



FRIENDSHIP HOUSE
Association of American Indians Inc.
of San Francisco, CA

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FRIENDSHIP HOUSE

**Residential Drug and Alcohol Treatment
Program Informational Packet**

Programs and Descriptions

PHASE I

RESIDENTIAL TREATMENT FOR MEN AND WOMEN (30-180 days)

The Friendship House residential treatment program is a 80-bed facility for adult men and women. Individual and group counseling, alcohol and drug education, 12-step programs, and American Indian traditions are integrated into treatment. The individual in recovery confronts mental, emotional, and spiritual issues, and learns about the environmental factors that contribute to addictions. Residents develop new skills to replace self-destructive behaviors with a substance-free lifestyle.

RESIDENTIAL TREATMENT FOR WOMEN WITH THEIR CHILDREN (9 months)

Friendship House American Indian Lodge is a residential program for women with their children birth to 5 years old. The Lodge provides a healthy and secure environment for the children of residents. Primary care of children is the responsibility of their mothers, which serves to establish family bonding and positive parental connection for both mother and child. On-site child supervision is provided during the women's treatment hours. We understand that alcoholism and drug abuse creates dysfunction in families and our primary goal is to provide women with their children the counseling, education and support necessary for healing and recovery.

PROGRAM SERVICES

- Individual & Group Counseling
- Family Counseling
- Case Management
- Substance Abuse Education
- Relapse Prevention
- Adult Children of Alcoholics
- Positive Parenting Classes
- Sexuality & Relationships in Recovery
- AIDS/HIV/STD Prevention
- Nutrition & Wellness Education
- Life Skills Training
- Red Road Approach
- American Indian Values
- Talking Circles
- Sweat Lodge Ceremonies
- Clean & Sober Community Events

PHASE II

AFTERCARE (flexible, up to 180 days)

The Aftercare program is designed for clients who have successfully completed our residential treatment component. Phase II provides outpatient individual and group counseling, case management, and a clean and sober support network. Referral for housing, secondary programs, and job readiness training are provided for re-entry into the community.

OTHER PROGRAMS OFFERED

CRIMINAL JUSTICE PROGRAM

The Criminal Justice Program focuses on outreach, case management, and risk reduction services within the criminal justice system. Special care is given to clients transitioning from the criminal justice system into treatment and back into the community. Referrals are available to participants in Friendship House programs for HIV testing, nurse case management, and medical services at the Native American Health Center.

JOB READINESS SUPPORT PROGRAM

The Friendship House Job Readiness Support Program (JRSP) was created to assist the Friendship House Transitional, Aftercare, and Alumni clients in their efforts to re-enter the community with job-related skills. Services include:

- Job Training
- Educational Placement
- Resume Development
- Computer Training

PREVENTION SERVICES FOR WOMEN

The Friendship House Women's Health Demonstration Project (WHDP) integrates services for women using a culturally relevant, holistic model linking prevention and recovery. The WHDP is designed to help women develop a positive cultural identity and to strengthen behaviors that support a healthy lifestyle. Services include:

- Domestic Violence Prevention
- Relapse Prevention
- Parenting Skills Training
- Wellness Education Seminars

PREVENTION SERVICES FOR YOUTH

The Friendship House Youth Program develops and implements culturally relevant strategies that promote healthy living for American Indian youth. The program objective is to reduce the demand for alcohol, tobacco, and illegal drugs by offering youth a variety of alternative constructive activities. These activities promote leadership, communication, self-empowerment skills as well as personal social accountability:

- Alcohol and Drug Education
- Wellness Education
- Violence Prevention
- Life Skills Training
- Tutoring
- Dance and Drumming Classes
- Recreational Outings

SACRAMENTO INTAKE/OUTREACH

Our Intake/Outreach office in Sacramento provides outreach and assists clients in transitioning to our residential treatment programs. Pre-treatment case management, in-custody consultation, and referrals are provided to American Indians with addiction problems.

COMMUNITY ORGANIZING

The Friendship House Community Organizing Program sponsors events and visioning meetings to address community needs and to promote healing among American Indians in the Bay Area. Annual community events include:

- Families In Recovery
- Thanksgiving Celebration
- Christmas Celebration

Recovery and Wellness

Walking the Red Road to Recovery

Recovery from addiction means making major life changes. In developing connections with our proud American Indian heritage, residents strengthen their personal recovery process. Individual sessions help the resident begin to walk the Red Road to Recovery, a path that is uniquely American Indian, helping the resident reclaim balance, focus, and peace.

