

Friendship House Association of American Indians, Inc.



**The Friendship
House
Association of
American
Indians**

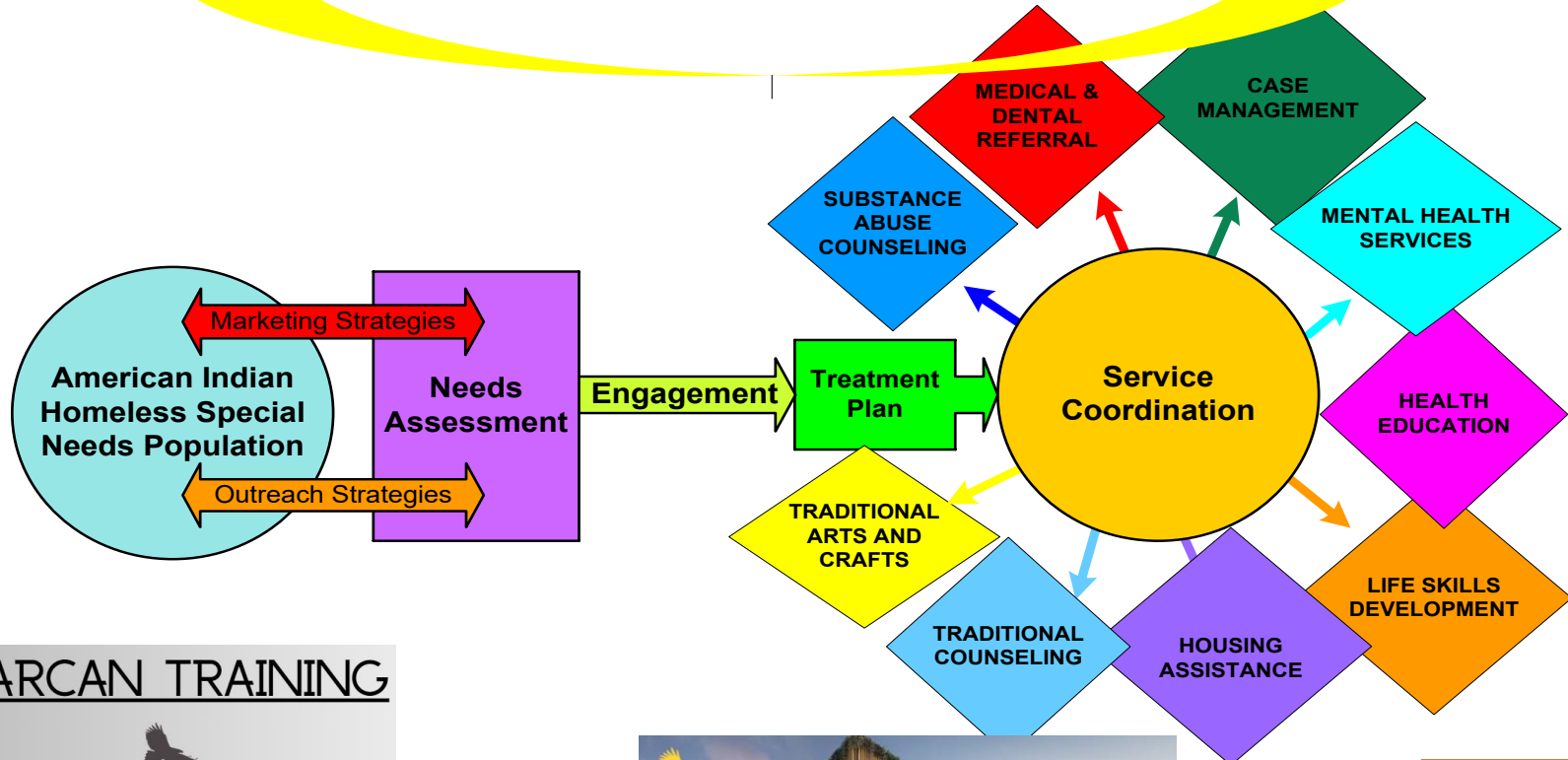
Since 1950

Mission Statement

- The mission of the Friendship House is to promote healing and wellness in the American Indian community by providing a continuum of substance abuse prevention, treatment, and recovery services that integrate traditional American Indian healing practices and evidence-based substance abuse treatment methods.



