

Choice House



Ladies' Choice

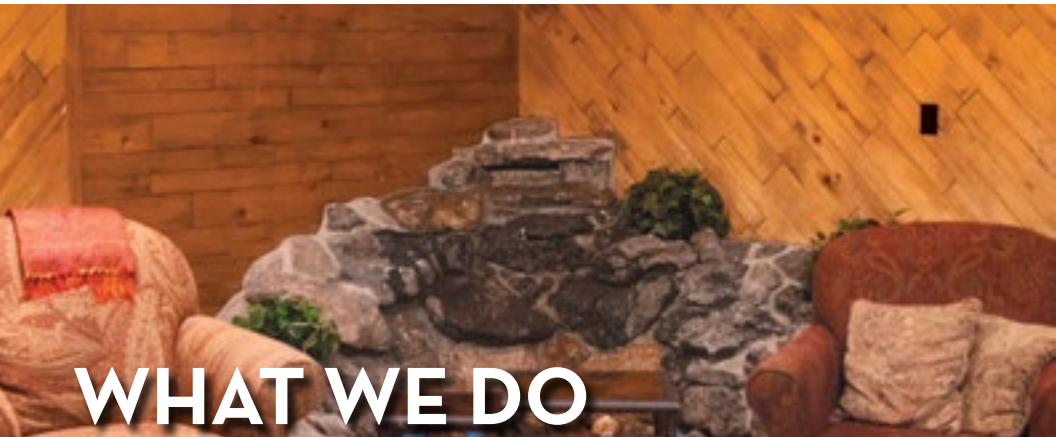
Ladies' Choice House provides a nurturing and supportive living environment that enhances the continuum of care necessary to achieve long-term, happy sobriety.

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WHAT WE BELIEVE

There is strong evidence in the chemical dependency field that 30-day inpatient treatment is usually not a sufficient amount of time to build a foundation strong enough to support long-term sobriety. In fact, research has shown that a minimum of 90 days in a structured setting increases the chances for success dramatically. Ladies' Choice House is a premier provider of services designed to strengthen and support women on their road to meaningful recovery.



WHAT WE DO

Located in beautiful Boulder County, Colorado, Ladies' Choice House is a 12-step based, enhanced recovery community for women coming out of primary treatment for substance abuse. Situated within walking distance to shopping and bus lines, Ladies' Choice House offers variable lengths of stay, with a minimum 90-day commitment. Women must be dedicated to their ongoing success in sobriety. An intake and interview process is required for placement.

Ladies' Choice House works with referral sources to ensure that the client's discharge recommendations are supported.

PROGRAM HIGHLIGHTS, SERVICES & INCLUSIONS

- ★ All meals, breakfast, lunch, and snack staples; community dinners with group preparation, shopping, and planning.
- ★ Cable, WiFi, telephone and all utilities.
- ★ Five elegantly furnished bedrooms, including four single, private rooms. Towels and linens provided.
- ★ Waterfall Room – a spiritual meditation room for both group and individual sessions, as well as client relaxation and reflection.
- ★ Art therapy and yoga
- ★ Two weekly scheduled individual counseling sessions with clinical director who is onsite and available 40 hours a week.
- ★ Two weekly evening groups – one Topic Group and one group therapy/process session.
- ★ An additional weekly house meeting to address assignments of house responsibilities and dinner menu planning, preparation, and nutritional guidance.
- ★ Community 12-step meetings: A minimum of five meetings per week is required, as well as sponsorship.
- ★ Behavioral health technician available for client support, plus 24/7 access to Clinical Director.
- ★ Requirement for women to find employment, volunteer, or attend school.
- ★ Resume and job-coaching resources.
- ★ Nightly breathalyzer tests and random UAs given onsite.
- ★ Membership to YMCA fitness center.
- ★ Bus passes when needed.
- ★ Strong emphasis on community safety.



THE TOPIC GROUP

Topic groups expand understanding of the 12 Steps and their principles, relapse prevention, mindfulness, body image, self-esteem, shame and guilt, healthy relationships.





Rest, Reflect, Rebuild

With five private bedrooms, an open and airy living area, and a restful Waterfall Room for group and individual use, Ladies' Choice House surrounds women with a healthy and inspiring environment in which to build the foundations of their sober lives.



Ladies' Choice House has modern amenities, along with traditional touches and an overall cozy environment of warmth and security – the perfect place for new beginnings.



Modern



Comforts

Choice House



Ladies' Choice

*Ladies' Choice House
is a 12-step based, enhanced
recovery community for women
designed to follow primary
treatment for substance abuse.*

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QUESTIONS AND ADMISSION:

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