



THE ARCHES RECOVERY SERVICES

Web: TheArches.org Phone: 404.991.3575

Any individual in early recovery can learn the skills needed to build a solid foundation to gain sobriety and a new perspective on self-worth. The Arches Recovery Solutions Program provides them with the structure and support needed to build solid personal effectiveness and the fundamentals of long-term sobriety.

A letter dated June 13, 2014 – From a Mother about her Son.

To The Arches,

How appropriate it is to send this to you on Friday 13th – MY LUCKY DAY, and how fortunate I am that my son has you and your program in his life right now. Having gone thru the past 8 years with our son, there were moments I felt these special days would be celebrated without him. Today and the past 9 sober months of having my son “back” have provided hope, laughter and joy. You have made strides with our son and his thinking and actions that no hospital, parent, program or money have made to this date. He is learning strategies to cope, hold accountable and seeing himself differently.



Thank You.

Don't know how you do it but so glad you do.

Tanya & Brian M.

- ❖ Their son is still sober and continues to be a productive member of the community and an active Arches alumni member.

The Arches Recovery Solutions is committed to working with individuals like Tanya and Brian's son to help them hone the tools and behaviors necessary to construct a solid foundation of recovery and to consistently focus on the fundamentals vital to sustaining sobriety and productive living.

Our program of sober living and recovery support services is designed to provide a safe, supportive, clean and structured community to both men and women. The very core of our success is within the community. These men and women help each other recover. Experiencing life through a new lense of trust and encouragement and togetherness is a key ingredient to learning the lifestyle and building the relationships to weather any storm that comes.

OUR MISSION IS SIMPLE - TO SUPPORT THE INDIVIDUAL THROUGHOUT THEIR GROWTH IN RECOVERY AND PROVIDE THEM WITH TOOLS, SKILLS AND EXPERIENCES TO BUILD A SOLID FOUNDATION OF SUCCESS



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Why Do Our Clients Love The Arches So Much and Call It Home?

Answer: Because we are a family here at The Arches and we passionately want you to exceed beyond your wildest dreams. There is a core focus at The Arches that bridges the gap between “Recovery” and learning how to “Live in Recovery”. The typical structured accountable living program is a necessary element for many individuals in early recovery. Most providers of these living programs offer similar components to maintain the structure and accountability of their program. The level to which they manage and support these components determines, to a great degree, how well the program functions.

Give Us Your Willingness & Commitment and Miracles Can Happen

It’s not just about whether everyone is following the rules, but how are they growing and changing through the course of this vital period of recovery. This is what makes The Arches so different. Plenty of programs help people follow the rules but we help people change their lives.

We maintain a high level of structure and core fundamental components that are vital to a successful program of sober living. Through these core elements of responsibility, attitude, discipline and honesty we focus on personal development strategies that are necessary for productive living.

It’s about learning to become a better Human Being and live in accordance to a set of principles and integrity that can carry the individual into a fulfilling, purposeful and whole life.

We provide structure with purpose.

- We provide mentorship, problem solving coaching and personal effective strategies through our daily interactions with the community
- It’s not just about the process of recovery and sobriety but learning to LIVE and EXPERIENCE – Happy, Joyous and Free.
- We coach and teach our clients how to live life, be accountable and “Grow Up” in recovery.
- It’s about having fun and experiencing a better life on this side of sobriety so they never want to go back to the old life.



We do all of this through team building and community driven activities that promote leadership skills, achievements and new, positive experiences. Helping the individual build new skill sets and self- confidence to break through those areas that have held them back in the past is a key to providing them with a desire to achieve recovery and succeed.



Our Fundamental Structure of Support & Guidance:

