

Support Systems Homes, Inc™
Alcohol and Drug Addiction Treatment Network



**Summary of Care
2003**

**24 Hour Help Line
800-811-1800**



The Support Systems Homes Difference

Support Systems Homes offers comprehensive drug and alcohol rehabilitation programs. Our CARF accredited, state licensed detoxification, residential, day, and outpatient treatment programs offer hope to individuals and families suffering from the disease of chemical dependence. Our centers provide an exemplary level of care and consistently demonstrate results placing us at the top of our industry.

Treatment at Support Systems Homes is the beginning of a new and better way of life. We provide extensive exposure to recovery principles, and work to remove barriers that may prevent acceptance of those principles. This is accomplished in a warm, peer-oriented environment, guided by compassionate, professional staff.

Certified counselors and program participants work together as a team to develop individualized treatment plans that treat the person as a whole - body, mind and spirit. Team-based treatment and aftercare planning, alcohol and drug education, exposure to 12 step recovery principles, and participation in 12 step programs and the local recovery community are integral parts of our curriculum.

Our Services

Support Systems Homes, Inc. is a full service Substance abuse treatment organization providing chemical dependency and dual-diagnosis treatment services of the highest quality at affordable rates. We are a private, community based organization operating inpatient and outpatient treatment facilities and transitional/sober living housing throughout Northern California.

Programs	Program Highlights
<ul style="list-style-type: none">• Clinical Assessment• Detoxification Treatment• Residential Treatment• Dual-Diagnosis Treatment• Day Treatment• Outpatient Services• Family Program• Relapse Prevention• Legal Advocacy/Court Liaison• Lifetime Aftercare• Sober Living• Nationwide Referral Services	<ul style="list-style-type: none">• Expert Medical and Clinical Staff• Individualized Treatment Planning• Comprehensive Continuum of Care• AOD Education• Individual and Group Counseling• Recreational Therapy• Access to a vast network of resources• Supportive, structured transitional housing/sober living environments• HIV/AIDS education• Family Therapy• Lifetime Aftercare• Alumni Events• Bi-weekly Seminars with Visiting Professionals

Corporate Background

Founded in 1991, Support Systems Homes, Inc. is an internationally accredited, state licensed substance abuse treatment program dedicated to the innovative and cost-effective treatment of chemical dependency. Based in Northern California, our facilities offer a comprehensive structure of treatment programs, sober living environments, and services for those suffering from the diseases of alcoholism and drug addiction. Our founders are dedicated to the process of recovery and have spent years actively involved in supporting California communities through outreach, education and involvement in 12 step programs.

In keeping with its philosophy and goals, Support Systems Homes focuses on helping clients achieve and maintain abstinence from mind-altering substances, learn new methods to cope with life issues, and reintegrate into society as stable, productive individuals. This is achieved through education, counseling, enhancing self-awareness, building self-esteem, and emphasizing 12-Step program principles and participation. Clients are treated with dignity and respect in the recovery process, while the feelings from despair, hopelessness, and fear transform to a renewed vision of life.

By providing a broad spectrum of services that promote healing of the mind, body, and spirit, Support Systems Homes has established itself as an industry leader with tangible, consistently positive results. We serve as advocates for our clients within the legal system and in our communities, and are intent on reducing the stigma associated with chemical dependency.

Support Systems Homes provides supportive, drug-free environments in each level of care. We provide clients access to a vast network of resources including job preparation, continuing training in life skills improvement, lifetime aftercare, and the peer support so crucial to achieving and maintaining long-term sobriety. Our extensive network of sober living environments is available to assist clients transitioning from residential treatment, and individuals seeking a safe, supportive, drug-free living environment.

Our staff and policies emphasize integrity, respect for the individual, personal accountability, and most importantly, hope for those suffering from the diseases of alcoholism and addiction. Staff members come from diverse cultural and social backgrounds, and are caring, highly skilled professionals who provide the highest quality treatment.



