

## **Recovery 55 Program**

**The Recovery 55 Program is a community based, non-residential, treatment program especially designed for persons age 55 and over, with substance abuse and mental health problems. We address concerns of the mind, body and spirit, using a holistic, dual diagnosis approach.**

**The program is aimed to help impoverished and/or homeless seniors, whose medical health is at risk due to substance abuse and mental health disorders.**

**The program combines a supportive, peer environment with comprehensive services at one convenient location.**

**Recovery 55 Groups meet daily. Topics include Relapse Prevention, Introspective Processing, Twelve-Step Introduction, Educational Workshops, Family Systems, Anger Management, Spiritual Awareness, Art Therapy, Social and Recreational Outings, and Dual Diagnosis Treatment.**

**Services available to clients include crisis intervention, hot meals and winter shelter, comprehensive assessments, individual substance abuse and mental health counseling, case management, psychiatric evaluation and follow-up care, housing assistance, medical care, and representative payee.**

**Our services are for all people regardless of ethnicity, religion, gender, sexual orientation, income or disability.**

**St. Mary's Center serves seniors primarily within the Downtown, West and North Oakland vicinity.**

## **\*\*Recovery 55 Program\*\***

The Recovery 55 Program is a community based, non-residential, treatment program especially designed to help impoverished and/or homeless persons, age 55 and over, with substance abuse concerns. We address concerns of the mind, body and spirit, using a holistic, risk reduction approach. The program combines a supportive, peer environment with comprehensive services at one convenient location.

Recovery 55 participants receive Comprehensive Intake Assessments and Treatment Planning, Crisis Intervention, Individual Substance Abuse Counseling, Case Management Services, Assistance Finding Housing, and Comprehensive Discharge Planning.

Recovery 55 Groups meet daily. Topics include Relapse Prevention, Introspective Processing, Twelve-Step Introduction, Educational Workshops, Videos regarding Medical Aspects of Addiction and Co-Occurring Mental Health Disorders, Family Systems, Anger Management, Listening Skills, Spiritual Awareness, Art Therapy, Social and Recreational Outings, Abstinence and Risk Reduction Treatment Options.

We collaborate with appropriate professionals in other programs offered at St. Mary's Center to address the needs of seniors with co-existing mental health problems. Participants are able to concurrently enroll for substance abuse and mental health services to receive dual diagnosis treatment. Psychiatric evaluations and follow up care are available through our on site psychiatrist and mental health counselors.

Recovery 55 participants are also able to concurrently enroll in the following programs provided at St. Mary's Center: Hot Meals and Winter Shelter, Grocery Bags, Health Screenings, Representative Payee, Wellness Groups, Art Therapy Groups, Wisdom Center Spirituality Groups, Music Groups, Exercise Groups, Free Chair Massage, and opportunities to participate in Hope and Justice Advocacy Activities for Seniors.

Our services are for people of all cultures, ethnicities, religions, genders, sexual orientations, incomes or disabilities.

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