

ADMISSION CRITERIA

Primary Residential

To be admitted to primary residential, an ASAM assessment recommending Level III.5 Primary Residential and a pre-authorization within the last 90 days by Magellan (MBC) is required. An acceptable candidate must have a chronic substance abuse problem that has significantly affected other areas of his or her life to a point where a structured living environment is needed. Potential clients must also exhibit a willingness to participate in the treatment planning process and work toward established goals to change their life.

Halfway House

To enter Halfway House an individual must have successfully completed a primary residential substance abuse treatment program and not have used alcohol or drugs for at least 30 days.

Dual Diagnosis Recovery Center

To become a resident of the Dual Diagnosis Recovery Center, a client must have both a chronic substance abuse addiction and a clinical mental illness. This program primarily accepts Linn County MHDD referrals. We can also accept individuals who are currently on social security disability and have Title XIX. Individuals with MHDD from another county need to be screened separately for funding approval.

DONATIONS

ASAC is a 501 (c) (3) non profit agency. All donations are tax deductible. Items needed:

- Men's and Women's Clothing
- Twin Beds and Bedding
- Bath Towels and Wash Cloths
- Personal Care Items
- Office Furniture
- Sofas and Chairs
- Kitchen Supplies

Please send cash contributions for ASAC's Adult Residential programming to the Area Substance Abuse Council, 3601 16th Avenue SW, Cedar Rapids, IA 52404.

VOLUNTEERS

We appreciate the help of volunteers; both individuals and groups. Please visit our web site at www.asac.us for a current listing of volunteer opportunities or you can call (319) 390-4611 and ask for the Volunteer Coordinator.

FINANCIAL SUPPORT

ASAC programs are designed to meet the needs of individuals and families for whom the high cost of treatment are a concern. Our fees are established on a sliding scale based on family size and income. No one is turned away due to their inability to pay.



asac

ADULT RESIDENTIAL

The Area Substance Abuse Council's residential alcohol and drug treatment program for adult men and women



3601 16th Avenue S.W.
Cedar Rapids, IA 52404
TEL (319) 390-4611
FAX (319) 390-4381

Web site: www.asac.us

ASAC's Adult Residential component provides 24-hour supervision and substance abuse treatment services to men and women 18 years of age and older. Adult Residential has three programs: Primary Residential, Halfway House, and the Recovery Center. The Adult Residential component maintains a waiting list for services. In most cases the next admission will be given to the person who has been waiting the longest, however, priority will be given to intravenous and methamphetamine drug users and those who may injure themselves or others as a result of their actions or neglect.

ADULT RESIDENTIAL PROGRAMS

PRIMARY RESIDENTIAL

Adult Residential's primary residential program has twelve beds. It utilizes an intensive 50 hour a week curriculum in which clients delve into the affect their addiction has had not just on their lives but also on their family, friends, employer, and co-workers. Special group sessions are also conducted on topics such as stress management, decision making, communication, and anger management. In addition, the program's weekly schedule includes organized recreational activities. Primary Residential has scheduled hours for family visitations and facilitates a weekly family group. Treatment is self-paced but the average length of stay is 4-5 weeks.

HALFWAYHOUSE

ASAC's Adult Halfway House, a ten bed short-term transitional housing program, provides a supportive environment for clients to stabilize their lives, work or advance their education, seek housing, and transition back into society. While in Halfway House clients receive a minimum of 5 hours of weekly substance abuse treatment programming and attend AA or NA support groups. The program is for recovering men and women who are either homeless or who do not have a home to return to after primary treatment that is suitable to their recovery. Average length of stay is 2-3 months.

RECOVERY CENTER

The Dual Diagnosis Recovery Center provides a unique, extended residential therapy program designed to meet individual needs and goals of 10 adults with co-occurring disorders: mental health and substance abuse. This program has four phases starting with a more restrictive orientation phase and progressing to phases with more independence including employment, school or volunteer work. The primary therapy format utilized is group work designed to explore common issues and concerns, to provide practice with interpersonal skills and to gain trust and confidence in self and others. Length of stay in treatment varies depending on individual needs but can be up to 18 months. Housing needs are coordinated so upon program completion, all clients have a safe place to live.

TREATMENT APPROACH

ASAC utilizes a whole person approach to treatment. We take into consideration an individual's entire life circumstances and personal needs. The involvement of family and significant others during treatment and recovery is encouraged. The Adult Residential component utilizes a therapeutic curriculum with a behavioral cognitive treatment approach supported by 12-step programming. In addition to group therapy, clients also meet with their individual counselor at least once a week to discuss their treatment progress.

WHAT TO BRING

Clothing for a week or so, (including exercise clothing but no tank tops or muscle shirts), tennis shoes, swim suit, a 30+ day supply of prescription medications (must be in original bottle with physician orders on them), personal toiletry items, driver's license or photo ID and a copy of your insurance, if applicable. You may also bring your own pillow (all other bedding provided), money for snack machines (less than \$50), AA/NA reading materials, small personal items such as photos, laundry basket or bag. You may NOT bring knives, straight razors or other weapons, illegal drugs or alcohol, non-prescribed medications, cell phones or TV's, food or beverages of any kind, electronic devices such as iPods, games, laptops or pets. ASAC is not responsible for lost or stolen items.