FRIENDSHIP HOUSE ASSOCIATION OF AMERICAN INDIANS, INC. CONTINUUM OF CARE MODEL



NARCAN TRAINING



MEDICATION
FOR
ADDICTION
TREATMENT

Clinical Staff

- Clinical Director, M.F.T.
- 2 – Psychologist
- 2 – MSW
- 5 – Certified Substance Abuse Counselors
- 5 – Case Managers
- 1 – Traditional Counselor
- 1 – Post Doc. Intern, MFTI
- Counselor / Client Ratio – 14:1

Criteria for Admission

- A problem with drugs and/or alcohol.
- Adult males and females age 18 and over **OR** adult females age 18 and over who wish to bring up to two of their children age 0-5 to the residential treatment program with them to our Oakland Location known as The Lodge.
- No serious medical, psychological or emotional conditions that could interfere with participation in a social-model residential treatment program.
- All legal and medical issues should be sufficiently resolved, so the client will not be removed from the program during treatment.

Holistic Approach to Treatment

Bridging Traditional and Western Best Practices



Integrating Traditional and Western Best Practices

- Cross trainings on site
 - Cultural competency
 - Clinical trainings
 - Traditional counselor
 - Traditional consultant
- Case conferences: Client, Counselor, Case Manager, Traditional Counselor, Mental Health Clinician.

Traditional Values Integrated into Counseling and Groups

Talking circle, traditional family values and cultural education, cultural events



Phase 1, Level 1

Beginners Stage, 30 Days

- Residential Treatment
- Restriction phase
- Stabilization Period
- Case management
- Orientation, Assessments, Medical/Dental referrals
- Financial case management
- Individual Treatment Plan established
- Introduction to groups, assigned chores, Communication group, Red Road Group
- Matrix Relapse Prevention, 12- step groups
- Talking Circles, Health Education, HIV/AIDS education
- Introduction into Sweat Lodge
- Supportive Services, Housing placement, job training and array of services
- Cultural Identity & American Indian Values group

Values = FAITH

Humility, Courage, Honesty

Phase 1-Level 2

Intermediate Stage, 90 days

- Non-Restriction
- Case Management
- Individual Treatment Plan-goals, objectives, and outcomes reviewed
- Specific Groups tailored to clients needs
- Relapse Prevention/plan, Talking Circle, HIV/AIDS education
- Recovery Sweat Lodge Participation
- Assigned Kitchen Duties
- Family Counseling, Individual & Group Therapy, and Substance Abuse Counseling
- Cultural Identity & American Indian Values Group
- 12 Step recovery groups/meetings
- Life skills 1- computer skills, career development
- Develop resume, mock interviews, Job search
- Introduction to Phase 2
- Peer Advisor to level 1 peers

Values= HOPE

Patience, Wisdom, Sacrifice

Phase 2 - Level 3

Advanced Stage, up to One Year

- Case management continues
- Transitional & Aftercare treatment plans
- Individual Counseling session 2 times per week
- Phase 2 Groups w/ emphasis on Career Development
- Life Skills 2, Job Readiness, Resume Writing, Cover Letters,
- Mock Interviews, Budgeting, Computer Skills Training, Enhanced Communication Groups, Peer advisory to Phase 1 clients
- Continued Talking Circles, Relapse prevention,
- Process Groups, Cultural Identity & American Indian Values group, Sweat Lodge, Pow Wows, drumming,
- Traditional arts & crafts
- Referrals to outside agencies to abide by Court Mandates
- Domestic Violence, Anger Management, Parenting, DUI
- Continued 12-step requirements and sponsorship
- Family Counseling/reunification
- Participation in the GPRA Health surveys