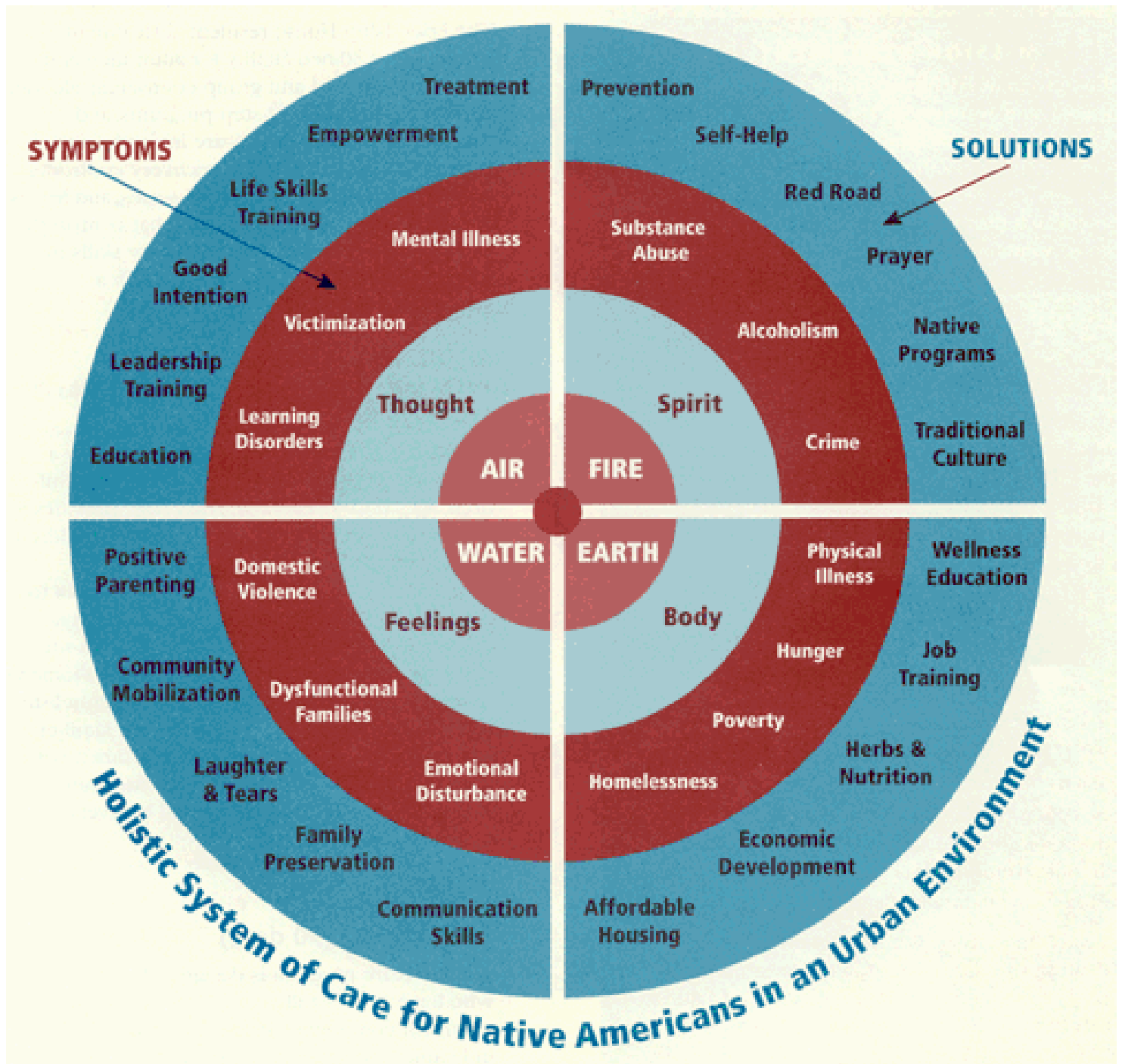
American Indian Values

At Friendship House Association of American Indians, Inc. the values of the American Indian people provide the foundation of our treatment philosophy.

- Love, tolerance and acceptance respect
 - ~ For ourselves
 - ~ For each other
 - ~ For our families
 - ~ For our youth
 - ~ For our elders
 - ~ For harmony in our lives
- Focus on strengths rather than weaknesses
- Encouragement of spiritual values
- Value of life experiences which are rooted in our traditions and culture
- Honor for traditional healing practices

While substance abuse is a treatable disease, many American Indians do not respond to treatment approaches that do not incorporate cultural values. At Friendship House, we integrate American Indian traditional strategies with proven treatment methods in order to address the many issues that trap American Indian men and women in addictive lifestyles.

