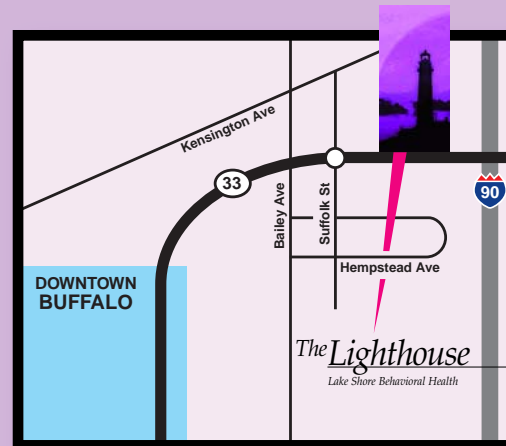


# The Lighthouse

Lake Shore Behavioral Health

is a residential substance abuse treatment facility for pregnant and parenting women. Located in the Kenfield Homes, the Lighthouse serves 20 women and their children.

The program provides an intense treatment and rehabilitation program with recreational, parenting and vocational services. At the Lighthouse, women receive treatment in a structured and nurturing environment while retaining custody of their children.



## The Lighthouse



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## The Lighthouse

Lake Shore Behavioral Health

A Residential  
Substance Abuse  
Treatment Facility  
for Women  
with Children.

# Who Qualifies for Treatment at The Lighthouse?

## General Referral Requirements for the mother include:

- 18 years or older
- Diagnosis of substance dependence disorder
- Pregnant, or parenting with children in custody or for whom custody is pending.
- History of prior treatment
- Psychiatric stability
- Expressed desire for recovery

## For children...

- 11 years or younger
- Recent physical examination and documented, up-to-date immunizations
- Emotional and mental ability to participate in a structured program within a structured setting

# Empowering Women...Healing Families

## Treatment

Treatment at The Lighthouse requires a stay of nine months to one year depending on the woman's clinical status and progress. The program takes part in two phases:

### Phase I

*Stabilization and Commitment lasts for approximately 3 months. During this phase women and their children live in the main building where counseling, group treatment and communal living activities take place. Phase I Programming is structured to facilitate the development of new coping and interpersonal skills.*

### Phase II

*Skill Development for Community Living lasts 6 to 9 months with continued 24 hour supervision. The women and their children live in the adjacent row houses that are a part of The Lighthouse community. This arrangement offers experience and responsibility in household management while providing the restriction and support of a treatment community. Phase 2 focuses on strong relapse prevention, vocational/educational skill building, the achievement of financial independence, and improved parenting skills.*

## A Supportive Recovery Environment for Women and Children

- Development of strong prevention skills
- Empowerment to live independent and substance-free lifestyles
- Involvement in community activities and identification of community supports
- Improvement in parental functioning through the support and role modeling of staff, parent education, and counseling
- Improved interpersonal skills
- Development of a plan for family's spiritual life
- Comprehensive health care
- Vocational planning and training leading to employment upgrading
- Cultural and gender sensitive services
- Establishment of a strong family unit and bond with children

