# HEARTLAND HOUSE REPORT FISCAL YEAR 2015-16

Heartland House is a 28-bed recovery home and 8-bed transitional living home that have been transforming the lives of men addicted to alcohol or drugs for over 50 years.

## **OUR CLIENTS**



124 Men Served



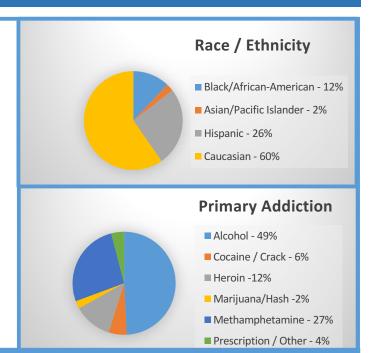
46% Veterans





#### **CLIENTS WITH DISABILITIES**

- 1/3 of clients
- > 60% of veteran clients
- >85% of veteran clients' disabilities are mental health or mobility challenges



# OUR PROGRAM - Multi-dimensional relapse prevention

#### Person **Centered Care**

Individually tailored Evidence-based Cognitive Behavioral Therapy Trauma-informed Culturally competent

#### **Coordinated Care**

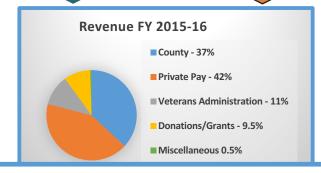
Case management Medical & psychiatric referrals **Education & support for** HIV/AIDS, TB & hepatitis Integration w/ VA & ASPIRE for vets

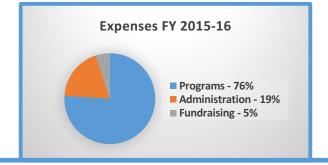
## Peer Support

Group counseling Drug & alcohol educ Relapse prevention group Alumni group

#### **Social Inclusion**

Family & relationship counseling Social & recreational activities Personal financial training





# **OUR RESULTS**

67.7% Completed program / made satisfactory progress

72.1 **Days** Average length of stay

83.7% No relapse in past 30 days\*

Attend 12meetings\*

83.7%

68.9% Have a sponsor' Achieved a Level of Care **Designation from** 

ASAM

The American Society of **Addiction Medicine** 

The Twelfth Step House of San Diego, known as Heartland House, welcomes all men for services related to alcohol and drug addiction in need of life-enhancing recovery from cooccurring substance dependence and mental health conditions. We welcome each person into sober, healthy living.

**TO LEARN MORE ABOUT HEARTLAND HOUSE:** 

619-287-5460 info@heartlandhouse.org



WWW.HEARTLANDHOUSE.ORG