- Dedicated on-site staff members who provide 24/7 support and care to our resident clients.
- Staff performs daily morning and evening checks and accountability assessments for each client and unit. We strive for daily connections with our clients and we use these checks to not only maintain a level of presence and follow through with the fundamentals of the program but as a supporting and mentoring opportunity.
- Initial minimum of 1 month of Structured Transitional Program (STP) – This provides a controlled level of accountability and structure to ensure vital fundamentals are in place and initial program actions are being followed through and managed.
- 6 month commitment to The Arches program – It takes this amount of time to build a solid foundation of recovery and our focus is to get to the 9th step amends in the 6th month.
- Random drug and alcohol testing throughout the community to maintain a high level of safety and zero tolerance within the program.
- Counselors meet regularly with clients for 1 on 1 progress and focus support. This helps to maintain a current conversation about recovery progress and any issues that need to be addressed. These meetings keep a finger on the pulse of each client's current status within The Arches program and how they are proceeding with their 12-step work. It also provides us with an opportunity to help the client work through any issues they might be struggling with.
- 2 weekly community meetings to build and maintain the cohesiveness within the community and keep focus on the importance of recovering together.
- Personal Effectiveness Coaching to provide a level of goal oriented strategies and implement personal development actions to improve self-esteem and success.
- Daily 12 step meeting attendance required.
- Weekly In-House Peer Meetings – These are powerful meetings run by the community itself. It gives the peer group an opportunity to bond and process things within their own structure.
- Chore Duties each week with Chore Check Evaluation & Accountability
- Monthly Community Activity (Fun, Creative, Talent Oriented, Relaxing)
- Fitness Guidance (Access to Total Boxing – Muay Thai Kickboxing & Martial Arts Studio)
- Monthly Family Group – To provide a platform for families to connect with the program and process through those issues that can be difficult to get through without guidance and insight.





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- Leveling system based on community involvement, step progress and accountability. This helps to acknowledge achievement levels and provides a healthy goal to work for within the community and the 12-step work.
- Employment Direction and Support
- 6 month Gender Contract. We want the client to focus on themselves and work on making the personal changes necessary to recover and become healthy, spiritually, mentally, physically and emotionally.
- 10 pm curfew – 1st 90 days – then 11pm Friday / Saturday
- Zero Tolerance – No Drug or Alcohol Use or Synthetics or Habit Forming – Mood Altering medications.
- Medications must be documented and taken as prescribed. (No Narcotic Based Meds)
- Accountability Partner is assigned at intake. Required to call daily for first 3 weeks.

What do you need to have in place to begin a solid foundation of transitional recovery?

One of the problems we have faced as a transitional recovery program is how to make sure there are fundamentals in place with a new client when they first enter our program. We have always spelled out the requirements and instructed them on what they needed to accomplish, both verbally and in writing, and some of them followed through and others lagged behind.



So how do we implement a more controlled method of managing this early time period that is so crucial to the overall success of transitional living? We move all new clients into a 2 to 3 week program that micromanages their schedule.

Structured Transitional Program – (STP)

This program is designed to help initiate the client into our program over a 2 to 3 week period. The goal is to hold them more accountable in the early stages of their transition into our core sober living program and make sure they have essential recovery components in place.

The dynamics of this program have allowed the client to become more comfortable with The Arches systems and the overall community in a more controlled and systematic environment. It also helps the staff get to know the new client at a much deeper level and sooner than without this structure.

There is an accelerated trust that is gained and an opportunity to help them work through some of the critical issues that always seem to surface at this juncture of recovery transition.

As the fundamentals of our program and community involvement are reached, and the twelve step program pieces are in place, then we start to detail the strategies of job search.



Accelerated Recovery Program – (ARP)

This track is designed to provide a higher level of care, accountability and structured attention to detail to make sure vital elements of transitional living and recovery are in place and regimented to a level that can be sustained to greatly improve the chances of success.

Daily actions and structure are developed in a customized manner for each resident to accommodate scheduling and other necessary needs the client may have.

The program is a minimum of 12 weeks long and when the client is ready to transition into our core sober living program they will have a strong foundation and a firm grasp of the fundamentals, both for their continued recovery and within our community.

This is an intensive track with focus on life skills and fundamental recovery based processes that must be in place for successful, long term recovery. The daily regiment includes morning meditations to center and focus on the day, 12 step meetings are staff scheduled for the day and daily focus group with fitness activities included in the schedule as well.

In the event there are outside appointments that must be met, i.e. doctor's appointments, etc., these are scheduled and monitored closely.

The focus of the program is:

- Maintaining the structure and accountability of The Arches
- Finding a competent 12 step sponsor
- Beginning the sponsor relationship- daily calls / weekly meetings
- Recovery focused workshops
- Accomplishing daily tasks and recovery based homework
- Maintaining a timely discipline to meetings and appointments
- Community involvement and peer relationships
- Managed job search
- Action based disciplines in group meetings and interactive processing
- Building a solid foundation of early recovery disciplines and network
- Budgeting and Money Management

Another important element in this track is the family involvement. We want to have family members involved within the recovery process and incorporating a few family meetings during this intensive process is very important for the client and the family.





