



Hill Country Council on Alcohol and Drug Abuse



HCCADA believes and follows the 10 Guiding Principles of Recovery

THE DEFINITION OF RECOVERY

Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Four dimensions that support a life in Recovery: **Health**-Overcoming or managing one's disease(s) or symptoms - for example, abstaining from the use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction program - and for everyone in recovery, making informed, healthy choices that support physical and emotional wellbeing. **Home** - A stable and safe place to live. **Purpose** - Meaningful daily activities, such as a job, school, volunteerism, church or spiritual, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society. **Community Relationships** and social networks that provide support, friendship, love, and hope.

OUTPATIENT TREATMENT SERVICES

Conveniently offered so you can continue with your normal daily activities and still receive the help you need. Our outpatient treatment program is 12-16 weeks long depending on your needs and your clinician's recommendation. Treatment consists of one individual counseling session and two 2-hour group sessions per week offered in-person or by telehealth (virtual). We accept most major insurance, and Medicaid. We have a sliding scale, when matching funding is available, and accept private pay clients.

Prior to starting treatment, you will receive a thorough clinical assessment. After our experts have learned more about your condition and unique circumstances, they will collaborate with you to develop your personalized treatment plan. Your Licensed Counselor will guide you through your treatment plan and help you establish and strengthen your recovery. During treatment, you will be required to participate in some or all of the following recovery activities:

- Individual Counseling
- Group Therapy
- Family Counseling
- Family Group Therapy
- Community-Based and Twelve-Step Support
- Education (Relapse prevention techniques and access to recovery materials, presentations, workshops, etc.)
- Recovery Support Services (with a Recovery Coach)

GENESIS - A 12-16 week program that consists of one-on-one individual appointments. **Weekly Cost: \$50.00**

PADRE (Parent Awareness & Drug Risk Education) - PADRES is a parenting program for male and female parents with at least one child under the age of 6 or expecting their first child. Parents can be self-referred or referred by CPS, a judge or attorney. Services are at **no charge** and may be provided in person or by telehealth (virtually) and covered by State grants.

Recovery Support Services (RSS) - RSS provides recovery coaching and support services to individuals with or at-risk of alcohol and drug problems by providing clients both online and face to face options to connect with a Peer Recovery Support Specialist. These services can also be provided prior, during and post outpatient or residential treatment services. Services include individual coaching, recovery support groups, fun and health recovery activities, housing, transportation, and employment assistance. Services are at **no charge** and covered by State funding.

COURT ORDERED CLASSES AND SERVICES

Please see website for times and dates - www.hccada.org

Drug & Alcohol Assessments - Client assessed for possible drug or alcohol problems by an LCDC. A SASSI-4 assessment toll will be completed generating a narrative report of recommendations to be submitted to reporting entity. Clients can be referred by CPS, Probation, Judge, Attorney, Employer, or self. **Cost: \$80.00**

Drug Offender Education Program - This State certified program is 15-hours in length and is designed to increase the knowledge of drug offenders by educating them on the dangers of drug abuse and associated illegal activities, to identify their own individual drug-use patterns, and to assist them in developing a personal action plan which will reduce the probability of suffering the consequences of future drug using and illegal behavior. **Cost: \$150.00**

DWI Education - This State certified program is 12-hours in length and is designed to help DWI offenders increase their knowledge about alcohol and drugs as these substances relate to driving skills, to identify their own individual drinking/drug use and driving patterns, and to assist them in developing plans which will reduce the probability of future DWI behavior. **Cost: \$150.00**

DWI Intervention - This State certified program is 32-hours in length (an 8-week program that meets 2-days per week) and is designed for multiple DWI offenders and/or others who have alcohol/drug related problems for which the first offender program was not designed to address. **Cost: \$400.00**



COURT ORDERED CLASSES AND SERVICES

Referral Services - A screening completed to obtain a diagnostic code, discuss with client treatment course recommendations such as inpatient treatment. Make contact with program of choice to set up admission appointment. **Cost: \$80.00**

Victim's Impact Panel (VIP) - The Victim Impact Panel is a 2-hour class discussion that meets from 6:00-8:00 p.m. about how driving while intoxicated impacts the lives of others and the tragedy that can ensue from accidents that occur. **Cost: \$80.00**

Alcohol Awareness Course/Minor in Possession - This State certified program is two 3-hour classes and is taught virtually. It is for those who have received an alcohol-related citation. **Cost \$50.00**

Drug Test: 5-Panel Hair Follicle - Hair sample testing to detect drug use over longer periods than other testing methods. Testing for cocaine (including crack), marijuana, opiates (codeine and morphine), amphetamines/methamphetamines, and phencyclidine (PCP). **Cost: \$100.00**

10 GUIDING PRINCIPLES OF RECOVERY

RECOVERY EMERGES FROM HOPE

The belief that recovery is real provides the essential and motivating message of a better future—that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them. Hope is internalized and can be fostered by peers, families, providers, allies, and others. Hope is the catalyst of the recovery process.

