

Healing Addiction in Our Community (HAC)

The Facts:

- * NM is more than twice the national average when it comes to drug overdose deaths.
- * NM teens are twice as likely to use heroin than teens in any other state.
- * More people die of a drug overdose in NM than in a car accident.
- * Over 1 in 10 NM youth admit to using prescription opiates (i.e., Hydrocodone, Vicodin, Oxycodone, Percocet) to get high.
- * NM has 1 residential treatment bed for every 13,907 people. In comparison, Ohio's ratio is 1 bed to 4,548 people and CA is 1 bed to 2,073 people.

NM is a state riddled with drug abuse, addiction and overdose death, yet we have fewer treatment beds than other states.

HAC is a non-profit 501c3 located in Albuquerque, NM that was founded in April, 2010. We provide a broad range of services ranging from substance abuse prevention, education and awareness throughout the state of NM. HAC's primary focus is young adults in NM who are struggling with substance abuse issues. HAC's membership is comprised of parents, community members, addiction specialists, drug and alcohol counselors, and people in recovery who all share a common bond – they all know and understand the devastating effects that addiction and substance abuse have on the individual, the family, and on the community.

HAC - Adolescent Recovery Center Initiative:

NM has limited options for substance abuse treatment, especially for adolescents. HAC's goal is to open a transitional living center that provides a new model of treatment for young people. This center will provide long-term living coupled with counseling, education, life skills, job trade skills and job placement. This Center will provide services that will help residents get back on track and get help not only in dealing with their addiction but in putting the broken pieces of their life back together. We will focus on offering services that reconnect the person in recovery to their families and communities while fostering the continued development of motivation needed to remain in recovery.

Typically, a NM family is forced to send their loved one out of state for treatment spending anywhere from \$5,000-\$30,000 per month. Our goal is to provide wrap around services coupled with a long-term living situation where young people can put the broken pieces of their life back together.

Status of the HAC Adolescent Recovery Center Initiative:

- * HAC was successful in securing approximately \$1.1 million dollars in legislative capitol outlay funds for the purchase of property for this facility.
- * HAC has a contract with the City of Albuquerque with the goal of opening this facility.
- * HAC was the successful respondent to the Bernalillo County RFP to become the operators of this facility.
- * HAC actively worked with Bernalillo County to purchase a property located in the South Valley of Albuquerque.
- * HAC continues to work with State and local governments, the private sector, Foundations and conducts local fundraisers to secure operating funds.
- * This will be a state-wide facility serving the needs of all young people in NM.

Daily Activities Include:

- Group and individual therapy
- Meetings with case workers to discuss goals
- Health and Wellness Activities
- School (high school or college if applicable)
- Job training or work (if employed)
- Life skills classed to include: cooking, budgeting, journaling, time management, anger management, managing emotions, job readiness, etc.
- Community Service
- Household chores and duties that are assigned each week. This includes cleaning own space, cooking, laundry, and rotating duties as assigned.
- Free time to include movies, exercise, and meditation, church services, phone calls.
- Homework (if applicable), daily reflection and goal setting is done every evening.
- Family day is on Sunday. Family group therapy is on Wednesday evenings.
- Field trips are scheduled on Saturday.
- Other activities include art classes, pottery classes, music classes, yoga, and other mind-stimulating activities.

Center Goals and Objectives:

- 100% of our clients will work on their sobriety through therapy using evidence-based methods.
- 100% Residents will work on their education (high school or college) and/or will have a job while at the facility.
- 60% of residents who stay at least 6 months will obtain GED or diploma.
- Each resident's education goals will be assessed during intake and then reviewed continually.
- 90% of residents who have been at the facility at least 60 days & have high school diploma will complete job readiness program & be applying for or have a job. Each resident's case manager will be tracking progress & reporting on this measurement.
- 100% of residents will learn relapse prevention techniques and tools and will be equipped to make better decisions.
- 60% of residents (who stay at least 90 days) will use the tools they have learned to maintain their sobriety for the first 60 days after discharge. This will be measured through continued contact with resident & self-reporting.
- 60% of residents (who stay at least 90 days) will make positive changes in their life, build positive relationships, & rebuild relationships with family members. This will be measured by continued contact with resident & self-reporting.

