

## WHAT IS A SAFE HAVEN?

A Safe Haven is a private organization that specializes in housing for individuals recovering from alcoholism and substance abuse. A Safe Haven is a licensed operator of residential housing in the Midwestern States.

Due to A Safe Haven's high recovery success, A Safe Haven has become the leading recovery home operator in the Midwest, both in terms of geographical presence and of the number of people we serve.

A typical A Safe Haven recovery home is attractive, strategically located (near transportation and community programs), structured living environments for individuals who want to better focus on their recovery and achieve success by living in clean, warm, comfortable and supportive housing.

A Safe Haven's structure is rooted in the social model of recovery utilizing 12-step programs. A Safe Haven provides peer and professional support, a structured routine, and requires accountability – which combined greatly develop the necessary skills to maintain long term recovery.

## WHAT ABOUT PROGRAMS AT A SAFE HAVEN?

- A Safe Haven focuses exclusively on providing recovery support systems, sober living skills programs and supportive housing.
- Emphasis on self-responsibility, resident empowerment and daily living skills training.
- Non-traditional and flexible individual recovery plan.
- 24-hour staff availability.
- Barrier free transition between levels of care.
- Immediate linkage to out patient services (as needed).
- Individual length of stay (varies).
- Serves men, women, women with children, court mandated individuals and other special populations.



### Mailing Address:

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### Intake Information:

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# A SAFE HAVEN

"A Safe Haven has given me a nice place to bring my kids. I'm not ashamed to let them see Mom is getting better."  
-L.K., resident Alsip

"When I came here I had no friends, no family, no hope. Now I have all of that and more."  
-J.J., former resident South Shore

"God bless A Safe Haven. I finally am on the right track to a sober clean life."  
-K.J., resident Rogers Park

"Everyone here is like me - guys and gals who stick together to stay sober."  
-C.M., resident Alsip

"I've spent most of my life in jail with guys who were as bad as they get. A Safe Haven gave me a fresh start and a place to call home."  
-S.K., former resident Park Ridge

"The staff and the residents, everyone welcomed me like a long lost brother. I never felt like I belonged like I do here at A Safe Haven."  
-A.L., resident South Shore

"I've been in and out of a lot of places, but here the people care about people, not money."  
-A.A., resident Logan Square

"I'm a drunk. But while I've lived at A Safe Haven, I became a drunk who didn't have to drink...just for today at least."  
-M.S., former resident Alsip

"I didn't think I could ever stop using drugs and alcohol, but with A Safe Haven's help I have been clean and sober for almost 15 months."  
-R.G., former resident Rogers Park

**WHO IS ELIGIBLE TO LIVE AT A SAFE HAVEN?**

To become a resident of A Safe Haven, you must have a strong desire to remain clean and sober. Residents must be willing to abide by all program requirements, be at least 18 years of age, and be able to participate in daily living activities.

Residents of A Safe Haven come from a broad range of diverse backgrounds. We foster an environment of inclusion, understanding, and mutual respect. A Safe Haven is committed to working with anyone who meets the above-mentioned criteria and who is committed to achieving long-term success in living a clean and sober lifestyle.

**WHAT ABOUT A SAFE HAVEN PROGRAM MANAGERS?**

All managers are qualified substance abuse professionals whose certification is administered by the Illinois Alcohol and Other Drug Abuse Professional Certification Association (IAODAPCA). Management is selected based upon their dedication, integrity, knowledge, experience, and professionalism.

Our staff is committed to helping improve the lives of our residents both during the difficult initial transition and through, at times, periods of crisis as our residents strive towards meaningful recovery.

The shared vision of A Safe Haven management and staff is to remain on the forefront of recovery by continuously participating in studies on recovery methodology, and continuous education programs for our staff.

A Safe Haven's management and staff are proud of their success in providing sober living alternatives to thousands of people in recovery from alcoholism and drug addiction.

**A FULL CONTINUUM OF HOUSING**

A Safe Haven provides a full continuum of housing, which includes state licensed recovery homes, supportive housing and affordable housing, enriched with trained staff and a comprehensive referral network to individuals and families who are homeless and/or have special needs, such as those with substance abuse and mental health issues, or other chronic health conditions.

A Safe Haven's full continuum of housing approach is born out of the experience, that recovery homes, permanent supportive housing provides cost-effective solutions to homelessness and addiction/recovery services for the state's most vulnerable citizens. A Safe Haven's mission is to strengthen the supportive and affordable housing stock in Illinois.

**OTHER SAFE HAVEN SUPPORT SERVICES**

- Life Skill Development
- Recovery Education/Coaching
- Mutual Aid Meeting
- Employment Internship Program (Recovery Specialist/Case Management) (Building Maintenance)
- Treatment Services
- Referrals



**WHAT IS A SAFE HAVEN'S COMMITMENT TO YOU?**

The driving force of our growth at A Safe Haven as an operator of sober living alternatives and recovery homes in the Midwest has been our ability to recognize the needs of the individual in our program. We are known for making every effort to help you to emerge as a stronger, healthier, more positive person. A Safe Haven will assist you in developing the skills to make positive contributions and decisions for yourself, your family and your community one day at a time throughout your life in recovery.

Many of our graduates now serve as role models and are involved in many of the civic and charitable activities that A Safe Haven sponsors. Although the length of stay varies for every individual, you become family and a friend. It has become a tradition to have alumni stay in touch with former roommates and A Safe Haven. We want to hear about your successes and challenges, since we understand that recovery must become a way of life.

**EXCERPTS FROM AMERICAN JOURNAL OF PUBLIC HEALTH**

"Alternative treatments, which include residential services and after care residential services and after care programming are becoming vital components of the continuum of care for substance abuse treatment and recovery."

"A Safe Haven is an example of a seemingly effective, inexpensive long term residential program for persons with substance-related disorders."

"...(A Safe Haven) success rate...compares favorably with national success rate from drug rehabilitation program." (>280%)\*

\*Study based on 18 month period conducted by Department of Psychiatry, Northwestern Medical School and School of Public Health, University of Chicago. Published American Journal of Public Health September 1999, Vol. NO 9.

