

To Whom It May Concern,

Thank you for your inquiry into the STAR-TC Program. Attached you will find some information that we feel will be useful in preparing your client for entry into our program; also you will find the application for admission. We do request that upon returning the application any criminal history, conditions of Probation and depositions of those charges, history of Substance Abuse and any prior treatment, and their Mental Health status to include documentation from their Mental Health provider. Any other information that you can provide that would be pertinent to your clients recovery would also be very useful to us here at the STAR-TC. Our goal is to provide the best treatment possible for our clients.

It is important to mention that STAR-TC is a six to nine month program. The time spent here is a clinical decision from our team that is based on how the client has progressed through the program. This will be different for each client due to each client having their own individual needs and goals. She has until 9:00AM to arrive to the STAR-TC unit. If she is late she might have to reschedule the bed date. She will be given a UA and BA upon her arrival. Should she be positive on either test she will be sent to Detox at her own expense. She also needs to be aware that her time in the program only begins when she is in the STAR TC program.

It is also important to mention that STAR-TC is a non-medical facility and is not appropriate for clients with serious medical/dental problems or special medical /dental needs. If your client does have any medical issues or is on any medication they will be responsible for all of the costs associated with medication and need to have refills available for the entire length of their stay. The client will be required to get a medical clearance before entering treatment, if currently on medication. We will need a medical clearance from a doctor for all medical issues and medication, stating what they have prescribed, what for, dosage, how much and how often. The STAR-TC in Pueblo does not have funding for medical care.

If client is on any prescription medication she will need to bring a minimal of one months' worth of refills as well as a medical clearance from the prescribing doctor and the funds to pay for them. The STAR TC **does not pay for medications or any medical expenses**. All medications need to be in their original bottles. She can bring multi-vitamins and pain relievers but these must be unopened. No herbal supplements are allowed. Should she have or complain of extreme medical or dental problems before intake process, she may be denied into the program especially if she does not have funds to pay for a doctor or dentist visit or co-pays. The clinics in Pueblo may have a long wait list to be seen and may take longer for non-residents. We will need proof/verification of your income for the last year, upon arrival to treatment.

Thank you again for your interest in our program. If you have any questions or concerns you may contact our Clinical Supervisor, Katrina Marshall, at 719-561-9850 ext. 164, or our Case Manager, Margo Hlavaty, at 719-545-1181 ext. 162.

Sincerely,

STAR-TC Staff

Crossroads Turning Points, Inc.

STAR Therapeutic Community
Sisterhood Teaching Alternatives for Recovery
3470 Baltimore Ave.
Pueblo, CO. 81008
Ph. (719) 545-1181 ext. 164
Fax- (719) 545-4097
Attn: Margo Hlavaty, Case Manager
Katrina Marshall BS, CAC III Clinical Supervisor
Application for Admission

Person Making referral: _____ Judicial District: _____ Title: _____

Agency: _____ Phone#: _____ Fax#: _____

E-mail Address: _____

Mailing Address: _____ City: _____ Zip: _____

Client Name: _____ D.O.B. _____ Bed Date: _____

Number of Felony Convictions: ____ Drug Related? Y__N__

Past/Present History of Violence: Y__N__

Any Pending Cases? Y__N__ If Yes, What Case and Court Dates: _____

ALL OF THE FOLLOWING MUST BE COMPLETE AND ACCOMPANY THIS APPLICATION PRIOR TO ADMISSION:

- Most current and within 6 months: LSI, ASUS, PSI OR ASAM LEVEL OF CARE.
- In addition, if the client is presently taking medications, to include mental health medications, please provide a list of those meds along with a medical/mental health clearance and note any restrictions if applicable.
- STAR-TC IS A 6-9 MONTH RESIDENTIAL PROGRAM.

THE THERAPEUTIC COMMUNITY ACCEPTS ALL LEVEL 4D (5&6) AND ASAM LEVEL III.5.

PLEASE COMPLETE ALL APPLICABLE BOXES BELOW.

