



The Haven Modified Therapeutic Community for Women

Addiction Research and Treatment Services
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TREATMENT MODEL

The Haven program is a 12-18 month residential Modified Therapeutic Community (MTC) which treats women with chronic substance dependence. While participating in this program many of the women are also treated for co-occurring mental health disorders. The Haven currently has the capacity to treat a total of 90 female clients. The Haven House has 38 residential treatment beds for adult women and the Haven Mother's House I and II has a total of 26 beds for mothers and 26 beds for infants. Clients from these houses progress to The Haven Harmon House which provides an additional 26 beds for women and an additional 10 beds for infants.

The Haven is a highly structured program which provides gender-specific treatment to help women undergo major lifestyle changes so that they can maintain abstinence from drugs and alcohol. The Haven's treatment goals are to eliminate drug/alcohol use and antisocial behaviors, transform unhealthy belief systems into adaptive thinking patterns, enhance emotional stability and develop healthy coping skills, treat co-occurring disorders, provide parenting education and skill building, reunify families, enhance employability, provide relapse prevention, and support community reintegration.

Haven clients progress through various phases of treatment in which they earn increasing privileges and responsibility. Clients participate in treatment for approximately 9-12 months before entering the transitional or final phase of residential treatment. During the transitional phase, clients seek outside employment and daycare for their children (if applicable). In this phase, clients also pay off their treatment fee, make restitution and/or child support payments, and start a savings account. After successful completion of the residential component of the program, clients continue attending an average of one year of aftercare services through the Outpatient Therapeutic Community (OTC). As the clients progress from residential to outpatient care, The Haven helps the women and their children move into independent living apartments where they can reside as long as needed.

MISSION AND VISION STATEMENT

The Haven and Haven-Harmon's House mission is to interrupt the intergenerational pattern of substance abuse, to positively impact a woman and her family's quality of life, and to reduce the social consequences and costs of drug addiction. Effective treatment results in: abstinence from substances of abuse and dependence; improved mental health; healthy babies; effective parenting; increased family stability; increased employability and productivity; increased self-sufficiency; reductions in criminality; reduced risk of HIV infection and other alcohol and drug-related medical problems; and improved social relationships.

The Haven Mother's House I and II's mission is to provide a safe and empowering Therapeutic Community for pregnant women and their infant children where women can recover from addictions and co-occurring illnesses; deliver healthy drug-free infants; improve parenting skills; and become self-sufficient, confident, and productive members of the community.

The Haven Mother's House I and II's Vision Statement is to change and influence social policy and societal attitudes towards the treatment of addiction by eliminating the long term incarceration of pregnant women who suffer from substance abuse disorders. The Haven Mother's Houses strive to interrupt intergenerational patterns of substance abuse; positively impact the mother and her children's quality of life; improve parenting skills; and end the social consequences and cost of addiction.

CHILD CARE AND INFANT MENTAL HEALTH SERVICES

The Baby Haven is a specialized daycare center for the infants and toddlers whose mothers reside at The Haven Mother's House I and II. Daycare staff provides developmentally appropriate care to the children and coordinates with a physical therapist that is on-site one day a week. The Baby Haven is located a few houses down from the treatment center, and mothers are provided the opportunity to come to the daycare center during lunch to feed and bond with their children. During this time, mothers receive nutritional guidance from staff and are able to meet individually with staff to address their children's issues and receive parental guidance. In an effort to increase the number of infants served through the Baby Haven and to provide early childhood programming and services that will exceed benchmarked standards, The Baby Haven is raising funds for a new facility through a capital campaign effort. The New Baby Haven will contain three sections - a Therapeutic Nursery, a Community Center, and an Infant Mental Health and Child Development wing.

In addition to specialized daycare services and in order to establish positive parent-child relationships and interrupt negative cycles of parenting, The Haven Mother's Houses provide specialized infant mental health services under the direction of Stacey Bromberg, PhD, and two postdoctoral fellows from the Irving Harris Program in Child Development and Infant Mental Health. Services include infant-parent assessment and psychotherapy, infant developmental assessments at 6 month intervals, perinatal loss and grief work, and marital/family therapy.

THE HAVE DOULA PROGRAM

The Haven Doula Program is the first of its kind and is recognized nationally as an official Doula replication site of the Chicago Health Connection (CHC). The Doula program pairs pregnant women from the Haven Mother's House with successful Haven graduates who have been trained as doulas. The doula begins regular contact with the pregnant woman by accompanying her to prenatal care visits and helping her to develop a birth plan. She provides a series of sessions focused on education about labor and delivery, helps the mother advocate for herself in the health care system, supports the woman throughout her labor and delivery, and provides postpartum services to the client and her child. A Doula provides breast feeding support as well as assisting the mother in developmental play with her infant. Not only does she provide pre and post partum support, but she provides recovery support and resources to the client through the child's 18 month of age.