Treatment Philosophy

Each year, the disease of chemical dependence affects more than twenty million Americans, their families, friends, and employers. Without proper treatment, the prognosis is poor for those suffering from alcoholism and drug addiction: the body deteriorates, the mind is damaged, and the spirit is crushed. Identification and treatment of the disease are critical to the process of arresting and beginning to mend the damage wrought by addiction.

Support Systems Homes' treatment programs offer hope to men and women and their families suffering from the devastating consequences of chemical dependency. Our comprehensive system of recovery services is based on the beliefs that:

1. *Abstinence from alcohol and mind-altering drugs must be maintained in order to effectively treat the disease of addiction.*
2. *Recovery is an ongoing process, and each aspect of life that is affected by alcohol and drug use must be addressed. We emphasize treatment of the physical, emotional, spiritual, and family aspects of addiction and alcoholism.*

Assessment and Referral Services

Support Systems Homes, Inc. offers free, confidential clinical assessments 24 hours a day, seven days a week by phone and online to determine whether an individual needs treatment for substance abuse or dual diagnosis services



Clinical assessments and referrals are available for adults and adolescents, and consist of:

- Determining substances used, length and quantities of use, including level of intoxication or withdrawal
- Evaluating how use has impacted the individual's life and the lives of others
- Assessing co-occurring medical or psychiatric conditions
- Understanding the individual's needs and their reasons for wanting/needing help
- Review of previous attempts to arrest use and previous treatment episodes
- Evaluating the level of support family, friends, and society provide to assist in the recovery effort

Based on this assessment, our expert staff provides recommendations regarding what treatment would be suitable to the individual needs of the client and what level of care is appropriate.

Levels of care offered include:

- Inpatient, subacute detoxification and dual diagnosis treatment for substance abuse and chemical dependency related issues
- Residential treatment programs
- Day treatment/partial hospitalization
- Outpatient
- Relapse prevention
- Family education program
- Structured, supportive transitional/sober living housing
- Referrals to a nationwide network of community support groups, professionals, therapists, treatment programs, medical care organizations, and other resources

Social Model Detoxification Services



Detoxification from drugs and alcohol and client stabilization is the first step toward recovery from drug addiction and alcoholism. Support Systems Homes ensures that detoxification is safe and humane for each client. Expert medical and clinical staff, a safe, supportive environment, and an introduction to the principles of recovery are key to a successful, comfortable detoxification experience.

Safe, medically supervised Detoxification takes place at Support Systems Homes Residential Treatment Facilities in the Bay Area. Detoxification is designed to support clients during withdrawal from alcohol and other drugs and usually lasts from 3-7 days. Detoxification clients are assessed and continually monitored by qualified, experienced staff 24 hours a day. Our staff physician completes a detailed medical history and health examination for each client, and prescribes any necessary detoxification medications. During the detoxification period, we make every effort to engage the client in longer-term treatment to support ongoing abstinence.

The ultimate goal of Support Systems Homes' programs is for clients to achieve long-term recovery and self-sufficiency within society. To ensure that all of our clients' needs are met during their detoxification we provide 24-hour supervision by qualified staff, as well as regular appointments with our medical doctor. During the course of our clients' detoxification, we will introduce them to the basic principles of recovery and support groups as well as offer education about alcohol and drugs.

Buprenorphine Opiate Detoxification

Support Systems Homes, Inc. is at the forefront of treatment providers with its cutting edge opiate detoxification programs utilizing buprenorphine (subutex®, suboxone®) to manage opiate withdrawal symptoms. Subutex® is a synthetic opiate agonist medication that has recently been approved by the FDA for treatment of opiate addiction in a sublingual tablet form. Previously available in parenteral (injectable) form only, subutex® enables us to offer a detoxification protocol for opiates in a non-hospital setting which minimizes the discomfort normally associated with detoxing from these highly addictive substances.