Recommended Tx. Level ____ LSI ____ SSI ____

ASUS Scores INV ____ Disrpt ____ Social ____ Mood/Emot. ____ Defense ____

ASAM Criteria _____

Is the client currently under the care of a physician, dentist or psychiatrist? If so, for what and what medications:

Drug of Choice: _____ Route Taken: _____ How Long: _____
Secondary Drug of Choice: _____ Route Taken: _____ How Long: _____
Tertiary Choice: _____ Route Taken: _____ How Long: _____
Comments or Concerns: _____

**Application for Admission
Mental Health/Medical Information**

This section must be filled out completely prior to admission.

In order to provide quality care and treatment, a completed and detailed report will be needed to ensure all clients receive a thorough screening and placement to meet their treatment needs. Please include all information below.

Client Name: _____

Does the client have a history of mental health illness or diagnosis, treatment evaluations past or present? Y _____ N _____

Is the client presently or in the past on any medications either for medical or mental health?
Y _____ N _____

If so, what are/were these medications, please list:

Is the client able to refill and pay for their medications upon entering the program?

Y _____ N _____ How will they be paid for? _____

If there are no monies from client is there monies available from the referring agency?

Y _____ N _____

Does the client have a history of suicide/homicide/self-mutilation? If yes, please provide some explanation: _____

NOTE: STAR-TC is a non-medical facility and is not appropriate for clients with serious medical/dental problems or special medical/dental needs. A medical and/or mental health clearance may be required for those clients entering the program that require certain restrictions and/or needs.



Proof of Income

Proof of income or indigency status is **required** for all clients of Crossroads' Turning Points. Documents provided can include:

Wages/Salary
Public Assistance
Social Security
Retirement/Pension
Disability/Workers Comp
Family/Friends
Or any type of other form of income

If the client is indigent the referral source may write a statement of indigent status provided on their agencies' letterhead.

Dear Family Member,

We, at Crossroads, appreciate your involvement in your family member's treatment process. For the first eight weeks or so, you will have no direct contact with your loved one, as it is necessary for her to adjust to the program and to focus completely on her treatment needs. You may call her counselor periodically for a progress report. When your loved one is in our Reintegration Phase, she may go on passes to spend time with you after you have met at least once with a counselor. We do ask that whenever visiting Crossroads or spending time with Crossroads clients that you respect the rules by refraining from any alcohol or drug use and adhere to our confidentiality policies.

Crossroads residents are allowed to send one form letter to request any other necessities, such as special clothing, cigarettes, etc. We prefer you limit your gifts to necessary items, although gifts for a birthday or holiday could be exceptions. Residents may receive two cartons of cigarettes per month and may also be sent **Wal-Mart cards (in any amount)**. Please limit cash until phase II (8-10weeks) and only \$50 cash per month is allowed. *On Saturday from 1:00 p.m. to 4:00 p.m.* all clients may have their children under the age of 18 visit them at Crossroads. The residents are allowed to visit and communicate with **their children only**. If this policy is abused, such as sending notes, cash, etc., it is possible the resident's visitation with their children would need to be altered.

A few reminders:

- Do not have the children bring food with them.
- We ask that you do not wait in your car until the children are done visiting. Drop them off at 1:00pm and return for pick-up by 4:00 p.m.
- Do not drop off any items or money with children during visits.

Thank you for your support.

Sincerely,
Crossroads Staff

STAR T.C.
LIST OF CLOTHING TO BRING
(MAXIMUM ALLOWABLE AMOUNT)

