

The Salvation Army

Harbor Light Center

...a place of new beginnings.



- Residential and outpatient treatment and rehabilitation of those suffering from the disease of alcoholism.
- Transitional care of mentally, emotionally and physically disabled persons.
- Broad spectrum of professional counseling, ranging from psychological to vocational, as well as spiritual.
- Accredited by Division of Addiction Services, Indiana Department of Mental Health.
- Low-cost housing and meals in a clean, Christian environment.
- Transient/indigent assistance—from free meals and overnight lodging to longer-term housing.

clients are encouraged to attend as many outside AA meetings as possible.

Equally important is Harbor Light's emphasis on the client's spiritual life. Harbor Light's staff feels spirituality plays a crucial role in recovery from alcoholism. A typical day begins with morning devotions at 6:15 a.m., and ends with evening chapel service at 5 o'clock. (Bible classes are offered throughout the week and on Sunday at 10 a.m. Harbor Light's director and officers are responsible for presenting the program's spiritual component.)

Upon completion of the 30-day intensive treatment program, the remaining 60 days are spent in the center's Continuing Recovery Program (CRP). During this period, clients participate in a work therapy program, which offers them an opportunity to learn attitudes necessary for securing and maintaining full-time employment. Also, classes geared toward procuring employment are offered.

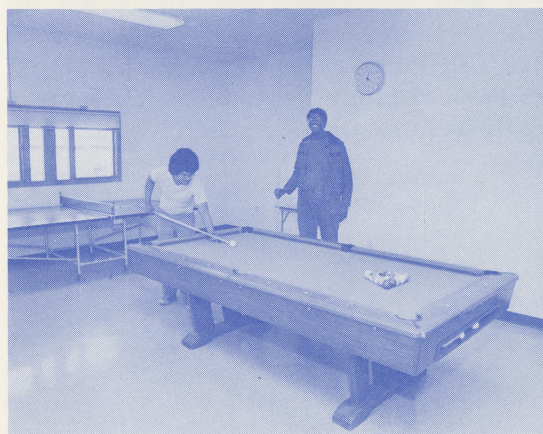
In addition to work therapy, CRP offers an array of evening activities. Therapy groups, AA, a 12 Step Discussion, Bible classes, fellowship club, and lectures focusing on the client's continuing recovery are presented Monday through Friday. Individual and family counseling is also continued during the remaining 60 days.

Provided they have secured employment upon completion of the 90-day period, some clients are encouraged to continue residency at the center. At that time, individuals are counseled to determine a future course of therapy. Continued residency offers a structured and supportive environment for the alcoholic.

Clients are also encouraged to formulate an aftercare plan. Outpatient services are

provided for those who have completed the program and have moved out into the community at large. Referrals to other agencies offering additional assistance are made when needed. The client is also encouraged to include support groups, such as AA, for continued sobriety.

Harbor Light also has 57 beds available for its Transient-Indigent Assistance Program. This program provides free lodging and food for indigent men six nights out of any 30-day period. It also provides lodging and food for men who can pay a minimal fee. Counted in this number are 12 beds for men who wish to



establish a residency while seeking permanent employment.

As stated previously, The Salvation Army believes that treatment of the "total person" is a vital necessity in recovery from addictions.

However, we have not abandoned our original calling as a mission. We still serve the whosoever. We feed the hungry, take in the stranger, clothe the naked, and visit the sick and imprisoned. There is never enough money to do all of this; therefore, we gratefully accept donations.

Harbor Lights. . . a place of new beginnings.

Alcoholism, according to Salvation Army philosophy, is a multi-faceted disease, in which the sufferer begins to experience difficulty and stress in functioning physically, psychologically, socially and spiritually.

This philosophy further contends that, left untreated, alcoholism progresses through several stages, culminating in insanity and/or premature death.

