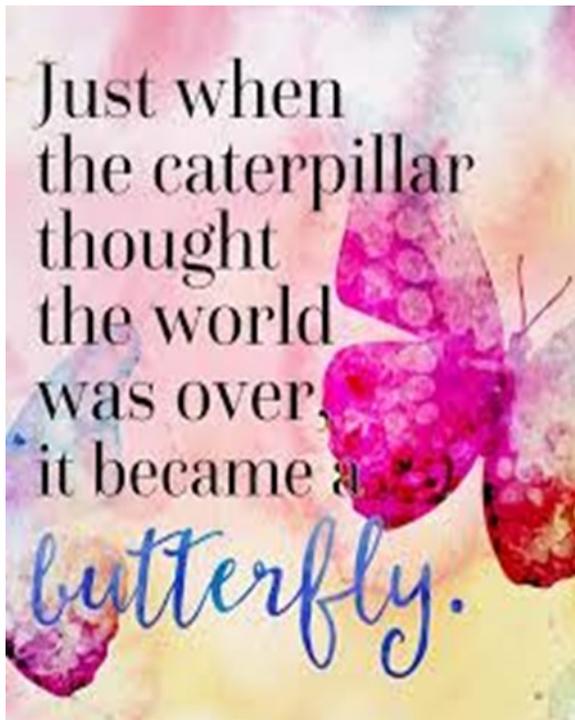




ABUNDANT LIFE RESIDENTIAL FACILITY

Community Service Board of Middle Georgia

The Abundant Life Program (ABL) is a 6 month residential facility. We are a grant funded program. We are designed to view recovery as an ongoing process to improve health and wellness and live satisfying self-directed lives for pregnant and parenting women. ABL uses evidenced based practices that address risk factors for relapse. We empower our ladies to achieve their goals, help identify barriers to employment, education, housing, family roles and responsibilities, and to recognize unique strengths, and natural supports in the community. ABL works with our ladies who are at high risk for relapse, are pregnant, have Child Protective Services or Family Support Involvement, criminal justice involvement, psychiatric disorders, and are sufficiently medically stable to participate in treatment. We strive to help women in the community with drug and alcohol problems recover and return to their local communities successful, sober and independent.



Contact Us:

2121-A Bellevue Road
Building 7
Dublin, GA 31021

O (478) 275-6845
F (478) 275-6843

Web: www.csbmg.com

Services Provided

Services for women include but are not limited to:

- * Ongoing assessment and screening
- * Psychiatric and nursing care
- * Group and Individual Therapy interventions that address issues of relationships, cognitive distortions, sexual and physical abuse, trauma, parenting, anger management, and symptom management, criminal thinking, and living skills
- * Therapeutic child care services.
- * Case management
- * Transportation is provided to ensure that women and their children have access to services
- * Vocational assistance includes job training and educational resources, and other supports to allow individuals to gain experience and ability in the community





The Goals of the Abundant Life Program:

The major emphasis of our program is on the Twelve-Step Treatment Model. Our goals are:

- 1) To help substance abusers gain a comprehensive understanding and acceptance of her disease.
- 2) To provide education and support to the substance abuser in order to identify her relapse triggers and facilitate the development of her own individualized comprehensive relapse prevention plan.
- 3) To provide education and support to the consumer that will assist her in enhancing her parenting skills and abilities to cope with the family aspect of the disease of addiction.

“How does one become a butterfly? You must want to fly so much that you are willing to give up becoming a caterpillar.” *-Trina Paulus*

Abundant Life Intake Process

Clients will need to bring with them:

- * Photo ID
- * SS Card (and/or) Birth Certificate
- * **Proof of Income:** (Pay Stubs, Letter from DFCS (stating you have food stamps), Letter from SS office (stating that you get a check each month), or letter from person that you live with (this is the last option))
- * Insurance Card (If you have Insurance)
- * Medications

In order for children to stay with you at Abundant Life you will need to bring their:

(Please be aware of the 2 week waiting period for children to come)

*Social Security Card

*Shot Records

*Birth Certificate

Abundant Life utilizes a holistic, evidence based approach for treatment.

Things To Bring:

- *Cigarettes, Shampoo/Conditioner (must be Alcohol Free)
- *Deodorant (Alcohol free)
- *Sanitary products (Tampons, Pads, and etc.)
- *Clothes (Only bring 10 days worth of clothing. Family will be able to bring items after your 2 week probation period)
- *Books (must be appropriate)
- *Curling/flat iron/ hair dryer
- *Alarm Clock
- *Paper, Envelopes, Stamps, and Pen
- *Money
- *Prescription Medication (original bottles, up to date, & legible)
- *Laundry detergent (must be High Efficiency)
- *Fabric Sheets/Softener
- *Televisions (no cable hookup in the rooms)

(Please be aware that you are ultimately responsible for your own money. We do have a safe available that you may utilize)

**Recovery is a process. It takes time.
One step at a time , one day at a time,
one hour at a time, & one second at a time.**