

A Quick Referral Guide

Age: 18 and older, All Genders

Community Integrated: Live in real neighborhoods. Apartment living with therapeutic housemate

Substances/Self Harm: Harm reduction approach.

Independence: Able to spend time alone while receiving significant support

Insurance: Psychiatry and medications are covered; private pay is accepted for other services.

Medications: Integrated wellness practice and collaboration around medication decisions.

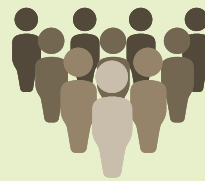
Family support: Integral to program

Community Support: Peer, social and activity groups.



Weekly Care

- 2 hours with Psychotherapist
- 1 hour with Nurse
- 20 hours 1-on1 contemplative shifts with Clinicians
- 20-25 hours with Therapeutic Housemate



Teams

- Full Team
- Partial Team
- Clinical Mentorship

We have seen that recovery happens through authentic relationship building, attention to environment and well-developed mindfulness practices.