

Portsmouth Recovery Houses: Reflection and Empowerment

The Portsmouth Department of Behavioral Healthcare Services (PDBHS) offers two women-only, 24-hour supervised housing programs designed to assist individuals living with substance use and/or mental illness. We have a Behavioral Health Campus, Recovery House and psycho-social programs within a five-minute walk of one another. The Department of Health and Social Services are within walking distance from the recovery houses. Our programs are focused to help the consumer become more self-sufficient and independent in the community. We foster a safe environment where family involvement is welcomed and encouraged. We accomplish this vision by assisting with the well-being of the individual by maintaining a healthy, stable and drug-free lifestyle.

In these monitored group settings, residents/participants are offered:

- Up to 12-months with a maximum of 24 month stay (with special provision)
- Neatly furnished rooms
- Daily Weekly in-house peer recovery groups
- Referrals to vocational assessment/employment services through the Department of Rehabilitative Services (DRS)
- RN will monitor medication and vitals weekly or as needed
- Opportunities to participate in other PDBHS programs and activities such as support groups, community service, Women's Intensive Outpatient Services (WIOP), mental health skills building, case management, individual therapy, psycho-social program and groups located at our outpatient program.
- Peer Support Specialist, if one-on-one supervision is required for the first one to two months
- Educational, cultural and leisure activities

Criteria for Admission:

- Be referred through a PDBHS staff or an approved referral source. An approved source can be, but not limited to, Eastern State Hospital staff, other CSBs, DSS, PPD, etc.
- Referrals of consumers on the Discharge Readiness list from Eastern State Hospital
- Show an interest of achieving a measurable level of independence within 6-18 months.
- Be interviewed and approved by the WIOP Treatment Team or PDBHS Mental Health/Substance Use staff.

Resident Requirements: (Supervised Activities)

1. Physical Examination (includes PPD & STD testing)
2. Maintenance of drug/alcohol-free status during entire length of stay in residence and commitment to recovery.
3. Random house checks and random urinalysis/BAC will be conducted.
4. Active participation in ongoing therapeutic counseling and services.

If interested contact LaTonya Williams, LCSW (Asst. Director) at 757-393-8618 ext. 8084