A Holistic System of Care for Native Americans in an Urban Environment



A National Model of Excellence

Friendship House utilizes a holistic model linking culturally-relevant substance abuse treatment, rehabilitation, and prevention.

- The treatment component includes substance abuse and mental health counseling, as well as medical referrals
- Rehabilitation includes educational and job training, housing referrals, and aftercare counseling to support re-entry into the community
- Prevention involves wellness education, parenting skills, and traditional American Indian spiritual and cultural values

Through diligence and constant attention to quality care, Friendship House Association of American Indians has become the model of programmatic excellence for American Indian recovery programs. For years, Friendship House has been cited as an exemplary organization by the Indian Health Service for outstanding achievement and clinical innovation. Friendship House has provided management training and technical assistance to Indian Health Service providers at the request and funding of California Indian Health Service.

Friendship House is nationally accredited by CARF - the Commission on Accreditation of Rehabilitation Facilities and is fully licensed by the California State Department of Alcohol and Drug Programs.

Friendship House has documented the following client outcomes for the five-year period from January 1995 - December 1999:

- 75% of our clients were federally-documented homeless at the time of admission to our program
- 65% of our clients successfully completed our program
- 50% of our graduates remained clean and sober 18 months after completing our program
- 75% of our graduates stayed out of legal trouble 18 months after completing our program
- 60% of our graduates were employed 18 months after completing our program

FAQ

When did Friendship House first open its doors?

Friendship House was founded in 1963 and began as a church sponsored drop-in center.

Where is Friendship House located?

The Residential Program for men and women and Friendship House Administration are both located at 56 Julian Avenue in San Francisco. The American Indian Lodge Residential Program for women with their children is located at 1815 39th Avenue in Oakland.

How many staff does Friendship House have?

Friendship House currently has 43 staff members.

What is the ethnicity of the staff?

As of April 2003, 80% are American Indian and 20% represent other ethnic groups.

How many members are on Friendship House's volunteer Board of Directors?

Friendship House has 8 board members, of which 7 are American Indian.

What is the agency's annual budget for fiscal year 2002-2003?

3.5 million dollars.

Where does Friendship House's funding come from and how are funds being used?

87% of Friendship House funding comes from federal, city, and local government. 13% of funding comes from private support.

These funds are distributed 37% to direct client services, 18% to administration, 15% to criminal justice advocacy, 14% to health education, 7% to fund raising, 7% to women's projects, and 2% to youth projects.

What is the ethnicity of Friendship House clients?

95% of Friendship House clients are American Indian. 5% represent other ethnic groups.

Geographically, where do Friendship House clients come from?

About 45% of our clients represent American Indian tribes of California and approximately 50% represent tribes from other geographic areas in the United States.

What is the average number of residential clients seen in a year?

On average, Friendship House provides services to 150-165 clients per year. At the end of December 2002, the unique count for clients seen at Friendship House through the Residential, Aftercare, and Job

Readiness Programs was 166, of which 84 were male and 82 were female.

What is the condition of residential clients upon admission to Friendship House?

Since 1995, Friendship House has analyzed closely the condition of clients when they enter the Residential Treatment and Aftercare Support programs, as well as the transformations clients make during their participation in both programs. Clients enter the Residential programs with tremendous problems related to internalized stress, drug and/or alcohol addiction, physical health problems, family separation problems, legal problems, unemployment problems, and lack of support networks.

What are the primary problems that clients report?

Of the top six primary problems that clients report: 92% report alcohol, 87% report drugs, 78% report legal problems, 75% report financial concerns, 75% report sobriety maintenance, and 71% report family breakdown as a primary problem.

145 clients reported their drug/alcohol use. For the top two drugs of choice: 54% of clients reported alcohol as their personal drug of choice. 41% reported amphetamines as their personal drug of choice.

What is the condition of residential clients upon graduation from Friendship House?

When clients leave the Residential and Aftercare programs, their follow-up information reflects that they are committed to abstinence from drugs and alcohol use. The majority of them find gainful employment and resolve their legal problems. They report greater life satisfaction and are more likely to seek spiritual help as well as help from professionals and friends.

As far as internalized stress, they report less psychological distress, less depression, and fewer stressful events in their day-to-day lives. They have fewer somatic complaints and report less guilt. Finally, they report greater understanding of their American Indian heritage and culture, and acknowledge Friendship House's efforts in helping them to understand and feel connected to their tribal affiliations.

