

What is Addiction?

As a disease, addiction is unique in that it is generated by a complicated combination of factors that can be biological, environmental, and developmental. This means that addiction can occur as a result of genetic susceptibility, exposure to substance use, personal choice, or a combination thereof.

What is Substance Use Disorder?

Substance use disorder is defined as “**the excessive and regular use of alcohol or other drugs, despite negative consequences.**” A user may experience a variety of different symptoms before deciding to enter a substance use treatment clinic. These can include:

- Increased tolerance for alcohol or other drugs
- Failure to fulfill major life obligations
- Difficulties with relationships and increased conflict
- Inability to control or reduce the amount of alcohol or other drugs used
- Increased time obtaining alcohol or drugs for use
- Sacrificing enjoyable activities in order to use alcohol or other drugs
- Engaging in dangerous behaviors while under the influence of alcohol or drugs
- Experiencing withdrawal symptoms, such as anxiety, sweating, depression, insomnia, tremors, and increased heart rate when unable to obtain and use alcohol or drugs

When struggling with substance use disorder, a user is often afflicted with a co-occurring mental health disorder, as well. This can include depression, anxiety, eating disorders, personality disorders, and Post Traumatic Stress Disorder (PTSD).

An addiction can develop as a way to cope with the symptoms of these other disorders, often exacerbating them. In addition, substance use may mask the symptoms of a co-occurring disorder, making it difficult to diagnose and properly treat.

L.A. CADA services are funded by the Los Angeles County Department of Substance Abuse Prevention and Control, the United States Probation Office, and the Los Angeles County Department of Public Health Division of HIV and STD Programs.

L.A. CADA has received CARF accreditation demonstrating that our organization has opened its service delivery and business processes to outside scrutiny in order to improve the quality of our programs.

It serves as a public statement saying we strive to ensure that our services are of the highest possible quality, and is an official recognition that our organization is guided by internationally recognized service standards and best practices.



LOCATIONS

Allen House Residential Treatment Center
10425 S. Painter Avenue • Santa Fe Springs, CA 90670
ph 562.906.2685 • fax 562.944.6713

L.A. CADA Administrative Headquarters
11015 Bloomfield Avenue • Santa Fe Springs, CA 90670
ph 562.906.2676 • fax 562.906.2687

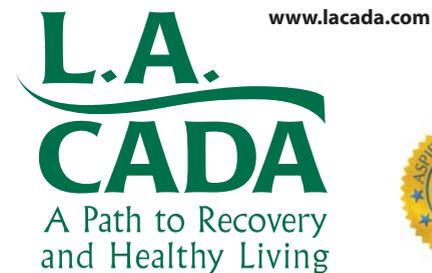
Santa Fe Springs Outpatient and HIV Services Center
11015 Bloomfield Avenue • Santa Fe Springs, CA 90670
ph 562.906.2676 • fax 562.906.2681

Downtown Outpatient and HIV Services Center
470 E. 3rd Street, Suites A & B • Los Angeles, CA 90013
ph 213.626.6411 • fax 213.626.8115

Hollywood HIV Services Center
6838 Sunset Boulevard • Los Angeles, CA 90028
ph 323.461.3161 ext 3818 • fax 213.626.8115

**Custody to Community
Transitional Reentry Program (CTRP)**
11121 Bloomfield Avenue • Santa Fe Springs, CA 90670
ph 562.236.9390 • fax 562.236.9396

HOW House Residential Treatment Center
14100 Glengyle Street • Whittier, CA 90604
ph 562.777.1222



Bringing hope to families since 1971

HOW HOUSE Transitional Living

A residential recovery center
serving Los Angeles County

*H = Honesty
O = Open-mindedness
W = Willingness*

Bringing hope to families since 1971



Los Angeles Centers for Alcohol and Drug Abuse

About HOW House...

HOW House is a state-licensed residential substance use recovery facility in Whittier, CA. It is part of Los Angeles Centers for Alcohol and Drug Abuse (L.A. CADA), and is part of the continuum of care provided by the agency. HOW House is designed to help individuals' transition from residential drug treatment programs to intensive outpatient services. The program helps court-ordered individuals successfully address their underlying addiction issues, heal completely, and avoid relapse. It is a transitional home for men age 18 and over.

Our staff members are dedicated to and experienced in alcohol and substance use recovery services.

HOW House accommodates the recovery needs of those in the HIV+ community and is LGBT-friendly.

THE HOW HOUSE FACILITY:

- Located in a quiet residential neighborhood
- Semi-private bedrooms
- TV with basic cable, games, and reading materials
- Computer/internet access
- Meals, toiletries, linens, utilities and washer/dryer access

RULES and DISMISSAL:

- A resident is given a limited time to obtain a full-time job or to start an educational or vocational program.
- If unable to fulfill these requirements, he will be expected to perform thirty hours per week of community service.
- Each resident pays a service fee of \$600 per month, \$300 every two weeks, or \$150 weekly.
- Each resident must attend 12-Step meetings regularly, maintain abstinence, participate in weekly house meetings, and help keep the house clean. An experienced on-site house manager closely monitors the house.
- Substance use, violence or threats of violence, and theft will result in immediate discharge.
- Residents may also be discharged for consistent non-compliance to other house rules.
- Urine drug screening may be administered to verify a resident's abstinence.
- Progress reports on residents will be supplied as needed.
- With proper notice, a staff member may accompany the to court appearances.resident court..

Our Program...

HOW House provides men age 18 and over, a comprehensive and integrated treatment model to address the complex needs of persons with substance use and/or co-occurring disorders. A customizable program of recovery is provided with length of treatment varying.

A balanced program of exercise, nutrition, and recreation is offered to encourage lifestyle changes in health and use of leisure time. Residents learn about addiction, recovery, community resources, and resolving conflicts with peers and family. A complete after care plan is developed to respond to individuals' ongoing needs upon program completion.

HOW House serves as a transitional housing program following these L.A. CADA levels of care:

Residential Drug Treatment

An individualized treatment plan is tailored to the residents' specific needs. Residents are required to take part in one-on-one counseling, group counseling and individual therapy when needed.

Residents learn how to manage stress and develop new coping skills that allow them to live without substance use and maintain sobriety when they re-enter society.

Intensive Outpatient Treatment

After the Residential Drug Treatment phase is completed, many continue on and participate in Intensive Outpatient Treatment at L.A. CADA's premier addiction treatment programs.

Outpatient Treatment

L.A. CADA provides individualized counseling services, treatment planning, and case management for a variety of disorders. Clients can receive treatment/counseling for substance use disorders, domestic violence, anger management, and parenting.

Our Objectives...

HOW House assists individuals in finding tools to develop coping strategies and skills in order to live a substance-free lifestyle and become responsible, self-sufficient adults who contribute to the general health of families and the community.

We use a combination of assessment, crisis intervention, skill-building, education, and self-exploration through counseling to help achieve these objectives.

Our objective is that each resident leaves HOW House sober, stable, employed, and able to transition into independent living that supports his new alcohol- and drug-free lifestyle.



What We Provide...

- Transitional Housing
- Individual, Group Counseling
- Evidence-Based Practices
- Co-occurring Mental Health Services
- Family Counseling
- Narcotics Anonymous Meetings
- HIV/AIDS Prevention Education
- Support and Relapse Prevention
- Recreational and Physical Fitness
- Leisure Time Activities
- Complete Psychosocial Assessment, Evaluation, and Referral
- Vocational Preparations
- Sober, Supportive Lodging
- Weekly Group Meetings
- Monthly education sessions on the recovery and/or addiction process.
- Information and referrals to other recovery-oriented services

