction, relapse prevention, codependence & boundaries, and communication & relationships
- Support Group and activities with the woman in treatment

*Our Family Program for Relapse Prevention Includes:*

- Discussion on various topics including: Communication for Recovery and Partnerships for Recovery
- Support Group and activities with the woman in treatment

Continuing Care

Many women who leave an inpatient or outpatient program find that a life of recovery presents a whole new set of challenges. Our Continuing Care Programs provide women in recovery the practical tools and knowledge they need to succeed. They also provide the structure and accountability many women need after Intensive Inpatient, Outpatient treatment. This program is available to any woman who has been in Inpatient, Outpatient, or Relapse Preventions programs either at Residence XII or another treatment facility

*Continuing Care Programs focuses on:*

- Developing clean and sober friends
- Attending recovery meetings
- Maintaining good communication with sponsors
- Understanding family relationships in relation to recovery
- Building community support with other women in recovery

For help in assessing alcohol and chemical dependency for women, contact Residence XII for a free comprehensive assessment. Our Assessment and Referral Coordinators are available 8 a.m. – 6 p.m. Monday – Friday. Call: 425-823-8844 or 800-776-5944

To request more information, go to [www.residencexii.org](http://www.residencexii.org) and click on Contact Us.