TWO TOWELS
TWO WASHCLOTHS
ONE PAIR OF DRESS SHOES
ONE PAIR OF EXERCISE SHOES
ONE PAIR OF BOOTS (WINTER)/SANDALS (SUMMER)
ONE PAIR OF SHOWER SHOES
EIGHT PAIRS OF PANTIES
EIGHT PAIRS OF SOCKS
EIGHT BRAS
EIGHT PAIRS OF PANTS (with no holes)
TWO OR THREE PAIRS OF JEANS/SHORTS
ONE DRESS OR DRESS-UP OUTFIT
SEVEN SHIRTS OR SWEATERS (no solid black or white t-shirts)
ONE PAIR OF SWEATS
TWO PAIRS OF PAJAMAS
ONE BATHROBE
ONE PAIR OF GLOVES (WINTER)
ONE HAT (WINTER/SUMMER)
ONE JACKET/COAT
ONE BATHING SUIT
ONE SWEATER OR SMALL JACKET
ALL PERSONAL HYGIENE ITEMS
ALL PRESCRIBED MEDICATIONS
CIGARETTES (2 CARTONS)
WAL-MART CARD (in any amount)
PHONE CARD (for Long-Distance calling)
STAMPS AND ENVELOPES

Over the counter medications and Multi-vitamins (Need to be sealed).

No opened medications will be allowed).

NO HERBAL SUPPLEMENTS ALLOWED. Prescriptions should have refills for 6 to 9 months and be in the original container.

Items like make-up, hairspray, blow dryer, curlers, and hair products are accepted, however, they will be stored in client's locker until the appropriate phase in treatment.

DO NOT bring valuable jewelry or costume jewelry, spandex clothing, sheer or low-cut blouses or dresses, TV's, Radios, I-Pods, Computers or Stereos.

STAR T.C.

I. DEFINITION OF A T.C.:

1. A self-help program that uses specific program tools and peers to help yourself and others.
2. It is an earned privilege system.
3. It is a safe/drug-free environment.
4. It is a family.
5. It is a supportive/empathetic environment.
6. I will learn by experience.
7. It is highly structured.
8. I will focus on changing negative behaviors and learning new ones.

II. HOW IT WORKS?

1. Peers helping peers to grow emotionally and help change negative behavior patterns.
2. Being honest with self and others.
3. By pulling yourself and others up, NOT DOWN.
4. By accepting positive support from peers through various program tools, such as: groups, pull-ups, trims, Monad, etc.
5. "ACT AS IF", which refers to the idea that you act like the person you are trying to become, when you still do not have the skills.
6. Having "Blind Faith", which permits believing in something you don't always understand.

III. STRUCTURE

1. Staff acts as advisors.
2. Peer government runs the day-to-day program structure and activities.
3. Chain of command.
4. Act by permission, not impulse.
5. "NO FREE LUNCH" which means that everyone has a job and responsibilities.
6. Status and privileges are always earned.
7. Privileges are easier to lose than earn.
8. Learn self-control and respect others.
9. There is "NO JUSTICE".
10. YOU WILL ALWAYS KEEP WHAT YOU HAVE BY GIVING IT AWAY.

IV. HOW DO YOU CHANGE?

1. By using program tools.
2. By investing in your job.
3. By "flagging" for more responsibility.
4. By taking positive risks.
5. Learning from your mistakes.
6. Learning from your accomplishments.
7. Learning from the mistakes of others.
8. Giving back.
9. Taking responsibility for your actions.
10. By successfully holding Government positions.
11. Successful past experiences.
12. Complimenting others.
13. Trusting others.

V. WHAT HOLDS YOU BACK?

1. Copping out.
2. "Kissing up".
3. Lying.
4. Appealing to justice.
5. Not being responsible.
6. Looking good, not doing good.
7. Hiding out.
8. Stashing/stuffing.
9. Negative contracting.
10. Clean ups.

VI. WHAT YOU LEARN?

1. Positive values of:
 - a. Honesty
 - b. Responsibility
 - c. Accountability
 - d. Empathy
 - e. Acceptance
 - f. Hard work
 - g. Respect
 - h. Willingness to help self and others
 - i. How to love
2. Value of support.
3. You get what you give in life.
4. How to identify real friends.
5. Better communication skills.
6. Positive risk taking.

