

Relapse Prevention Strategy

Most of our clients recently completed in-patient treatment. While in treatment, they are likely to have developed some coping skills and should be engaged in the early stages of recovery. During this time, they are still fragile. Sometimes in this precarious stage, they may even begin to regress. At this time, it is important that clients be carefully supervised.

One of the important differences at The Foundation LW is that a licensed mental health professional and addiction specialist meets with the client and helps to determine an individualized relapse prevention strategy. This is a fluid and dynamic plan that the client, the family and the staff are involved in developing and monitoring.

Initially, there is an interview process. Our staff professional will review the continuing care plan provided by the previous treatment center to insure total compliance with the recommendations from the treatment team. Next, we design a personalized life plan that allows the client to begin to crystallize a vision of the future. Obviously, this future includes abstaining from drugs and alcohol. When accepted into the residence, the client begins to formulate a 90-day plan, which culminates into a 6-month short-term life plan. This process helps the individual develop the important skill of planning. The staff will review the plan weekly and work with the clients to adjust it as they progress.

Finally, the plan addresses specifics that may attribute to relapse or that may have been factors in previous failed treatment. These particulars are carefully reviewed so that the staff clearly understands the strengths and the motivation of each resident.



THE FOUNDATION LW
THERAPEUTIC-SOBER-HOUSING



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Real help, Real living
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The Foundation LW is located in South Florida in a nostalgic, residential neighborhood. The residences are within 2 miles of the beach, ½ mile to downtown Lake Worth's local restaurants and shops, and directly on a bus route. There are various employment opportunities in close proximity. The City of West Palm Beaches major shopping areas and the Town of Palm Beach are within 10 miles and are easily accessed by car, bus or bike.

The Foundations LW is a supportive, therapeutic, sober residence for people in early recovery who still need monitoring as they practice the skills needed for continued sobriety. Unlike sober living, halfway or transitional housing we provide a therapeutic environment that is more conducive to continued sobriety. We believe that our residents can be successful and we are committed to helping the individual on his/her recovery path.

Our staff includes a licensed mental health therapist who is a certified addiction professional and who understands the disease of addiction and the various stages of recovery. Random drug testing and breathalyzing are monitoring tools that we use and consider essential. However, we understand that these measures need to be balanced with individual interventions and plans that allow the client to regain confidence and direction. Our "Life Recovery Plan" is briefly explained in this brochure in the section called relapse prevention strategy.

The disease of addiction is ominous, yet once in remission it can remain so with continued adherence to the care plan as outlined in treatment and with reevaluation of one's goals. Recognizing that the disease of addiction is a family systems disease makes it essential for the inclusion of the family in continued treatment. Specific family members are contacted while the client is in residence. At this time information is collected that might be beneficial in aiding with relapse prevention.

The staff is committed to the sobriety of the residents and will help to insure that clients are comfortable and feel at home. Specific guidelines will be outlined to each client upon arrival to the house. Please ask for a contract prior to or when visiting the residence.

We look forward to being a part of your journey into recovery

WHAT MAKES US DIFFERENT FROM OTHER SOBER HOMES?

- *Licensed Mental Health Professional and Certified Addiction Professional on Staff.*
- *FREE Support Group led by a licensed therapist.*
- *Goal Setting, Treatment Plans and Relapse Prevention plans for each Resident.*
- *6 month short-term life plan.*
- *Continued Care Plan review and adherence.*
- *Family Education and Involvement through Family Sessions.*
- *Certified Vocational Counselor to provide career guidance based on the needs of the client.*
- *Provide Access to Community Services.*
- *Reward residents when the community operates effectively as a whole.*