RECOVERY IS PERSON-DRIVEN

Self-determination and self-direction are the foundations for recovery as individuals define their own life goals and design their unique path(s) towards those goals. Individuals optimize their autonomy and independence to the greatest extent possible by leading, controlling, and exercising choice over the services and supports that assist their recovery and resilience. In so doing, they are empowered and provided the resources to make informed decisions, initiate recovery, build on their strengths, and gain or regain control over their lives.

RECOVERY OCCURS VIA MANY PATHWAYS

Individuals are unique with distinct needs, strengths, preferences, goals, culture, and backgrounds—including trauma experience—that affect and determine their pathway(s) to recovery. Recovery is built on the multiple capacities, strengths, talents, coping abilities, resources, and inherent value of each individual. Recovery pathways are highly personalized. They may include professional clinical treatment; use of medications; support from families and in schools; faith-based approaches; peer support; and other approaches. Because setbacks are a natural, though not inevitable, part of the recovery process, it is essential to foster resilience for all individuals and families. Abstinence from the use of alcohol, illicit drugs, and non-prescribed medications is the goal for those with addictions.

RECOVERY IS HOLISTIC

Recovery encompasses an individual's whole life, including mind, body, spirit, and community. This includes addressing self-care practices, family, housing, employment, transportation, education, clinical treatment for mental disorders and substance use disorders, services and supports, primary healthcare, dental care, complementary and alternative services, faith, spirituality, creativity, social networks, and community participation. The array of services and supports available should be integrated and coordinated.

RECOVERY IS SUPPORTED BY PEERS AND ALLIES

Mutual support and mutual aid groups, including the sharing of experiential knowledge and skills, as well as social learning, play an invaluable role in recovery. Peers encourage and engage other peers and provide each other with a vital sense of belonging, supportive relationships, valued roles, and community. Peer-operated supports and services provide important resources to assist people along their journeys of recovery and wellness. Professionals can also play an important role in the recovery process by providing clinical treatment and other services that support individuals in their chosen recovery paths. While peers and allies play an important role for many in recovery, their role for children and youth may be slightly different.

RECOVERY IS SUPPORTED THROUGH RELATIONSHIP AND SOCIAL NETWORKS

An important factor in the recovery process is the presence and involvement of people who believe in the person's ability to recover; who offer hope, support, and encouragement; and who also suggest strategies and resources for change. Family members, peers, providers, faith groups, community members, and other allies form vital support networks. Through these relationships, people leave unhealthy and/or unfulfilling life roles behind and engage in new roles (e.g., partner, caregiver, friend, student, employee) that lead to a greater sense of belonging, personhood, empowerment, autonomy, social inclusion, and community participation.

RECOVERY IS CULTURALLY BASED AND INFLUENCED

Culture and cultural background in all of its diverse representations—including values, traditions, and beliefs—are keys in determining a person's journey and unique pathway to recovery. Services should be culturally grounded, attuned, sensitive, congruent, and competent, as well as personalized to meet each individual's unique needs.

RECOVERY IS SUPPORTED BY ADDRESSING TRAUMA

The experience of trauma (such as physical or sexual abuse, domestic violence, war, disaster, and others) is often a precursor to or associated with alcohol and drug use, mental health problems, and related issues. Services and supports should be trauma-informed to foster safety (physical and emotional) and trust, as well as promote choice, empowerment, and collaboration.

RECOVERY INVOLVES INDIVIDUAL, FAMILY, AND COMMUNITY STRENGTHS AND RESPONSIBILITY

Individuals, families, and communities have strengths and resources that serve as a foundation for recovery. In addition, individuals have a personal responsibility for their own self-care and journeys of recovery. Individuals should be supported in speaking for themselves. Families and significant others have responsibilities to support their loved ones, especially for children and youth in recovery. Communities have responsibilities to provide opportunities and resources to address discrimination and to foster social inclusion and recovery. Individuals in recovery also have a social responsibility and should have the ability to join with peers to speak collectively about their strengths, needs, wants, desires, and aspirations.

RECOVERY IS BASED ON RESPECT

Community, systems, and societal acceptance and appreciation for people affected by mental health and substance use problems—including protecting their rights and eliminating discrimination—are crucial in achieving recovery. There is a need to acknowledge that taking steps towards recovery may require great courage. Self-acceptance, developing a positive and meaningful sense of identity, and regaining belief in oneself are particularly important.