VII. BENEFITS/REWARDS

1. DRUG-FREE LIFE.
2. How to use support.
3. SELF-RESPECT.
4. Respect for others.
5. Gain personal integrity.
6. Responsibility.
7. Self-reliance.
8. How to be honest with others and myself.
9. How to love and appreciate others and myself.
10. Gain the tools to live a positive successful lifestyle.

STAR THERAPEUTIC COMMUNITY
DRESS AND HYGIENE POLICY

All clients will be expected to comply with and maintain a neat and clean image and comply with these guidelines:

Personal Hygiene:

1. All clients will be expected to shower, comb hair, brush teeth, etc. on a daily basis.
2. Clothes must be clean and pressed.
3. Hair is to be clean at all times and must be worn back. (Hair ties and clips to help hold hair back are acceptable.) Hair grease and plain hair ties are allowed. Can have regular braids but towards the back. No hair extensions.
4. Clients will be expected to have rooms clean at all times.
5. Beds will be neatly made first thing in the morning.
6. All clothing must be put away in drawers or closets.
7. Nothing is to be left on your bed or hanging on your bed.
8. Trash is to be emptied in the morning (every room).

Dress Policy:

1. All clients' outward appearance will be in orderly fashion.
2. Shoes will be laced and tied.
3. No gang affiliated clothing.
4. No offensive or alcohol/drug related emblems, mottos, or trademarks.
5. No torn or tight jeans will be accepted.
6. If leggings are worn, sweaters or shirts must cover derriere.
7. No spandex. No cutoff T-shirts. No mini-skirts.
8. No low-cut, see-through blouses or halter-tops, and no "wife beaters".
9. No tank tops (except during recreation), spaghetti straps, or tops that show undergarments.
10. No new/additional piercings or tattoos.
11. No half or crop shirts.
12. Undergarments will be worn at all times.
13. No plain white or black T-shirts are to be worn at any time.

Clients will be expected to adhere to this dress policy. If client does not have the proper clothing for a more professional image, inform staff or House Monitors for assistance.

STAR Therapeutic Community House Rules

Crossroads is a safe house that offers equal treatment for all. To ensure the safety and comfort of the house, all family members are expected to abide by the rules.

1. No alcohol or drugs.
2. No violence or threats of physical violence.
3. No sexual contact between members of this program or other Crossroads programs or visitors.
4. One phone call and one explanatory letter are allowed during Orientation Phase, screened by staff.
5. Members are “off communications” with the outside world until Phase II.
6. All incoming mail is to be screened by a staff member in the presence of the recipient.
7. There is no limit on access to the court system, attorneys, or their representatives.
8. Legal mail is to be opened by the program member in the presence of a staff member.
9. While in Orientation, you must be supported by a peer at all times.
10. No member is allowed in an “off limits” area, unless by permission from a staff member.
11. Crossroads is a smoke-free facility. Smoking is permitted outside in designated areas and designated times only.
12. Members are responsible for their own property. Lockers are provided for special items, but valuables should not be kept here.
13. When leaving the house, you must sign out and be redundant verbally.
14. No borrowing, bartering, or lending without permission from staff.
15. No gossiping. This means you cannot talk about the program or staff member who is not present except to report a problem or to “pull covers.”
16. No negative talk. No “glory days” talk of drugs or crimes.
17. All program members are to respect confidentiality. This means not telling anyone outside the program about anyone else who is in the program.
18. Members will submit to a urine screen at staff’s request at any time
19. You are responsible for your child’s care and safety while visiting.
20. No profanity on the floor except “hell” or “damn.” No profanity in the presence/earshot of children.
21. No members can hold children other than their own.
22. Children are not to be in “game” and no “trims” are to be performed with children present.
23. Phase II members are allowed to have \$50 cash in their personal account here.
24. Members are “off communications” with splitees, inside and outside the house.

Violations of 1, 2, or 3 may result in discharge. Violations of other rules and policies will result in special consequences or discipline. Chronic rule violation may result in discharge. Your counselor will develop an individual treatment plan with you, which will change throughout your treatment process. Failure to comply with the treatment plan could result in disciplinary action or termination from the program.

