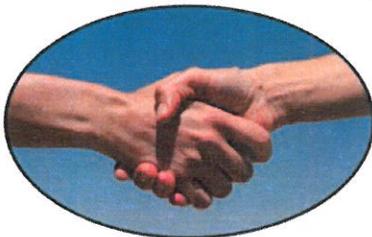


MISSION STATEMENT:

At the Jude House,
WE BELIEVE:

- ✓ Alcoholism and other chemical dependencies are complex but highly treatable illnesses
- ✓ Treatment is most often successful when dependant persons come together in an atmosphere of abstinence and mutual support
- ✓ We can teach individuals in recovery the personal, social, and life management skills necessary for independent substance-free living

Working together every step of the way



Bel Alton, MD

www.JudeHouse.org

(301) 932-0700

Mailing Address:

P.O. Box 1057

La Plata, MD 20646



**ALCOHOLISM AND
ADDICTION TREATMENT**

RECOVERY PROGRAMS

OUTPATIENT TREATMENT



THE JUDE HOUSE, INC.

Bel Alton, MD

www.JudeHouse.org

PROGRAM OVERVIEW

The Jude House offers medium to long term residential treatment for substance dependent men and women who are at least 19 years old. Treatment requires a minimum commitment of 90 - 120 days; though it may last longer based on each recovering person's needs.

Licensed and certified health professionals provide treatment through individual and group counseling. Residents are introduced to self-help resources such as Alcoholics Anonymous and Narcotics Anonymous early in treatment. For many, these resources become the primary social support for continued substance-free living after completion of the Jude House program.

A unique live-in/work-out format makes the cost of treatment manageable and creates a valuable opportunity to tackle the financial consequences of addiction and alcoholism. A variety of other facility privileges can be earned within 60 days.

Financial assistance is available for Maryland Residents.

TREATMENT

Substance dependent treatment begins with a thorough, multi-dimensional assessment. Individual treatment plans include urinalysis, breath tests, structured groups, individual counseling, AA/NA meetings, counseling in life-management skills, and education about the diseases of alcoholism and addiction.

Case Management: Residents are assisted with linkage to services, such as: vital documents, driving improvement, social security benefits, health insurance, mental health referrals, care coordination, etc. Being taught to think differently and life skills are another important part of case management. Upon completion of the Jude House, residents are assisted with linkages for continuum of care, including housing, to assure that residents have all of the necessary support services needed for successful recovery.

Family programs educate residents and their families with the knowledge, tools, and skills necessary to build on progress made and avoid relapse.

**“IF IT WEREN’T FOR THE
JUDE HOUSE, I WOULDN’T
BE ALIVE TODAY.”**

**— MARIAN, 9 YEARS
SUBSTANCE-FREE**

RECOVERY

Counselors work with residents to create individual continuing care plans, referred to as aftercare plans, provides structure for continued substance-free living. Settings for aftercare include outpatient and self-help (AA & NA) environments as well as coordination with Employee Assistance Programs when indicated.

OUTPATIENT CARE

Outpatient treatment at the Jude House gives the individual an opportunity to interact in a real world environment while benefiting from a peer-oriented structured therapeutic program. Clients will participate in group and/or individual counseling sessions. Client progress is assessed regularly by clinical staff that develop individualized treatment plans.

Outpatient Services include:

- Evaluation/Assessment
- Relapse Prevention
- Group/Individual Counseling
- 12 Step Support
- Drug Screens
- Coordination with physician, therapist, union or employer
- Alcohol & Drug education