

OUR PROGRAM

The Salvation Army - San Diego
Adult Rehabilitation Center (A.R.C.)
1335 Broadway, San Diego, CA 92101
619.239.4037



The Salvation Army is interested in permanent solutions. Our program is a long term, residential recovery program for individuals seeking to deal with substance abuse and other addictions. At any given time, we can accommodate approx. 100 men, 30 women in our Downtown San Diego Adult Rehabilitation Center.

***Participation in all program components is required by every beneficiary**

PROGRAM PILLARS

SOBRIETY WORK THERAPY
COUNSELING SPIRITUALITY

Sobriety

- Disease model based on Alcoholics Anonymous and the 12 steps
- Beneficiaries must attend 5 A.A. or N.A. meetings each week
- By 60 days must have a sponsor and a "home group"
 - Sponsor: Same gender; 2+ years sobriety; worked all 12 steps
- Salvation Army provides workbooks for steps 1-5; Step work with sponsor varies

Work - Work Therapy (WTA)

- All Beneficiaries work hard either in the residence or in the processing of donated goods
- Working hours begin at 7:00 am
- Receive weekly gratuities
 - In the form of canteen cards and cash
 - Amount increases throughout the program

Program | Counseling

- Meet weekly with counselor for individual therapy
- Participate in Process Group once a week
- Classes
 - Anger Management
 - Exit Planning
 - Relapse Prevention
 - Re-Entry
 - Rehabilitation Issues
 - Bible Study

Spirituality

- Christian-based program but all faiths are welcome if they are willing to participate. Beneficiaries must participate in Chapel
- Spiritual advisor
 - 1-on1 counseling
- Morning Devotional - daily
- Bible study - weekly
- Chapel on Wednesdays (5:30pm- Arrive no later than 5:15pm) and Sunday (8:30am- Arrive no later than 8:15am)
- Additional Corps Church service at 10:30 am
- Adherents Class (Optional)
 - 6 weeks for people who may be interested in joining the Salvation Army Church

PHASE 1

First 6 Months

Month 1 (0-30 Days)

- Beneficiaries are on full restriction
 - Cannot leave or make phone calls
 - Can send and receive mail

Months 2-3 (31-90 Days)

- Assuming no major disciplinary issues beneficiaries are taken off of restriction
 - Can leave the premises with a senior buddy, sponsor, or family member who has attended Family Orientation
 - Can make phone calls

Months 3-6

- Can sign themselves out
- Breathalyzed upon return

Months 5-6

- Attend weekly "re-entry" curriculum-based classes
- Relapse prevention plan
- Re-entry / Exit planning
- 6 month Completion Ceremony

PHASE 2

Re-Entry - Months 6-9

- Stay in the house, abide by all rules, and keep working at WTA assignment
- Get one job search day a week to look for work

PHASE 3

- When employed, get 4 weeks of "Live In Work Out." They live in the house and have 4 weeks to save paychecks

PHASE 4

Bridge House (based on availability)

- Men can reside in a sober living house run by the Salvation Army.
- Women may continue to reside at the *Door of Hope*.

RULES

There are many rules both written and unwritten

Key rules (Grounds for discharge)

- Use of alcohol or drugs (Beneficiaries are tested randomly by UA drug analysis, beneficiaries are breathalyzed while returning to center after signing out)
- No fraternizing with the opposite sex
- No pilfering/stealing
 - Beneficiaries have a very strict property inventory
- No threats of violence
- Being late - Even one minute late for curfew and they can be discharged

Other important rules

- Structured environment
 - Rooms, beds, lockers
 - Haircuts, hygiene, presentation
- Curfew
 - 10:30pm every night
 - Get back early if you take them out!
 - 8 hour maximum time away when signing out from the center

Consequences determined on an individual basis each week

- Pink slips
- Yellow slips

HELPFUL LINKS

Salvation Army - www.salvationarmyusa.org

Ray & Joan Kroc Corps Community Center
<http://kroccenter.org/>

Alcoholics Anonymous
National Alcoholics Anonymous - www.aa.org
San Diego - www.aasandiego.org

Al-Anon/Alateen
National Al-Anon/Alateen - www.al-anon.alateen.org
San Diego - www.alanonsandiego.org

Narcotics Anonymous
National Narcotics Anonymous - www.na.org
San Diego - www.sandiegona.org

OTHER ARCS IN THE AREA

Anaheim, CA	(714) 758-0414
Bakersfield, CA	(661) 325-8626
Canoga Park, CA	(818) 883-6321
Long Beach, CA	(562) 218-2355
Pasadena, CA	(626) 795-8075
Riverside County, CA	(951) 940-5790
San Bernardino, CA	(909) 889-9605
Santa Monica, CA	(310) 450-7235

FREQUENTLY ASKED QUESTIONS

Can I bring my loved one money, food, or cigarettes?

- We highly recommend you limit money given to your loved one. Beneficiaries are allowed a total of \$40.00.
- Food and candy are not allowed in the residence. Beneficiaries are not allowed to carry gum, candy, or food in their pockets.
- We recommend a calling card as a great gift

Who do I call in case of a family emergency?

- 619.239.4037 Ask to speak to a program staff employee
- Note that people answering the phone cannot confirm or deny your loved one is a participant here nor can they tell you any information about them due to confidentiality
- Please be very thoughtful about what you deem an “emergency.” Your loved one is here to focus on their recovery and sobriety. Family issues may be a temptation to take the focus off of themselves during this critical period of their healing journey.

Can my loved one receive mail from me?

- Yes, they can receive mail throughout their entire program participation.

When can I visit my loved one?

- After the 30-day restriction period, your loved one is permitted to have contact with you.
 - Chapel
 - You are encouraged to attend chapel and church services (Wednesday and Sunday - details above) at the A.R.C.
 - Off Site Visits
 - Only approved family and friends can check out your BENEFICIARY. Family and friends must attend the family orientation class.
 - Visits **cannot** exceed 8 hours
 - You are responsible for signing them back in if you have signed them out

What do I do if my loved one is discharged?

- Encourage them to enroll in another substance abuse program. Realize it is not your responsibility to keep your loved one sober. Recovery is a lifelong process.

How soon can Beneficiaries become employed outside?

- They can seek work in the re-entry phase of the program, then become live-in work out status after obtaining employment

If Beneficiaries are discharged, can they come back?

- Re-admission is determined on a case by case basis at Case Conference

Do Beneficiaries get support with legal issues and appointments?

- Yes. Beneficiaries can put in for day passes to make key appointments but they must make up their work hours. *This may not occur in the first 30 days.*
- If Beneficiaries complete the program they are eligible for “Homeless Court” which may expunge misdemeanors and fines
- The program department will write letters of support. The court tends to look favorably on treatment received in this program.

Do Beneficiaries get medical and/or dental treatment?

- Yes. If they disclose medical conditions they will be taken to the local free clinic for medical services
- Emergency dental is provided by a local clinic
 - Cosmetic dental is reserved for graduates who are employed by the Salvation Army or still living at the ARC or the Bridge House