

PREVENTION CONCEPTS AND SOLUTIONS



The Crisis and Housing Response Team (CHRT) is designed to provide recovery-oriented services and supports for at-risk Veterans, First Responders, and others in the community. The 90-day program focuses on goal-/achievement-oriented approaches to satisfying one's motivation of needs and improving one's quality of life. These recovery-based frameworks provide pragmatic, person-centered approaches to working with individuals who face unique mental, physical, and emotional risks due to a variety of different life changing events.

Upon entering the program, participants will partake in a multidimensional assessment process in which mutually agreed upon goals and targets of change will be identified and goal-attainment steps will be determined and codified (i.e., signed agreements). After the initial assessment, based on the participants' unique needs, the care team will coordinate services and supports— both in-house and with partner organizations; this process is transparent and participatory.

In-house services and supports that are available to all program participants:

- ✓ *Recovery Coaches*
- ✓ *Peer Mentors*
- ✓ *Social Workers*
- ✓ *Canine Trainers*
- ✓ *Case Manager*
- ✓ *Employment Specialist*
- ✓ *Housing Specialist*
- ✓ *Fitness & Mindfulness Instructor*
- ✓ *Transportation*

In addition to the dynamic and diverse services and supports offered, our program focuses on structure and accountability. Although each participant will have individualized schedules, below is an example of a typical day.

5:30 – 6:00am	Morning meditation
6:00 – 7:00am	Breakfast and personal hygiene
7:00 – 7:30am	Daily group check-in (going over plans & responsibilities for the day)
7:30 – 8:00am	Morning chores (cleaning house)
8:00 – 10:00am	Group activity (e.g., morning walk/exercise)
10:00 – 12:00pm	Job search and/or volunteering in community

12:00 – 1:00pm	Lunch
1:00 – 2:00pm	In-House Recovery Group
2:00 – 4:00pm	Peer-support activities and/or animal-assisted activities
4:00 – 6:00pm	Dinner and free time
7:00 – 9:00pm	Suggested, outside recovery meetings
9:30 – 10:00pm	Nightly self-reflection and daily debriefing

**There will be a staff person on sight 24/7.*

Goal & Objectives

- Improve recovery-related outcomes
- Improve qualities of life
- Provide safe and secure housing
 - *Provide in-house therapists and social workers.*
 - *Provide case-management services.*
 - *Provide in-house peer-recovery support services.*
 - *Provide daily support groups.*
 - *Provide employment support (resume building, interviewing skills, job search etc.,).*
 - *Provide mindfulness and physical activities daily.*
 - *Provide and/or coordinate transportation (if needed).*
 - *Provide in-house canine-assisted therapy and activities.*

Methods and Activities

All the methods and activities below are designed to have a positive impact on eight critical domains related to quality of life:

1. Emotional well-being – contentment, self-concept, lack of stress
2. Interpersonal relations – interactions, relationships, family, supports
3. Material well-being – financial status, employment, housing
4. Personal development – education, personal competence, self-efficacy
5. Physical well-being – health and health care, activities of daily living, exercise
6. Self-determination – autonomy / personal control, personal goals, choices
7. Social inclusion – community integration and participation, roles, supports
8. Rights – legal, human (respect, dignity, equality)

Canine-Assisted Therapy and Activities offered daily

As a therapeutic approach, animal-assisted activities & therapies have many well-documented benefits for those struggling with substance abuse, mental health and trauma-related issues:

- Decreases stress
- Provides motivation for treatment
- Reduces anxiety and depression
- Increases focus and attention
- Improves communication and social skills
- Reduces blood pressure
- Elevates mood levels
- Reduces loneliness and isolation (Carper, Bartone, & Petty, 2016).

Canine-Related Education, Training, & Activities offered weekly

- Canine Care
- Safe Dog Handling
- Canine Communication & Behavior
- Kennel Maintenance
- Animal Welfare
- Canine Commands & Obedience
- Socialization Exercises
- Service-Related Tasks
- Obstacle Course Navigation
- 5 week K-9/Handler certification

Team-building activities offered daily

- Game nights
- Barbeques/family-style dinners
- Sports/recreation
- Nature walks/hikes

Leadership-building activities

- Volunteerism
- Peer-coaching
- Facilitating groups
- Service dog teams

Substance Use Education & Supports offered daily

- Substance Use/Abuse Education
- Mutual-support groups
- Peer-Recovery Coaches
- Peer-Support Training
- Life Coaches

Other Trainings & Workshops

- Resume Building
- Interviewing skills
- Health & Nutrition
- Meditation/Relaxation
- Grief & Loss
- Exercise/Fitness