Conversely, this disease is arrestable through proper treatment, and, although the ability to control drinking can never be

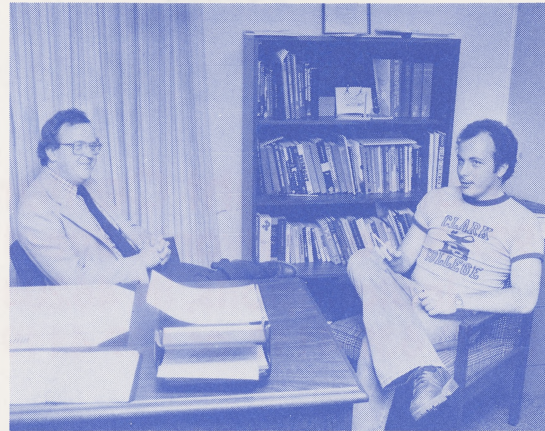


Group therapy sessions are important in recovery.

regained, individuals can begin to put their lives back together again.

Since its founding in England in 1865 by William Booth, the Salvation Army has been

actively involved in the treatment of substance abusers. As understanding of alcoholism has developed, so have the organization's efforts to educate and rehabilitate the suffering alcoholic who is seeking help. To provide this help adequately, The Salvation Army offers programs designed to treat the "total person."



Individual counseling meets clients' various needs.

In 1949, a newly-organized branch of The Salvation Army, known as the Harbor Light Center, was established in Indianapolis. A modern, two-story facility dedicated in 1981, Indianapolis' Harbor Light Center has a capacity of 155 persons and is located at 927 N. Pennsylvania St.

Harbor Light's Alcoholism Treatment Program (ATP) is certified by the Indiana Department of Mental Health and employs a professional and dedicated staff, specially trained in alcoholism treatment. ATP is designed to accommodate 74 men and eight women.

In accordance with the multi-faceted concept of alcoholism, Harbor Light's staff concludes that a multi-disciplinary treatment

program which addresses itself to physical, psychological, social and spiritual needs is necessary to effect a gradual, progressive recovery from the disease. Each of these areas require a somewhat different emphasis as the individual progresses through the treatment program, in part because of needs common to all those who live within the parameters of alcoholism, and in part because of each person's unique circumstances.

The focus of treatment during any phase of recovery can only be determined by a comprehensive evaluation of both the needs and resources of the individual. This evaluation becomes the basis for an individual treatment plan implemented by the patient and significant others, i.e., professional staff, Alcoholics Anonymous (AA) members and family members.

When a person is accepted for admission



Education on addiction aids in recovery.

he must have been sober for a minimum of 48 hours. If signs of withdrawal are present, a referral to The Salvation Army's Detoxification Unit may be necessary. The program's first phase provides education on the disease,

counseling on group, family, and individual levels, and an introduction to Alcoholics Anonymous.

Education is a major facet of ATP, with lectures on Self-Esteem, Phases of Alcoholism, Alcoholism and the Family, Medical Aspects, Stress Management, Anger, Trust,



Modern, comfortable housing for residential clients.

Assertiveness, A Look at Relapse and Spiritual Needs. Four class periods are scheduled daily Monday through Friday.

Therapy groups are also held to provide the client with an opportunity to express feelings, discuss problems and interact with other clients. Through this process, self-awareness hopefully increases. Each client is involved too in individual counseling on a one-on-one basis with professional counselors.

Adult Basic Education is made available to those desirous of obtaining a General Equivalency Diploma (GED). A qualified instructor from the Indianapolis Public Schools system conducts these classes two nights a week. AA meetings are held at the center once a week. In addition to this,



Heart to God and Hand to Man

Harbor Light Center
927 N. Pennsylvania Street
Indianapolis, IN 46204
(317) 639-4118 or 639-4119

Our \$1.6 million facility, opened in June 1981, features:

- 58-bed unit for alcoholism and drug dependency treatment.
- 8-bed unit for care of mentally, emotionally, and physically disabled persons.
- 57-bed unit for transient-indigent assistance.
- 26 private "roomettes" affording low-cost housing to those with limited income.
- Spacious dining facilities.
- Modern classroom area.
- Beautifully decorated chapel.
- Recreation facilities.
- Access to handicapped.



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