Detoxification from opiates, including heroin, methadone, oxycontin (oxycodone), vicodin (hydrocodone), and others can be an excruciating experience without the proper process. Often referred to as the "miracle cure" for opiate addiction by our clients, the ability of Subutex® to ease the often debilitating symptoms of opiate withdrawal has enabled us to drastically increase our client retention and long term success rate with this treatment population. When coupled with our other treatment programs and sober living, Support Systems' success rate for long term recovery from opiate addiction is unmatched elsewhere in the treatment industry.



Residential Treatment



Residential Treatment at Support Systems Homes rehabilitation centers offers support and structure for men and women seeking treatment for alcoholism and drug addiction. Participants reside at one of our residential treatment facilities for the course of the program. Lengths of stay are flexible and individualized, and our expert clinical and counseling staff is dedicated to providing services that consistently demonstrate long-term, tangible results.

During their stay, clients receive intensive treatment for addiction and alcoholism, including goal-oriented treatment planning, one-on-one counseling, group therapy, educational lectures, relapse prevention groups, and specific components tailored for individual clients. Clients attend 12-Step meetings in the community and “outside” 12 step meetings are brought in-house as well.

Our expert clinical staff consists of professional, certified counselors trained in the use of the American Society of Addiction Medicine’s patient placement and continued stay criteria.

The goal of this program is to help the client achieve and sustain long-term sobriety. Counselors work closely with each client, teaching them the tools integral to becoming self-sufficient, contributing members of society. Presenting problems are identified, strengths and weaknesses ascertained, and specific problem areas targeted. Family members are strongly encouraged to be involved in treatment and participate in our family program held on Saturdays. Support Systems Homes helps clients develop self-management skills that will not only assist them during this initial stabilization period, but will also help them access the creative potential inherent in their continuing recovery.

Support Systems Homes Residential Treatment clients may participate in Continuing Care and Lifetime Aftercare groups following treatment and are encouraged to join our active Alumni Association for continued support.

As in all Support Systems Homes’ services and programs, clients are treated with utmost dignity and respect. Residential Treatment Program components include:

- Assessment/Evaluation
- Expert medical staff and exemplary level of care
- Individualized Treatment Planning
- One on one Counseling
- Group counseling
- Alcohol and other drug educational groups
- Skills development activities and groups
- Process groups
- Gender-specific groups
- Recreational Therapy
- Access to a variety of resources, including our Multicultural Resource Center
- Emphasis on peer support, self-help skills, and parenting skills
- Introduction to 12 Step recovery principles and exposure to the recovery community
- Healthy, nutritious, well-prepared meals
- Weekly events for family/significant others
- Transitional and continuing care planning
- Structured short and long-term aftercare planning
- Coordination with physician, therapist, EAP, MCO, union or employer
- Legal system advocacy/Court Liaison Services

Outpatient Treatment



The ultimate goal of our outpatient treatment program is long-term abstinence from drugs and alcohol. This is achieved by educating and treating clients so that they may re-enter society and lead responsible, successful drug and alcohol free lives by using our proven tools of recovery. We recognize and fulfill each client's needs by helping them attain a thorough understanding of themselves and the recovery process.

Outpatient Treatment Program

Our CARF-accredited outpatient treatment programs are designed for clients who do not require a more structured environment to maintain sobriety and who are not in acute withdrawal. Treatment includes individualized treatment planning, educational and process groups several times per week, and individual counseling. Appropriate referrals are made to community-based self-help groups, vocational agencies, and other necessary ancillary services. Outpatient Treatment gives the individual an opportunity to interact with the real world environment while still benefiting from a peer-oriented structured therapeutic program. Clients' progress is assessed regularly by clinical staff to help determine the length of the program for each participant. Safe, supportive living in our sober living homes is highly recommended during the outpatient treatment process.

Treatment Team

Our Outpatient Treatment Team consists of a combination of internal counseling staff and consulting/external team members including:

- Psychiatrists
- Certified Counselors
- Social Workers
- Medical Doctors
- Mental Health Workers
- Nurses
- Occupational Therapists
- Members of the legal system

The ultimate goal of the program is long-term abstinence from drugs and alcohol. Outpatient clients are educated and treated so that they may integrate with society and lead responsible, successful drug and alcohol free lives by using the tools of recovery. We recognize and fulfill each client's needs by helping them attain a thorough understanding of themselves and the recovery process while providing a safe, supportive environment.