As the Residential Programs extend their services to one-year residential stay, we'll likely see stronger abstinence rates over time and greater rates of long-term success. This especially pertains to clients who choose to return to their previous environments where self-destructive patterns flourished in the past.

What is the American Indian population in the Friendship House local service area?

Alameda County: **32,323**

Contra Costa County: **20,756**

San Francisco County: **12,429**

Fresno County: **12,500**

San Mateo County: **10,644**

Marin County: **3,745**

Total for 6 Bay Area Counties: **92,397**

(this represents a 27% increase from 1990 to 2000 Census)

Friendship House Admission Process

This information is designed to inform referral agencies and individuals in the community about the criteria and procedures we use for admitting prospective clients.

Program	Contact	Hours of Operation
San Francisco Residential or Oakland Lodge Program:	Michelle: (415) 865-0964	Monday-Friday 9am to 4pm
Sacramento Outreach	Carlos: Phone: (916)341-0575	Leave message on voicemail

Criteria for Admission

- A problem with drugs and/ or alcohol.
(For a free online Alcohol Screening, go to www.alcoholscreening.org)
- Males and females age 18 and over **OR**
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.
- 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.

12 Steps for Screening and Admission

When referring clients to Friendship House, please follow these steps:

1. All clients must be interviewed to determine acceptance into the program. Appointments must be made for all screenings, which can take place in person or over the phone. **To schedule an appointment for the San Francisco residential or Oakland Lodge program, please call Jen or Steven at (415) 865-0964. To schedule an appointment for the Sacramento/outreach, please call (916)341-0575.** Prospective clients should be prepared to spend a minimum of 30-45 minutes in the screening interview.
2. We will accept collect telephone calls for screening *interviews*. This option is reserved for persons who are incarcerated or homeless who have made prior arrangements with our intake staff.
3. Once a client has been screened and accepted, they will be placed on the waiting list. It is the individual's responsibility to CONTACT US WEEKLY - by mail or by phone - to maintain active status. If the client does not remain in contact with Friendship House he or she will be removed from the waiting list.

4. The primary requirement for admission is that the individual demonstrates a sincere desire to stop drinking and/ or using drugs. Clients must be clean and sober for 72 hours prior to admission.
5. The Friendship House Association of American Indians, Inc. does not discriminate on the basis of race, gender, national origin, sexual preference, religious affiliation, or disability. **Prospective clients should be aware that along with traditional treatment methods, we incorporate American Indian culture and traditions into the program.**
6. Fees for the program are determined on a "sliding scale" basis, according to ability to pay. Resources for payment may include private insurance, government assistance, health care insurance, tribal assistance, family, or friends.
7. Clients accepted to either program must bring their State ID/Driver's License and Social Security Card at the time of admission. If these are not available, Birth Certificates, Tribal registration, or other ID cards are acceptable forms of identification. Clients entering the Oakland Lodge program must also bring their children's birth certificate and social security card.
8. No admission can be made without proper written documentation of a negative TB test in hand or sent prior to the client's admission. **The individual WILL NOT BE ADMITTED WITHOUT THIS CERTIFICATION.**
9. Clients on probation or parole must submit a copy of the terms and conditions of their probation or parole prior to admission. Clients must also provide the name and phone number of their parole agent or probation officer if one has been assigned.
10. Friendship House observes strict rules of confidentiality with regard to client information. ***We cannot share client information with anyone without written consent from the client.***
11. **Clients are not permitted to bring valuables or stereo equipment with headphones. Clients should only bring a small amount of cash, necessary for incidental purchases. Friendship House will not hold cash for clients, under any circumstances. Clients should limit the amount of clothing and personal items to a two-week supply. THERE IS NO STORAGE SPACE.**
12. Upon admission to the San Francisco treatment program, clients are placed on a "30 day restriction." Clients admitted to the Oakland Lodge program will be placed on a "45 day restriction." During this time, the client will not be allowed to leave Friendship House unaccompanied. In addition, the client may not write or receive letters, make or receive telephone calls or receive visitors. These rules allow the new client to adjust to his or her surroundings, become familiar with the program and reflect on the circumstances that brought them to treatment.

The specific focus of Friendship House is to respond to the drug and alcohol treatment needs of adult American Indian women and men. Our commitment is to treat the alcohol and drug user with care, respect, responsibility and knowledge. Our goal is to restore individuals to sober, joyous and productive living in their community.