To All Family Members,

This packet is designed to help all family members gain a clear understanding of the STAR Therapeutic Community program.

There are many questions and concerns you may have, and it is the hope of this program to address those questions. If there are questions you may have that were not addressed in this packet, please feel free to contact the clinical supervisor at (719)561-9850 ext. 164 and/or a primary counselor.

Length and Understanding of a TC Program:

Crossroads Turning Points, Inc. STAR Therapeutic Community (TC) is a **6 to 9 month** treatment program.

While in treatment, each client will receive a “study packet” to learn the tools and terminology, and gain an understanding of the program concepts. These “tools” will help them in the community and at home when they are discharged from the program. They will be knowledgeable on:

- Relapse prevention
- Saying “no”
- Support groups/systems
- How to resolve conflicts appropriately in a healthy and safe manner
- Gain an understanding of the thoughts and feelings that may lead back to relapse
- How to cope with negative situations and prevent relapse
- Increase self-esteem and confidence
- How to set healthy/safe boundaries

All clients are responsible to pay for their own stamps, envelopes, phone calls, personal hygiene, medications, notebooks, pens etc. Wal-Mart cards in any amount work best. They can have cash but they are limited to \$50 in their account. Shopping is done weekly at Wal-Mart.

Child Visits:

Child Visits: Saturday 1:00 p.m. to 4:00 p.m.

All clients are able to visit with their children only, under the age of 18. This helps ensure the child(ren) and mother continue to bond throughout the client’s treatment stay.

All visits are monitored and supervised by CTP, Inc. STAR-T.C. staff to provide any assistance or answer any questions the client or child(ren) may have.

Healthy snacks and nutritious meals are provided by the facility, however, you may provide any appropriate food items for the child(ren).

Each mother is required to spend their “family” time with their child(ren) only, and various games and activities are available.

All children are to be brought to the facility and picked up by family at designated time slot.

NOTE: Please DO NOT stay at the facility, as this is a major distraction from your loved one’s program.

The TC program is spread over 4 different treatment “phases” to assist the client in moving along, and progressing to a more independent lifestyle. They are as follows:

Orientation (OT):

This phase requires all clients will remain “off communications” with family, friends, and community for approximately 2-3 weeks. This includes no outgoing letters or phone calls at this time. They may get incoming letters only.

This time will allow the client to concentrate fully on their treatment needs, decrease negative or harmful outside distractions, or news that could possibly be counter-productive to their program.

While we understand this can be a difficult transition period for many of the clients, it is one that we find to be very useful and beneficial to help keep them focused on helping themselves (independence).

Each client will receive one 5-minute phone call after 1 week to inform their families of how they are doing. To help your loved one adjust, it is recommended you provide positive support by keeping the call to a positive and encouraging level. They also get one “needs letter”. This is in case any item(s) were forgotten.

Once a client has gained the knowledge, tools and skills necessary to assist them in their program, they will “flag and test” to be moved up to the next treatment level.

NOTE: All “progressions” are based on the individual’s overall attitude, willingness to participate, and follow program rules and guidelines. Those clients who are displaying difficulty through inappropriate behaviors or attitude may be required to remain an extra week in a phase. Those who display difficulty due to reading or writing are provided the assistance of a peer tutor to help them move up.

Phase I:

This phase is approximately 8 weeks in length and requires all clients to attend daily education and therapeutic groups and sessions. One 6-page letter will be allowed to the family to provide an explanation of how they are working their program and any special needs they may have. No phone calls are allowed in this phase, neither incoming nor outgoing.

In this phase they will meet with a primary counselor to address and discuss their individual needs, such as: grief and loss, shame and abuse issues, family conflicts, fears, etc. They will receive an individual treatment plan that is developed specifically for that person.

Their program schedule will be highly structured and will address all areas related to their life circumstances.

