



5839 7th Street Lubbock, TX 79416 806.368.0637 1.866.930.2437

Requirements for Admissions

STAGES of Recovery, Inc. is a residential aftercare program for young adult women. To be considered for admission to the STAGES program, potential house residents must:

- Be able to verify a minimum of 30 days and a maximum of 9 months abstinent from all alcohol and mood-altering chemicals
- Be actively working a program of recovery (i.e. attending Twelve-Step or other recovery support group meetings)
- Complete the application for enrollment in the STAGES program, this can be found online at stagesofrecovery.com

We recommend that you contact the STAGES program at least 10 days before you plan to arrive. It takes time to complete the application forms and send them to the STAGES offices. The earlier you contact us, the more time we will have to work with you on any unexpected problems. It is our preference that all of our residents come to the STAGES program directly from their primary treatment center.

Frequently Asked Questions

Length: Minimum of 6 months -- Maximum of 9 months

Cost: \$27,500.00 includes the following:

(The cost is all inclusive for a six month period.)

- Required attendance to AA/NA Meetings
- 12 sessions of Intensive Out-Patient provided by local Residential Treatment Centers
- 12 sessions with a personal financial planner
- 36 sessions with a personal physical trainer
- Gym membership
- Relationship development courses
- Monthly trips (i.e. conferences, outdoor activities, etc.)
- Weekly allowance of \$125.00 for budgeting and savings plan
- Daily groups on such topics as: Career planning, Goal assessment, Educational assessment, and Meal planning
- Weekly activities --art and cultural events, etc.
- Highly structured environment that promotes and encourages safety.

- Transportation provided for the first three months
- Semi private rooms
- Increasing level of responsibility throughout every stage
- Weekend meals provided
- *Inclusion to activities put on by the Center for the Study of Addiction and Recovery at Texas Tech*

Programs Provided:

- Personal goal assessment and attainment groups
- Personal body image, self-esteem, independence, and healthy boundaries
- Financial literacy groups (topics: debt, credit, budget, business development, investing and retirement planning)
- Personal physical trainer- yoga, pilates, self-defense
- Meal planning groups include: healthy eating, living and shopping.
- Relationship Development groups (topics: spirituality, personal/professional boundary setting, etc.)
- 12 step meetings in addition to meetings with a sponsor

Level of Care at the STAGES Program: STAGES is a 6-month residential aftercare program for young adult women in early recovery who feel that they need additional support to successfully transition from a treatment program back to independent living.

Do you accept dual diagnosis? We accept clients with dual diagnosis provided their primary diagnosis is alcohol or substance dependency. It is important that you understand that STAGES is not licensed to provide mental health services and mental health counseling services are not included in our fees.

Can residents attend school? Residents can choose to attend Adult Education coursework, to pursue local trade or vocational schools, or to enroll in any of the four college/universities in the Lubbock area. While we understand that many of our residents are eager to continue pursuing their educational goals, the collegiate environment is often a dangerous place for those in early recovery. As a result, we strongly discourage our residents from enrolling in educational coursework prior to Stage Three.

Do residents have to have a job? The STAGES program requires that residents find employment late in Stage Two. While we understand that many residents are eager to begin working, we strongly feel that the first months out of treatment should be devoted to developing a solid foundation in recovery. Therefore, our clients cannot accept a job before completing Stage One.

Womens Program Opening January 2009

At *STAGES* of Recovery, we believe that adults need support in multiple areas to make their experience of recovery successful. The lessons learned and attitudes developed in the first six months of recovery form the foundation from which adults can successfully pursue a sober and productive life as adults.

STAGES of Recovery provides women with the information, skills, and life lessons needed to achieve their recovery, academic, and career goals. Through a unique progression of responsibility and opportunity, clients of the *STAGES* program build self confidence, develop practical life skills, learn the value of community service, and get back on track with their educational goals.

Recovery Support

The lessons learned and attitudes developed in the first six months of recovery form the foundation from which young adults can successfully pursue a sober and productive life as adults. Our residents attend 12-Step meetings, work with recovery mentors, and attend individual and group counseling sessions facilitated by licensed professionals from the local community. At *STAGES*, our primary goal is to assist our clients in achieving long term recovery.

Educational Attainment

In active addiction, many young people are unable to successfully reach their educational goals. *STAGES* believes that education is an important stepping stone for young adults in their progression toward adulthood and encourages our residents to find healthy ways to access the collegiate environment. Residents can complete Adult Education Requirements while in the *STAGES* program or can attend local colleges and/or universities such as South Plains College, Lubbock Christian University, or Texas Tech University. In addition, the *STAGES* program assists its alumni in finding recovery support services on their respective campuses when they graduate.

Career Development

Choosing a career is a challenging task for any young person, especially one in early recovery. At *STAGES*, we know that community involvement and mentorship can make career choices easier. *STAGES'* residents complete skill assessments and participate in community service activities, volunteer work, and part-time employment during their stay to assist them with finding the type of work they enjoy. Coupled with recovery support and educational attainment, the *STAGES* program prepares residents to reenter their communities as contributing citizens.

Call us now to learn more about the *STAGES* Womens Program 866.930.2437