Achieving and maintaining long-term abstinence from alcohol and drugs will be accomplished by:

- Educating clients in the disease process, ensuring they develop an understanding of addiction
- Teaching the psychological, medical, and spiritual affects of addiction to the individual and his/her family
- Identifying and addressing emotional and behavioral obstacles in recovery
- Relapse prevention: developing and implementing an effective aftercare treatment plan.

Day Treatment



Day Treatment takes place at Support Systems Homes Residential Treatment Facilities. In the spirit of our multi-dimensional approach to treatment, Day Treatment services work closely with other sectors of our organization to maintain an exemplary level of care in every area. The ultimate goal of this program is clients achieving a life free from all mind-altering chemicals.

Day Treatment consists of up to 8 hours per day, 6 days per week, of structured substance abuse treatment at our residential treatment centers. Clients do not reside at the facility during the course of treatment; however living arrangements in our sober living environment transitional housing units are available.

The Support Systems Homes day treatment program demonstrates significant and measurable reductions in client substance abuse along with a corresponding increase in the quality of life. Support Systems Homes, Inc. treatment programs seek to reduce the stigma of the alcoholic/addict through educational curriculum, thereby lessening shame and reluctance to be in treatment.

A treatment team consisting of professional substance abuse counselors, medical personnel and expert clinicians staff the drug and alcohol day treatment program.

Support Systems Homes operates from a defined set of policies and procedures that ensure maximum confidentiality, safety, and structure in the treatment environment.

Program components include:

- Assessment/Evaluation
- Expert medical staff and exemplary level of care
- Individualized Treatment Planning
- One on one Counseling
- Group counseling
- Alcohol and other drug educational groups
- Skills development activities and groups
- Process groups
- Gender-specific groups
- Introduction to community resources
- Alumni activities post-graduation
- Topic groups for skills development
- Access to a variety of resources, including our Multicultural Resource Center
- Emphasis on peer support, self-help skills, and parenting skills
- Introduction to 12 Step recovery principles and exposure to recovery community
- Healthy, nutritious, well-prepared meals
- Weekly events for family/significant others
- Transition and continuing care planning
- Structured short and long-term aftercare planning
- Lifetime aftercare
- Coordination with physician, therapist, EAP, MCO, union or employer
- Legal system advocacy when needed

Transitional Housing / Sober Living



Sober living plays a critical role in the process of recovering from drug and alcohol abuse. Support Systems currently has 18 Sober Living/Transitional Housing Units that provide clean, safe, drug-free living environments. This extensive network is available to assist clients transitioning from residential treatment and other individuals seeking a safe, supportive, drug-free sober living environment.

At Support Systems sober living homes residents safely experience the transition from higher levels of care back into the community and day-to-day life with a group of individuals doing the same. Homes are supervised by a House Manager and assistant who ensure that the sober living environments offer structure and strong peer support. Clients work, attend treatment, or attend school during the day and engage in recovery activities in the evenings.

Support Systems Homes has highly trained professional, compassionate staff members who are experienced in the recovery process.

Some special needs that we are available to assist with include:

- Referral to a vast network of community resources
- Family related assistance programs
- Court Liaison Services
- Long-term Aftercare and Recovery planning
- Extensive drug and alcohol education and relapse prevention services

Support Systems Homes currently has Sober Living Environment homes in Campbell, Cupertino, Los Gatos, Milpitas, San Jose, Santa Clara, San Leandro, and Fresno, California.

California Sober Living Network Locations



Family Program



Research indicates that family involvement in treatment is crucial for long-term recovery. In order to provide support, information and resources, Support Systems Homes has developed a Family Education Program to meet the needs of those who have been impacted by another person's alcohol or drug problem.

The Family Program's goal is to introduce participants to the principles of recovery along with providing necessary social and emotional support. The educational component of the Family group assists clients and family members in understanding the web of addiction and its impact on the family as a whole.

