Alcoholic and addicted women can find a supportive environment for beginning a clean and sober lifestyle at Lexington’s Hope Center Recovery Program for Women.

Who is eligible for the Hope Center Recovery Program for Women?

Those who:
- Are female and 18 years or older
- Express a desire to stop using alcohol/drugs
- Priority population is women who are homeless or at-risk for becoming homeless

Purpose of the Recovery Program for Women:
- To serve women who have substance abuse issues
- To provide the option of a long-term recovery program for women
- To integrate professional staff, women in recovery, and the Twelve Steps of Alcoholics Anonymous into a community atmosphere that addresses the complex issues of recovery for women

Hope Center Recovery Program for Women
Physical Address
1524 Versailles Rd.
Lexington, KY 40504

Mailing Address
P.O. Box 6
Lexington, KY 40588

Telephone
(859) 252-2002

Fax
(859) 252-2592

E-mail
womensprogram@hoectr.org

Website
www.hoectr.org

The Hope Center has operated a similar and highly successful program for men at its facility on West Loudon Avenue since 1996.
SOS (Safe, Off-the-Street Sobriety)
SOS is the entry point to our program and provides a safe place for women to sober up. We also provide shelter to women not currently using, but who are interested in exploring the options for addressing their substance abuse issues. Staff provides support, education and information regarding available community resources. Staff then assists each woman in developing a plan of recovery. Women in need of monitored detoxification should first be screened by a medical professional before being referred to SOS. Women who are pregnant are referred to The Schwartz Center or Chrysalis House, which serve pregnant women as a priority population.

Motivational Track
The motivational program provides an opportunity for women to be exposed to the expectations and requirements of the Recovery Program. They begin Recovery Dynamics classes, obtain a sponsor and demonstrate their interest and willingness to commit to the Recovery Program.

Recovery Program
The Recovery Program is an intensive substance addiction program that uses the Recovery Dynamics curriculum. Recovery Dynamics contains 28 lessons which put into action The Twelve Steps of Alcoholics Anonymous through a combination of group lectures, individual workbook/journal activities and discussion. Recovery Dynamics are presented in the atmosphere of a community that stresses internal and external accountability through participation in community meetings and job duties in our facility. The women enter the program with the understanding that they will not be employed outside the facility for as long as it takes them to complete Recovery Dynamics and move through the twelve-step process, usually seven to nine months. The focus of their day is recovery from substance addiction. Women who are prescribed addictive medications may not be eligible for the Recovery Program. They must also have the functional capacity to understand and complete the Recovery Dynamics lessons and perform community living responsibilities.

Peer Mentors
Alumni of the Recovery Program have the option of becoming peer mentors. These women live on-site and are trained to teach Recovery Dynamics classes, check homework assignments, work one-on-one with the clients and mentor women who are newcomers to the program. The alumni are able to use their own knowledge and experience in recovery to encourage those who are now in the program to continue and succeed. Peer Mentors continue to work on their own recovery needs.

Employment and Transitional Housing
Professional staff assist the women in beginning to address the issue of job readiness while in the Recovery Program. Upon completion, women are eligible to enter Transitional Housing. Transitional Housing is located on-site and participants may seek and acquire employment. They continue to participate in the community and work their recovery program until they are ready to live on their own.

Community Living
The women live in a community that provides peer pressure/support, daily living skills training, job responsibilities and challenges to practice sober living. The women are in charge of everything – just as they will be in their lives after the program – cooking, cleaning, laundry, maintaining the grounds and other duties.

Women with Children
Women with children are encouraged to enter our program although their children are not permitted to spend the night in our facility. As mothers enter SOS and/or are referred to the Recovery Program, staff works with them to formulate a plan for their children’s safe care. The Recovery Program collaborates with Chrysalis House to provide services that will facilitate a smooth transition into their family program and permanent housing if this is the desired outcome. Visitation is allowed as appropriate to each woman’s individual needs. The Recovery Program works with Kentucky’s Department for Families and Children to facilitate reunification with children in compliance with treatment plans.

Health Clinic
The Recovery Program for Women provides a nurse practitioner to address the mental and physical health needs of our program participants. The nurse practitioner conducts physical assessments, addresses health issues, and provides health education to the women to increase their ability to meet their future needs. The Health Clinic is licensed as a satellite clinic of the Lexington-Fayette County Health Department.

Recovery from addiction and alcoholism is a process, not a destination. For those who participate in the Hope Center Recovery Program, whether men or women, every day can be a victory. Because these programs require only a fraction of the cost of law enforcement or incarceration, our community wins as well.