

Unlimited Visions Aftercare, Inc.

Organization Overview

www.unlimitedvisionsaftercare.org

Administrative Offices
5527 Lawndale
Houston, TX 77023
(713) 921-2276
(713) 921-7466



Administration

Marilyn Jones, LCDC
Chief Executive Officer

Regina Hasan, LCDC
Managing Executive Officer

Leticia MacDonald, LCDC
Director of Program Services, Preston

A 501(c)(3) nonprofit agency incorporated in 1996

UVA provides comprehensive substance abuse treatment services to adult men and women. In the years since 1996, Unlimited Visions has expanded services to include substance abuse prevention, intervention and treatment for children, adolescents and adults. Additionally, Unlimited Visions now has mental health treatment services for children, adolescents, adults and families.

The mission of Unlimited Visions is to provide a highly effective treatment program in an outpatient and residential environment that meets the spiritual and physical needs of chemically dependent adults and adolescents on their journey of recovery. Unlimited Visions Aftercare operates two outpatient locations in South Houston and Baytown. A youth campus in Pasadena and has several school and community based sites throughout the greater Houston Area. Unlimited Visions currently receives funding from the Texas Department of State Health Services, Harris County, Texas Department of Criminal Justice, Federal Probation, Child Care Council, and self-pay. We also receive funding from the United Way of Baytown.

Program Highlights

- ◆ Individualized Outpatient Substance Abuse Treatment for Youth and Adults
- ◆ Bilingual Outpatient Substance Abuse Treatment Program
- ◆ Adolescent Residential Treatment
- ◆ Youth Intervention Program
- ◆ Pregnant and Postpartum Intervention Program
- ◆ Outpatient Mental Health Care
- ◆ Specialized TDCJ Program

Accessing Services

- ◆ Outpatient Treatment Services please call our main office at (713) 921-2276 or Baytown office at (281) 427-7256
- ◆ Intervention Services contact Ruthie Beck at (713) 534-8191
- ◆ Residential Treatment Services contact Carol Bain at (713) 534-8191
- ◆ Mental Health Services contact Linda Thompson at (713) 921-2276

Youth Intervention Services

Unlimited Visions Aftercare, Inc specializes in offering three Youth Intervention Programs

The Teen PPI (TPPI) Program serves adolescent pregnant or parenting (0-18mo) females who reside in Harris and surrounding Counties. The purpose of the program is to reduce the incidents of prenatal and postpartum exposure to alcohol, drug and other drugs for unborn and newborn infants by identifying and providing targeted intervention services to at-risk pregnant and postpartum youth. Through comprehensive screening, problem identification and referral (case management) and skill based intervention curriculum, participants will have improved health outcomes, improved parenting skills, increased knowledge of the effects of ATOD on developing fetus, and improved parent/infant bonding. The length of the program is approximately 3 months and does not exceed 6 months for any participant.

Once a participant has been enrolled in the PPI program, a service plan is developed and Implemented by the Prevention Specialist. Issues identified on the services plan will be addressed via referral to community service agencies. Referrals are made by the prevention specialist, including obtaining specific appointments and giving participants all necessary documentation or information to engage services. Special care is made to ensure participants are linked with prenatal and postpartum healthcare, entitlement benefits (TANF, Food stamps, Medicaid), nutrition programs (WIC), family planning and other social service.

Prevention staff conducts weekly groups using the Casey Life Skills curriculum-Pregnancy and Infant Parenting Curriculums. The Pregnancy and Young Parent Guidebook Supplement is designed to address a range of prenatal and postpartum care issues. It addresses domains important to having a healthy pregnancy, birth and recovery, infant care, bonding and nurturing, child growth and development and setting goals. In addition the curriculum provides additional modules on career planning, communication, daily living skills, home life, housing and money management, self care, social relationships, work 6C study skills and work life.

In addition to life skills, participants receive parenting education as well. The Becoming a Love SC Logic Parent program is guided by five basic principles, each firmly grounded in research: preserve and enhance the child's self-concept; teach children how to own and solve the problems they create; share the control and decision-making; combine consequences with high levels of empathy and warmth; and build the adult-child relationship. At the theoretical core of this approach is the idea

that success for children of all ages rests on a balance of unconditional compassion, firm behavioral limits, and logical consequences. The primary goal of the Love and Logic program is to give parents practical strategies for reducing behavior problems, increasing motivation, and building assets which contribute to life-long responsibility and resiliency. Lastly, participants receive training and education and fetal development and Fetal Alcohol Syndrome Disorder.