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Intensive Outpatient Program (IOP)

We work with various IOP programs around the area and provide transportation to and from these facilities when needed.

One of the most important factors with an IOP program is to have a high level of communication between our staff and the IOP staff. The level of accountability and ability to work through various early recovery issues as a cohesive team is vital for the overall success and progress of the client.



We can help direct you to those IOP services that work at this high level of care and collaboration with our program.

Eating Disorder Care

This track of care is designed for the individuals who are currently active in their recovery process. Weekly support groups to address the underlying issues of eating disorder are required as well as maintaining the continued care and support with outside treatment providers. Residents can receive assistance from staff with meal planning, grocery shopping and other necessary accountability levels of support. The client will be expected and accountable to utilizing the support of a 12 Step program.

Co-Existing Disorders

Many of our clients have a dual diagnosis such as depression or trauma based disorders. Our counselors assist these individuals in maintaining their treatment plans and managing their care requirements for those conditions. Our guided program and level of assistance and care has produced great success with many clients within these spectrums. Treatment plans must be adhered to and the fundamentals of The Arches program and a 12-step based recovery foundation must be maintained within our structure.

Living Environment

The Arches Recovery Solutions is located in a very attractive apartment complex in Sandy Springs, Georgia. The complex is surrounded by a forest setting and offers great amenities and is convenient to MARTA and 8111 AA Clubhouse. All units are 2 bedrooms, 2 bath, roommate style layouts with washer and dryer in every unit. Each unit is fully furnished and comes with both WIFI and cable TV.



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Intake Process

The initial interview process usually begins with a phone call. The central line is 404-991-3575. If you leave a message, please speak clearly and slowly so we can retrieve your phone number and name.

During normal business hours we usually return messages within a couple of hours, if it takes that long, but we might be in group or handling other interviews and client meetings.

Phase I - Initial Phone Interview

The focus of the phone interview is to determine the level of willingness to move into this stage of accountability and commitment to recovery and personal growth. We want to make sure there is a clear understanding of what we offer and what is expected from our clients.

Our main focus is the health and well-being of the community as a whole. It is very important to determine whether the potential client is ready to participate at a high level of compliant interaction within the community or perhaps looking for something with a bit less structure and accountability.

This is a recovery and personal growth program for people who:

- Know they want and need a structured level of accountability
- Are committed to learning how to have productive lives and thrive in sobriety
- Who want to live in a Safe, Drug and Alcohol Free environment
- Who want to participate, actively, in a level of care and encouragement and guidance to help them succeed in their recovery and transition into productive sober living.

Phase II – Face to Face Interview

The second phase of the interview process is then a face to face interview. Many of the details concerning entry in the program and whether the individual would be a good fit for The Arches Program have usually been handled in the phone interview. However, there are usually a few more questions and details to iron out and we want to make sure all parties are clear and comfortable with everything before moving forward.

The face to face interview has a few more dynamics than the phone interview. It gives both parties an opportunity to get to know each other at a deeper level and make sure everything feels right and all questions and concerns are thoroughly discussed and understood. If possible, we like the family members to be present during this interview so we can get to know them and make sure all of their questions are answered as well.

The final phase is the decision between staff members about whether the potential client is a good fit for our community and the individual and their family's decision about whether this program and community is a good fit for them.

Once the decision is made by both parties to move forward, it takes about an hour to complete the paperwork and move the client into their residence.



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What To Bring To The Arches

- Big Book – 12 & 12 – Daily Reader – New Journal (Notebook)
- Bed & Bath Linens
- Bathroom Supplies (Soaps, Shampoos, Toothpaste, etc.)
- Driver's License or other ID
- Insurance Cards
- Prescription for Drug Screen Protocol
- Discharge plan from referring facilities, if applicable
- Initial Groceries
- Appropriate attire for professional interviews
- Items to personalize your space
- Cell Phones are necessary as a means of communication and accountability
- Laptop or Ipad
- Cars are allowed, but a key restriction is initiated during first few weeks

We want you to make your space as comfortable and as much like home as possible. Personalizing your space is an important part of this process. Minor changes to the overall décor of the unit is allowed but you will need to ask permission before you bring larger items such as desks or other pieces of furniture or large pieces of art, large lamps, etc. into the unit.

We are not responsible for the safety or security of your items.