Family members of clients who are participating in Detoxification, Residential, Day, and Outpatient Treatment services are encouraged to attend this program.

Services include:

- Educational/recovery support group sessions facilitated by professional counseling staff
- Educating clients in the disease process, ensuring they develop an understanding of addiction
- Teaching the psychological, medical, and spiritual affects of addiction to the individual and his/her family
- Referral to a vast network of community resources
- Introduction to 12 step and Alanon recovery principles and the recovery community

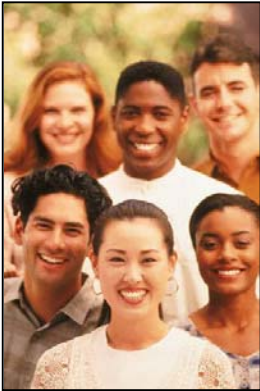
Emphasis on the following areas:

- The Disease Concept
- The Family Disease
- Physical Effects of Addiction
- Behavioral Effects of Addiction
- Psychological Effects of Addiction
- The Family Condition
- Effective Communication Skills
- Establishing Boundaries
- Detaching with Love
- Expectations
- Environmental Variables

Family Program Schedule

- Week 1: Understand the nature of addiction, as a family disease, and how it affects each individual and the family system as a whole
- Week 2: Acquire and practice effective communication skills and learn how to set boundaries
- Week 3: Learn about detachment with love. Introduction to Al-Anon Family Groups. Realize that support is available as they make choices to sustain the recovery process.
- Week 4: Exploring the role of expectations in continuing recovery.

Support Systems Homes Alumni



Lifetime Aftercare

Support Systems Homes provides a formal weekly aftercare program for graduates and alumni of our program. The aftercare program is integral to client's long-term success as building a firm and stable support system of recovering individuals exponentially increases any chance of success. For individuals who enter our treatment programs from out of the area are also given thorough exit planning and aftercare support, including referrals to groups within their own communities.

The Support Systems Alumni Association

The Alumni Association helps former program participants stay in touch and remain firmly rooted to the individuals who were there in the beginning of their new journey through recovery, as well as continue to receive and provide strength in numbers to help maintain their sobriety.

Graduates of our programs are encouraged to attend Alumni events and meetings. Events for Alumnus include quarterly picnics, activities, and sponsorship for new clients. In addition to the regular events and meetings, the Alumni Association also conducts seminars, award presentations, community speakers, and support group meetings held on alternating Wednesdays.

Lifelong benefits obtained through our Alumni Association -

- Support
- Inspiration
- Assistance
- Confidence
- Sharing
- Encouragement
- Friendships
- Resources

Our Alumni Association welcomes the new recovering addict as he/she unites with others that have strong recovery values and allows a united group to gain and provide support for each other to experience a wonderful lifelong journey free from chemical dependency.

Certifications, Accreditations and Licensure

An integral part of the Support Systems Homes Inc. philosophy is to offer competent care with attention to high standards and degrees of professionalism. Below you will find summaries of some of our accreditations and certifications along with information about the prestigious treatment provider organization, the NAATP.

C.A.R.F.



Support Systems Detoxification, Residential, Day and Outpatient drug and alcohol rehabilitation programs are accredited by CARF, the Commission on Accreditation of Rehabilitation Facilities. CARF-accredited programs and services have demonstrated that they substantially meet internationally recognized standards. CARF accreditation shows our potential clients that we have made an enduring commitment to maintain and enhance the quality of our programs.

Support Systems Homes Inc. received its second three year accreditation award by CARF in 2003. According to Donald E. Galvin, Ph.D., President and CEO of CARF, "Support Systems Homes has put itself through a rigid peer review process and has demonstrated that its programs and services are of the highest quality, measurable, and accountable."

A.D.P.



Support Systems Homes Inc. is fully licensed and certified by the state of California Department of Alcohol and Drug Programs (ADP) as well as the District Attorney's office of Santa Clara County, California. The California ADP's mission is "to lead California's strategy to reduce alcohol and other drug problems by developing, administering, and supporting prevention and treatment programs."