- Seeking Safety (designed for women with PTSD/substance abuse)
- Criminal & Addictive Thinking (addresses their thought patterns)
- Relapse Prevention (helps them understand support and self-care)
- Co-Occurring Mental Health (increases mental health wellness)
- Nutrition (increases awareness of healthy eating/living)
- Parenting (assists in gaining new and healthy coping with their children)
- Hygiene and self-wellness
- Social Skills (gain new insight into socializing without the use of drugs/alcohol)
- From the Inside Out (Healthy Relationships - increases safe and healthy life practices)
- Recreation and community activities (bowling, movies, softball, etc)

This phase will require all clients to display a positive self-image, and a willingness to support their “sisters” through dyads and confrontation as needed.

A move to the next level will be based on each individual’s overall attitude, behavior and progress. They will also “flag” according to procedure before progressing to Phase II.

Phase II:

This phase is approximately 8 weeks in length and all clients will be required to continue attending groups as noted in Phase I, to include individual sessions, and a new treatment plan will be designed.

This phase will allow for clients to have one outgoing letter and one 10-minute outgoing phone call on alternate weeks based on their overall attitude and behavior. No incoming phone calls are allowed in this phase. We highly recommend the client call their families to provide answers to any questions or concerns they may have at this point in treatment. However, it is the client’s choice and decision to whom they send letters/calls to.

Increased outings and special privileges are now available to all clients in this phase.

Reintegration/Family passes:

This phase is approximately 6-8 weeks in length and requires all clients to either 1) obtain full-time employment and save a minimum of \$500.00 toward an apartment and utilities or 2) enter into a community based “volunteer service” area.

This portion of the program allows the client to have daily phone calls (after 5:30pm on weekdays or 8:30am on weekends), and a day pass (on weekends) with the person of their choosing. Their primary counselor and/or clinical supervisor must approve all passes prior to the visit.

Each person noted on the client pass must be “probed” about the appropriateness of the visit to ensure there is/are:

- no outstanding warrants
- valid drivers license

- valid auto registration
- proof of insurance

Family sessions are available to the clients and their families to provide an understanding of the client's needs and responsibilities. These sessions are provided on a client request only.

Continuation:

The final day of the client's stay is celebrated with a "continuation", to include family and friends in attendance, to provide support and encouragement to the STAR-TC client.

Each client is required to provide a 3-minute speech regarding their treatment stay, their community support and aftercare plans to assist them in maintaining abstinence.

Aftercare:

A follow-up phone call to the referring agency will be made by the counselor along with a scheduled "outpatient" appointment to allow the client on-going treatment and care after their residential program. This will help the client continue utilizing their program tools and provide community based support to remain abstinent from substances. STAR-TC highly recommends at least one year of outpatient services and a minimum of 3 support groups a week (AA/NA/CA).

Any questions or concerns may be addressed through any CTP, Inc. Primary Counselor and/or Clinical Supervisor at (719) 561-9850 ext. 164.

Sincerely,

STAR TC Staff

Benefits of life at the STAR TC

First of all STAR TC stands for “Sisterhood Teaching Alternatives for Recovery Therapeutic Community”. We, the clients at the STAR TC want to inform you about our program. We too heard the rumors and horror stories about TC’s. Traditional TC’s can be very confrontational, harsh but we decided anyway to take the chance and be part of the STAR TC. We made that choice because for many of us the alternative was jail, prison or death. We wanted a chance for a life filled with happiness, our family and freedom.

What we found at STAR TC is a modified TC. Yes it is highly structured and we are confronted on our negative behaviors. It is not an easy process. Truth hurts. There are 19 program tools that we learn in orientation phase. In the family phase of the program is where the real work is done. These tools are how we each support and help each other change our negative behaviors and build healthy new behaviors. We work on issues which are unresolved feelings from past behaviors we either did or things that were done to us. We support each other through this process and no issue is too big or small to address. This process is like an emotional detox, a purging of all the pain we have tried to bury in our addiction. STAR TC is a safe environment that allows each of us to make mistakes, address our issues and learn new ways of doing things to benefit our lives and our families’ lives.