The Youth Intervention Program (YPI) serves adolescent enrolled in long-term alternative schools as a result of behavioral disruptions. These youth are at the highest risk for substance use disorders. Unlimited Visions uses the "Project Towards No Drug Abuse" curriculum for this population.

"Project Towards No Drug Abuse" is a drug use prevention program for middle and high school youth. The current version of the curriculum is designed to help students develop self control and communication skills, acquire resources that help them resist drug use, improve decision making strategies, and develop the motivation to not use drugs. This curriculum is a set of 12 in-class interactive sessions provide motivation-skills-decision-making material targeting the use of cigarettes, alcohol, marijuana, hard drug use, and violence related behavior. The instruction to students provides cognitive motivation enhancement activities to not use drugs, detailed information about the social and health consequences of drug use, and correction of cognitive misperceptions. It addresses topics such as active listening skills, effective communication skills, stress management, coping skills, tobacco cessation techniques, and self-control, all to counteract risk factors for drug abuse relevant to older teens. In addition participants receive indicated counseling and case management services as needed.



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Baytown
313 Highway 146 South
Baytown, TX 77520
(281) 427-8786

Youth Services
907 Preston
Pasadena, TX 77503

Outpatient Treatment Services



Unlimited Visions Aftercare, Inc. (Unlimited Visions Aftercare) is a private, non-profit cooperation operating three office locations that provide services to six counties in region six. All locations provide intensive and supportive outpatient substance abuse treatment. All offices provide services Monday-Friday 9:00 am-9:00 pm. Unlimited Visions Aftercare is licensed by the Texas Department of State Health Service.

We have a well-qualified team of staff members all dedicated to our mission. Our counseling staff consists of Licensed Chemical Dependency Counselors (LCDC), Licensed Professional Counselors (LPC) and Counselor Interns (CI). We adequately staff our program to meet the demands of our population. We have a proven program with proven relationships in the communities in which we work. Our program is effective, cost efficient, and well received in the systems where we operate. Unlimited Visions Aftercare operates two programs, one for persons who speak primarily English and one for Spanish speaking clients.

Unlimited Visions Aftercare provides outpatient treatment services through our licensed treatment program to clients who indicate need, and we comply with all applicable state laws and regulations concerning treatment of clients at our treatment center. We provide face-to-face programming utilizing both individual and group therapy with an Individual Treatment Plan with flexibility allowing client participation with minimal disruption of employment and vocational programs. The average length of stay of our outpatient services is 135 days with client averaging 45 days in intensive outpatient and 90 days in supportive outpatient. Our intensive

outpatient program is structured to provide 4-6 weeks of services, 3-4 days/nights per week for group counseling, and 3-4 individual sessions per month. Our supportive outpatient program is structured to provide 10-12 weeks of services 1-2 days/nights per week for group counseling and twice per month for individual sessions.

The chemical dependency treatment program is designed to provide the maximum impact upon the dysfunctional affects of abusive and/or dependent alcohol drinking and the abuse of other mind/mood altering substances. Treatment is limited to adults (18 years and older or those determined by law as adults), male/female, and is oriented to those individuals who have been assessed as appropriate for outpatient environments. Hours of treatment provisions are flexible for ease of access, and are designated Monday through Saturday at varied time schedules.

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Cognitive-Behavioral Model of Therapy

This three-phase structure is premised on theory regarding the process that individuals go through when experiencing self-improvement, personal growth and change. The program is designed to:

- ◆ encourage motivational enhancement and building treatment responsiveness, trust and rapport; develop treatment readiness;
- ◆ assist clients to go through identifiable stages when making change;
- ◆ encourage self-disclosure in developing self-awareness which opens the doors to self-improvement and change;
- ◆ utilize cognitive-behavioral principles and methods provide a framework for understanding and facilitating change; ensure relapse and recidivism prevention;
- ◆ utilize of community 12-step programs and self-help groups

Unlimited Visions Aftercare also applies the principles of the 12-step philosophy, which include frequent meetings with other recovering people and changes in daily behaviors. The ultimate goal is personality change or change in basic thinking, feeling, and acting in the world. Clients are required to attend 1-2 12-Step meeting per week, in addition to the treatment program.



