

SEABROOK HOUSE

West

TRANSITIONAL LIVING FACILITY

800-270-1686 (24 hours)

FACILITY

Seabrook House *West* is a licensed, CARF accredited, nonprofit, *Transitional Living Facility*, for men, located in the Endless Mountain region of northern Pennsylvania. It provides a medium intensity, 24 hour structured sober living environment, with magnificently appointed accommodations. This transitional facility acts as a bridge between rehab and outpatient treatment. Residents coming from an inpatient rehab or stepping up from an outpatient setting will find an organized program with counseling and a strong focus on self help groups.

ADMISSION CRITERIA

Clients appropriate for Seabrook West are referred predominantly from 30-day primary treatment centers or longer term extended care facilities located internationally. They are male only, preferably over the age of 21, free of all chemicals or active addictive behaviors, psychiatrically stable and moderately motivated to lead an addiction free lifestyle. Clients under the age of 21 may be considered after careful review of previous treatment records and an in person or telephonic interview. Clients may also be admitted directly, as a self referral, if they have completed a primary treatment program within the last 12 months or have been chemically free for a minimum of seven days prior to admission. Seabrook West is *not* appropriate for clients with complicated medical or psychiatric issues. All medical and psychiatric support at Seabrook West is provided through offsite affiliation agreements, at the expense of the client. We are fortunate however, that these services are located within walking distance of the facility.

PROGRAM & STAFF

The recovery program at Seabrook West is divided into 3 phases, with a preferred 180 day (6 month) length of stay. A minimum commitment of 90 days is required by each resident prior to admission. Twelve (12) months monitoring is provided post discharge, extending clinical treatment contact to a total of 18 months. Onsite licensed and credentialed staff, with many years of personal recovery, provides daily counseling including CBT, DBT, EMDR and a variety of adjunct therapies. Live-in counselor aids ensure compliance with resident standards and attendance at required meetings. Seabrook West maintains custody of all medications including OTC and monitors self administration during the first month. After the first month, if deemed appropriate, residents may self administer

medications following strict guidelines and providing written accountability. Random alcohol and urine drug screening is performed routinely. Seabrook West uses the services of one of the only U.S. labs performing both GC/MS and LC/MS-MS as an in-house test. While GC/MS represents the “gold standard” of drug testing confirmation, Liquid Chromatography/ Tandem Mass Spectrometry (LC/MS-MS) is needed for certain drug confirmations and represents the latest in testing technology. If a resident relapses, it is addressed on an individual basis and may result in mandatory admission to a higher level of care or therapeutic discharge.

Program Phase I – First 30 days

- Primary Group counseling 2 hours per day, 5 days per week
- Individual counseling
- Mandatory daily chores rotated weekly as assigned
- Minimum attendance at five self help meetings per week
- Must obtain temporary sponsor
- No visitors
- No outside employment
- No personal vehicle use
- Staff escort required at all times for off site activities

The primary goal of Phase I is immersion into a 12 Step way of life. We encourage clients to take advantage of *not* being employed in order to focus on their recovery, attend self help meetings, obtain a sponsor and participate in Step Study reading groups.

Program Phase II – Months 2 through 4

- Visitation by approved family members and significant others
- Family therapy during weekend visitation
- Part-time employment*
- Personal vehicle is permitted
- Clients are permitted to leave the grounds unescorted with approval of staff
- Group counseling/Individual counseling
- Preliminary 4th step preparations

*In lieu of employment, clients are required to obtain volunteer positions at a variety of nonprofit agencies in the area.

Program Phase III – Months 5 and 6

- Completion of 4th, 5th, 6th and 7th Steps
- Completion of written “back to life” daily recovery plan for transition home. Includes identification of specific self help meetings, appointment with aftercare counselor.
- Visitation by approved family members and significant others

FEES

The fee is \$54,400 for the entire 6 month program. A minimum deposit of \$27,200 is required upon admission. Partial scholarship funds may be available through the *Seabrook House Foundation*. Applications for scholarships must be completed prior to admission. Fees are subject to change.

TRANSPORTATION

Clients typically fly into the *Elmira/Corning New York Regional Airport (ELM)* and are met at the gate and escorted back by a Seabrook West staff person. The facility is a brief 40 minute drive located just across the border in P.A. Sober escorts are available upon request. Driving directions may be found by visiting the website at www.SeabrookWest.org.

Seabrook West is centrally located and averages only a 6 hour drive from the following cities:

*New York * Boston * Hartford * Toledo * Philadelphia * Washington, D.C. * Toronto.*

Seabrook West is *not* a primary treatment center and does *not* provide onsite medical services or support. Please contact 800-761-7575 if your client requires this level of care. Seabrook House, Inc. operates a 146 bed, sub acute, medically monitored program in southern New Jersey, which holds special licensure and accreditation for detoxification and inpatient rehabilitation.