STAR TC is safe, no humiliation and no judgment of our past. You are however, held accountable for all that you do. There are positive rewards for positive role model behavior and learning experiences for negative behaviors. Learning experiences teach us self-discipline, self-control, self-confidence and self-respect. We build our integrity each day we engage in the TC process. It is a sisterhood for a better future.

STAR TC is a peer run program. It is mutual help and self help. It is learning what healthy safe support feels like and how to build healthy relationships. It deals with the whole person not just our addictions. We learn to be responsible as we are self sufficient in the program. We do all our own cleaning, cooking, governing and discipline. Recovery is attainable.

Besides the basic TC tools and concepts that we learn and use daily we also have cognitive behavioral classes we attend daily. Each class deals with different issues such as PTSD, relationships, nutrition, criminal and addictive thinking, relapse prevention, other mental health issues and process groups. Each is to help us learn and grow in our program and be able to take this information out with us when we leave back into the community. We all teach a class and hold support groups while in the program.

Let me tell you a little a process group we call “game”. It is called a “verbal street fight” yet it is also the safest place to let everything and anything out. Game can be used as a place to address issues, address peers, and address negative behaviors and process treatment plan issues. It is an amazingly effective tool in our program. Yes it gets loud depending on what is going on in the house but the feeling of release is great when game is done. There can be a lot of tears when addressing personal issues yet you know you are not alone in what you are feeling and there can be a lot of laughs once the healing begins.

Support is the foundation of this program. We live it every day and the rewards of seeing the changes in ourselves are worth the time we have to be away from our families. We are allowed to see our children on Saturdays. There is limited communication so we can focus on ourselves and give ourselves some needed self-nurture, time to heal, and to begin our journey into our recovery. The choices we have made in the past due to our criminal thinking and addictions left us alone, desperate and having lost more than most of us can admit. We have all decided that it was time to make a better choice today. There is so much more I could say about STAR TC but as with anything in life there are positives and negatives yet the rewards are many. We hope this information was helpful when it comes time for you to make the decision to get help or stay stuck. There is a better life out there and yes you do have to work hard to get the life you truly deserve.

With much love,

Sisters from the STAR TC.

STAR T.C. PROGRAM CONTRACT

I have come to this program because I have many problems that revolve around my drinking and/or drug use and I have been unable to resolve them on my own. I asked to join this Family because I need to change my life and I cannot do it alone. I realize that the program is difficult because there is no easy way to change one's life. I am willing to do what is required of me to have a happier and more meaningful life and to be able to meet my responsibilities to my family and loved ones.

This Therapeutic Community cannot change me, but it can give me the tools and opportunities to change myself. I know that my behaviors, beliefs and values will be examined and that I will be required to change some of these to lead a healthier and more productive life. I know that I will be asked to do things that are difficult and that I do not want to do. I also know that I will be expected to be honest, open and to tell the truth. I know that I will be told the truth about myself as others perceive me and may often find the truth painful. I will do these things because this may be my last chance for personal freedom, health, and happiness. I know it will be difficult to maintain these changes once I leave the program, so I am willing to participate in an Outpatient and Community Support program when I am discharged.

I know that the T.C. program is safe and drug free. I know that violence, threats of physical violence, and the use of drugs or alcohol are dischargeable offenses. I will follow these rules in order to keep the Family safe and clean. I know there will be times when I am frustrated and don't understand what is going on and will want to quit. When this happens I will talk with my peers and staff because I want to succeed in building a new life for myself. I know I can make it because I want to.

I am here voluntarily and have the choice to stay or go. I know that the program Family, my family and program staff wants me to stay and succeed. If I choose to leave, even though it may not be in my best interest, I will do so properly by notifying staff and asking them to make arrangements for me. If I am a probation/parole client, I will have to finish my sentence in jail/prison. If I am here through Social Services or because my family has urged me to get help, I may further damage my relationship with my children and/or family. Today I choose to be with my Family.