Adolescent Residential Program

Unlimited Visions Adolescent Residential and Outpatient Treatment programs provide face-to-face programming utilizing both individual and group therapy with an Individual Treatment Plan. The average length of stay for our Intensive Residential Program is 30 days and our Supportive (Transitional) Residential is 45 days. Our intensive residential program is structured to provide 30 hours of chemical dependency services per week, with one individual session and one family session weekly. Our supportive residential program is structured to provide 10 hours of chemical dependency services per week, with two individual sessions per month and one family session per month. The average length of stay of our outpatient services is 120 days with client averaging 45 days in intensive outpatient and 90 days in supportive outpatient.

Unlimited Visions' program design and therapeutic interventions are based on cognitive behavioral theory and motivational enhancement techniques. The approach is based on the belief that cognition's, emotions, and behaviors interact significantly and have a reciprocal cause-and-effect relationship. Unlimited Visions goals are breaking through feelings of isolation and denial, identifying and addressing those attitudes and behaviors which are not conducive to ongoing recovery, and replacing them with new attitudes and behaviors needed to obtain and maintain a lifestyle free from the negative effects of chemical dependency. The client must develop the skills needed to live a healthy independent life as a productive member of society. The mission is to enable these individuals to obtain and maintain a lifestyle free from chemical dependency.

The residential program is structured to provide an orientation period and three phases of care. The orientation begins with a 5-day orientation and assessment period wherein the staff determines the immediate basic needs of its clients and formulates individualized treatment plans. Once the orientation and assessment period is completed, the client is then transitioned to Phase I which is structured to teach clients basic knowledge regarding the physiological and psychological damage of alcohol and drugs. Treatment Phase I is founded in the principles of client-centered counseling, motivational enhancement therapy, the concepts and ideas that define the pre-contemplative and contemplative stages of change, the CBT principles of client-counselor collaborative partnership, relapse prevention, and that change is mediated by cognitive processes. The underlying premise of Phase I is that the first step in change is self-awareness and that self-awareness is enhanced through self-disclosure. Self-disclosure is enhanced through the use of client-centered and motivational enhancement skills.

Once clients successfully complete Phase I, they are transitioned to Phase II. Important concepts that contribute to the development of Phase II are in-depth assessment, coping and social skills training, the feedback principles of client-centered counseling, motivational enhancement therapy, the concepts and ideas which define the determinative and action stages of change, the client-counselor collaborative partnership, enhanced self-awareness, and that change is mediated by cognitive processes.

The client then transitions to Phase III. This phase is structured to give the client more responsibilities and privileges giving him the opportunity to practice new ways of thinking and behaving. It allows the client to deal with events in a controlled environment. The integration and ownership phase of treatment represents the strengthening and maintenance of changes made in treatment. In this phase, treatment builds on the client's increased self-awareness and the coping and change skills the client developed in Phase II. The counselor helps the client tie together various feelings, thoughts and behaviors that have emerged in the overall treatment experience. The counselor then reinforces and strengthens the client's improvement and change in specific areas. Relapse and recidivism prevention training is continued in Phase III. Clients are taught to utilize community resources and self-help groups in maintaining change. In this phase of treatment, the client experiences consistent cognitive, affective and behavioral changes and begins to feel the strength of the maintenance of these changes.

Because we understand that residential treatment alone may not be sufficient, our clinicians utilize motivational enhancement techniques to encourage the client to the next level of treatment. Our counselors meet with the clients daily for individual and group therapy sessions with the focus being on reconciling ambivalence, increasing internal motivation and transitioning continued treatment. We work directly with the client to locate a continuing program. We ensure that clients have been successfully linked before they are discharged.

Residential Facilities

Residential and Outpatient programs are voluntary and the residential facilities are not locked. Motivational strategies are used to engage residents in treatment and to retain clients. The residential facility has 24 hours staffing with a 1 to 8 ratio during waking hours and 1 to 16 ratio during overnight hours. Clients and visitors may only access the facility via the tech stations. In addition, video monitoring of residential area, common areas and the parking lot occurs. Client census checks occur throughout the day. All direct care staff receive specialized training in management techniques and crisis intervention.

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