

Program Overview

The Halfway Home of the Lehigh Valley, a division of Treatment Trends, Inc., is an adult, 40-bed, state licensed and regulated, community-based drug and alcohol treatment facility. It is professionally staffed and managed in a supportive, chemical free environment.

Programming within the facility emphasizes independent growth, citizenship and responsible community living. These services help to integrate persons in care with local communities in recovery.

The programming is designed to assist persons in developing self-sufficiency through counseling services, vocational and employment development and other related services.

The Halfway Home of the Lehigh Valley is fully licensed by the Department of Health as an inpatient, non-hospital, residential program and maintains contracts with various entities throughout Pennsylvania to serve those in need.



April 2016

Basic Program Design

The Halfway Home of the Lehigh Valley is a voluntary program and is designed for people who understand that they have a problem and require a supportive structure. Typically, persons seek services in a short term residential program prior to coming to our program for care. The program is designed for those who meet the Pennsylvania Client Placement Criteria of Residential Care under the level of 2B with a length of stay between 90 and 180 days.

Eligibility

The Halfway Home of the Lehigh Valley is non-discriminatory and provides equal opportunity for participation to any chemically dependent person over the age of 18. Clients entering the Halfway Home must be able to acknowledge their chemical dependency issues and be motivated to work on these issues. Public and private funding sources must be verified for each client.

Admission: General admission hours are weekdays from 9 am to 4 pm. Weekend admissions can be scheduled by the Program Director.

United Way of the
Greater Lehigh Valley



Halfway Home of the Lehigh Valley

Residential Drug and Alcohol Treatment



**24 South Fifth Street
Allentown, PA 18101
610-439-0218**

*A division of
Treatment Trends, Inc.*

Individualized Treatment

Each resident is assigned a counselor who develops treatment plans with them in accordance with mutually determined goals.

Medical and Mental Health Needs

Medical Services – The medical doctor meets with each resident within 10 days of admission and evaluates their medical status. As part of the treatment process, the doctor may order additional tests or services which are coordinated with the resident by program staff.

Psychiatric services – The psychiatrist meets with residents on site for initial evaluations and medication checks. He assists dually diagnosed persons in stabilizing co-occurring/addiction related psychiatric conditions as part of the recovery process.

Mental Health Education Group – This is an educational group for residents with co-occurring mental health issues. The group is set up to increase understanding of the dynamics between mental health and addiction issues. It also educates residents on available supports and coping strategies.

Women’s and Men’s Groups – Gender specific therapy is provided at the Halfway Home of the Lehigh Valley. These groups focus on gender related issues, addiction and recovery.

Relapse Prevention Therapy – Residents learn about relapse cues and the skills and resources available to help them to remain in recovery. Participants identify historic situations and patterns that relate to relapse and develop problem solving and coping skills to avoid relapse in the future.

Assistance with Structured living – Residents learn how to function in a community living environment where they are responsible for daily chores and duties within the home.

Integration into 12-Step Fellowships – Residents participate in and develop support structures within 12-Step fellowships and learn how to use these supports for self-care following completion.

Life Skills Development – Residents participate in a weekly group and learn about budgeting, identifying safe housing options, resume writing, and basic self-care skills such as doing laundry and grocery shopping on a budget.

Employment / Vocational Supports – All residents are expected to seek employment. Residents are assisted by the program staff in reducing barriers to employment, connecting to services and receiving assistance for obtaining employment. During the work week, the clinical team meets daily with residents seeking employment to devise and implement job search plans.

Recovery Oriented Support Services

Alumni Phase III Support Group – Alumni participate in a weekly, staff facilitated support group to assist individuals in transitioning into the community. This is a forum for members of the local community in recovery to support each other. The support group is intended as an adjunct to outpatient treatment services and recovery support involvement.

“Ambassadors of Hope” - Alumni are involved in activities such as bowling and quarterly breakfasts with current clients. This gives current clients the opportunity to “network” with them in developing recovery supports. Alumni continue to provide inspiration, support and encouragement to residents and their families and reinforce the message of recovery as a new way of living.