Support Systems offers Santa Clara County DA certified sober living environments as well as state licensed facilities that offer additional services required by certain referral entities.

N.A.A.T.P.



The National Association of Addiction Treatment Providers has assumed a strong leadership role on behalf of treatment providers in areas such as treatment standards, education, research, and advocacy of legislative, regulatory and reimbursement positions supported by the field. Support Systems Homes joined the NAATP in 2003 to assist in achieving this mission.

NAATP's mission is to promote, assist and enhance the delivery of ethical, effective, research-based treatment for alcoholism and other drug addictions. NAATP seeks to accomplish this mission by; providing its members and the public with accurate, responsible information and other resources related to the treatment of these diseases; (2) advocating for increased access to and availability of quality treatment for those who suffer from alcoholism and other drug addictions; and (3) working in partnership with other organizations and individuals that share NAATP's mission and goals.

Testimonials

The two most important things I have learned in this program are accountability and responsibility. The choices I had made previous to this program were based on my co-dependency as well as denial of my addiction. Through this program and my genuine will for sobriety, I have learned how to be honest with myself and accountable for my actions. I have also learned how to make better decisions by examining the consequences of my choices.

When I first walked through this door I was here for probation and the courts. I was also still in shock over my mother's very recent passing. After attending a few sessions I was impressed by the group's honesty and openness. Sharing on group level was a big part of realizing the issues and triggers of my addiction. My biggest trigger was dealing with the pain of grieving. Through my writing assignments and the compassion I received from Rose in my one-on-one sessions, I've been able to deal with my pain and addiction in a positive way.

I encourage all of you to trust this program and be honest with yourself first and foremost. Keep an open mind and show up!

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We were so happy to find Support Systems Homes for our son. While researching various drug rehabilitation programs, we found so many of them lacking in one or more of the components that we felt were so important. Support Systems has them all! 12 Step base, an addictionologist and RN on staff, a personal counselor for each client, dual diagnosis assessment, medications prescribed if necessary, an individual care plan for each client and the option to extend the program to 60 or 90 days. On the day that we brought our son to the facility, we were greeted by the assistant director Laurie Palomo before we even got in the door. As we said goodbye to our son and drove away, we had tears in our eyes but it was such a relief to know that we had found the very best treatment program for him.

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When I first came to the Morrison treatment center in the spring of 2001, I had literally lost everything, my children, my self-respect and any real hope that my life could ever be restored to sanity. Through no breaks or poor babies from your staff, I started to see that it was up to me to take responsibility for my actions if I ever wanted to have true freedom from all the wreckage I had caused. You all helped me truly come to grips with the real world through lots of hard work and disciplines that seemed childish at the time. Now that I can see clearly looking back to that time, I realize I had to be treated that way because I was a child who desperately needed to grow up. When I read the promises from the Big Book, I can now see how they are coming true for me everyday.

I've been clean since December 13th 2000. I have my 4 children back now and thanks to what I learned while at Support Systems, I feel that I'm a better mother than ever. I know how to set healthy boundaries for them and myself. I have an excellent job. I'm repairing my family relationships and God is first in all I do. I have real self-esteem that has developed through the steps and for the first time I really know my true self.

I don't think I would be where I'm at today if it hadn't been for all of you! So please accept my utmost gratitude to you all.

Support Systems Homes

We're proud of our excellent track record and our compassionate, knowledgeable staff. Please feel free to further explore our services by visiting our website at www.drug-rehabilitation.com, or if you or someone you know is struggling with the diseases of addiction and alcoholism, complete our online assessment or give us a call, we're here to help.

- Alcohol and Drug Detoxification
- Residential Treatment
- Outpatient Treatment
- Day Treatment
- Aftercare Programs
- Alumni Association



Drug Rehabilitation at Support Systems is covered by many insurance plans, and we offer discounted rates for private pay clients. Call us at 1-800-811-1800 to discuss costs and availability of rehabilitation and alcoholism treatment services.