Values = LOVE Fortitude, Compassion, Respect

Phase 2 - Level 4

Senior Stage , up to One Year

- Case Management continues
- Treatment plan modified
- Attend School, volunteer or Work
- Individual counseling sessions 2 times per week
- Continued Life Skills, focused on Housing Assistance
- Budgeting, opening bank account,
- Talking Circles , Relapse Prevention, Process Groups
- continued Court Mandated Classes
- Peer Advocacy to Phase I
- Continued 12-step requirements and sponsorship
- Family Therapy/Counseling/reunification
- Facilitation of AA/NA meetings & Cultural Activities
- Sweat Lodge, powwows, drumming,
- Traditional arts & crafts
- Creation of an Exit/Discharge Plan
- Transition into community & permanent housing
- Participation in the GPRA Health survey

Values = CHARITY Honor, Generosity, Gratitude

Restoration to Balance & Harmony

Phase 1 (30 days)

Level 1- Beginners Stage of Residential Treatment

Restriction phase
Stabilization Period

Case management
Orientation, Assessments, Medical/Dental Referrals and Financial needs
Individual Treatment Plan established
Introduction to groups, assigned chores, Communication group, Red Road, Relapse prevention, 12- step groups
Talking Circle, Health Education, HIV/AIDS
Introduction into Sweat Lodge, introduction to Supportive Services- housing assistance
American Indian Values group

Values = FAITH
Humility, Courage, Honesty

Level 2- Intermediate stage

OFF- Restriction phase
Case management
Individual Treatment Plan
Specific groups tailored to clients needs, Relapse prevention, Talking Circle, HIV/AIDS Education, Men and Women's groups, Sweat Lodge participation, Assigned Kitchen Duties
Family Counseling, Cultural Identity & American Indian Values group, 12 step requirements, Life Skills 1, communication skills, computer training, career development, Job search, develop resume
Introduction to Aftercare
Peer advisor to new clients

Values =HOPE
Patience, Wisdom, Sacrifice

Phase 2 - Level 4- Senior Stage

Case Management continues
Aftercare treatment plan modified if necessary
Attend School, volunteer or Work
Individual counseling sessions 2 times per week
Continued Life Skills, Housing Assistance budgeting, opening bank account, continued Talking Circles , Relapse Prevention, Process Groups, Red Road
continued Court Mandated Classes
Peer Advocacy to Phase I
Continued 12-step requirements and sponsorship
Family Counseling/reunification
Facilitation of AA/NA meetings & cultural activities, Sweats Lodge, powwows drumming, traditional arts & crafts
Creation of an Exit/Discharge Plan
Transition into community & permanent housing, Participation in the GPRA & Health survey

Values = CHARITY Honor,
Generosity, Gratitude

Phase 2 (up to one Year) Level 3 Advanced Stage

Case management continues
Transitional & Aftercare treatment plans
Individual Counseling session 2 times per week
Aftercare Groups emphasis on Career Development= Life Skills 2, Job Readiness, Resume Writing, Cover Letters, Mock Interviews, Budgeting, Computer Skills Training, Enhanced Communication Groups, Peer advisory to Phase I clients
Continued Talking Circles, Relapse prevention, & Process Groups, Cultural Identity & American Indian Values group
Recovery Sweat Lodge, Pow Wows, drumming, traditional arts & crafts
Referrals to other agencies/Fulfillment of Court Mandates, Domestic Violence, Anger Management, Parenting, DUI
Continued 12-step requirements and sponsorship
Family Counseling/reunification
Participation in the GPRA Health surveys

Values = LOVE Fortitude,
Compassion, Respect



Friendship House Success Stories



"Recovery is up to you. Only you can make the decision to be clean and sober and it is your choice whether or not you want to keep your recovery."
- Allison



"July 5, 2005 was the day I made one of the most important decisions I've made. I am so grateful to the Friendship House. I love being a clean and sober native woman. Special thanks to my family and Myra Smith."
- Dana



"Friendship House enabled me to gain respect for myself, my family and my people. I have my family and most of all I have become part of the bigger picture, our community. I owe my eternal strength, hope and time to the program."
- Cindy

Questions ?

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