



DAWN FARM

Information for prospective residents and their families

WHAT IS DAWN FARM?

Dawn Farm is a private, non-profit residential treatment facility in rural Washtenaw County. We are a co-educational, drug-free program. Dawn Farm is licensed by the Michigan Center for Substance Abuse Services (CSAS), and is accredited by the Commission for Accreditation of Rehabilitation Facilities (CARF).

A UNIQUE RESIDENTIAL PROGRAM

Our program is designed to assist individuals in achieving lasting recovery from chemical dependency.

Dawn Farm is highly structured and is largely based upon the principles of Alcoholics Anonymous. All residents are expected to develop and maintain a personal recovery program utilizing AA's valuable principles. In addition, a strong work ethic and meaningful work activities are an integral part of the treatment process.

PHILOSOPHY

Addiction is a disease that can be treated, and recovery is available to individuals regardless of their drug of abuse. The Dawn Farm staff believes in the dignity and value of each resident and in his/her capacity to develop a lifestyle of honesty and recovery.

We do not consider one addiction more difficult to address than another. We believe that any addict or alcoholic who becomes effectively involved in the recovering community *can remain drug and alcohol-free*.

The ideals and principles that established Dawn Farm have proven their value in hundreds of young people who, because of their treatment experience, have maintained happy, drug-free lives. In studies of Dawn Farm graduates, a significant percentage remain consistently successful.

A NOTE ABOUT OUR SERVICES

No recipient shall be denied appropriate services from Dawn Farm on the basis of race, color, national origin, religion, sex, age, mental or physical handicap, marital status, sexual preference or political belief.

Dawn Farm has a strong commitment to providing quality services to underserved populations—especially minorities, women and pregnant addicts—and welcomes such referrals.

ADMISSIONS INFORMATION

Dawn Farm accepts referrals from individuals, families, health services agencies, courts and other sources. Admissions are made dependent upon bed availability and other program needs.

HOW TO APPLY

Though we encourage initial contact by referral sources, the individual in need of treatment must initiate the intake process. A waiting list is common but fluctuates in length. Prospective residents may need to contact a Central Diagnostic & Referral service (CDR). Persons seeking admission should meet the following criteria:

- Age 17 or older
- Detoxified and chemical-free
- Free of warrants for their arrest
- Without a primary psychiatric disorder
- Motivated and willing to participate in program

ADMISSIONS INTERVIEW

When an opening exists, an individual will be contacted and an admission interview scheduled. Prospective residents should come prepared to stay. Admission interviews are held at the Farm during normal business hours.

TREATMENT PHASES

New residents in the residential programs have a probation period during which they are evaluated as to their ability to benefit from the Dawn Farm program. Residents must be earnest in accepting their addiction and exhibit a willingness to make the changes necessary to live a chemical-free life.

PHASE I

During initial treatment at the Farm, residents participate in group therapy sessions each day, in addition to seven AA meetings a week.

As a working farm, residents are involved in farming—planting, harvesting and caring for livestock. There is a thriving egg business and a roadside produce stand in season. Work therapy enables residents to learn basic work habits, responsibility and self esteem.

Residents may complete GED or high school classes at the Dawn Farm Adult Education Learning Center.

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Recreational activities encourage development of new skills and healthy alternatives to chemical use.

PHASE II

Residents in this phase continue participation in Farm groups and activities, with greater emphasis on developing the skills needed to live independently. The focus on group work is maintained in this transition phase, while residents improve living skills and continue their recovery. Though structured and closely supervised, Phase II provides greater trust and responsibility for the resident.

PHASE III

This final phase of residential care increases a resident's personal responsibility for recovery. The staff works with individuals on job hunting, budgeting, locating a place to live and forming strong outside supports. Some residents may utilize additional vocational services while moving closer to independent living.

TRANSITIONAL HOUSING

Transitional housing and support services are available for Farm residents following their residential stay. Qualified women and their children may also utilize the Women's Transitional Program, providing housing, childcare, parenting support and ongoing clinical care.

AFTERCARE

Following discharge, we expect a minimum six month commitment to our weekly aftercare group. Aftercare is an important part of lasting recovery.

A NOTE TO FAMILIES & FRIENDS

During the first few weeks, new residents cannot receive visits, phone calls or letters (exceptions are made for child visits and phone calls). Loved ones may contact the President or Clinical Coordinator for information.

TREATMENT COSTS

Fees for treatment and for room and board are determined based upon existing program costs. Third-party insurance programs and HMOs generally do not cover non-hospital care. Some residents can obtain subsidies from the State of Michigan.

Many Farm residents are indigent. No resident who lacks insurance or funds will be refused treatment, but we often have waiting lists. Resident fees are subsidized with donations to make treatment more affordable. Dawn Farm will negotiate arrangements on an individual basis.

OTHER SERVICES

Sub-Acute Detoxification

Dawn Farm has a limited number of beds available for short-term detoxification from alcohol and other drugs. For information, call the Detox office at 734/669-8265.

Education Series

Education

Dawn Farm offers an annual series of sessions for the education and growth of families and other concerned persons.

Family Treatment

The extent of family treatment is determined on an individual basis. While families and significant others can expect some involvement in the total treatment process, the program will evaluate family treatment on an individual basis—it has been our experience that in some cases some separation from family can be helpful.

AN OPPORTUNITY TO VISIT

An "open" AA discussion meeting is held every Sunday evening at 7:00 pm at the Farm facility. We encourage prospective residents to visit the program at this time. Tours of the Farm operations are also available. We discourage unscheduled visits in order to preserve the integrity of treatment.

DAWN FARM RESIDENT ACTIVITIES SCHEDULE

TIME	WEEKDAY	SATURDAY	SUNDAY
7:00am	Wake Up Chores, feed, cook	Wake Up Chores, feed, cook	
8:00am	Breakfast/AA books	Breakfast/AA books	Wake Up Chores, feed, cook
9:00am	Work	Work	
10:00am	Group Therapy	Break	Grateful Group Paperwork
11:00am		Work	
12:00pm	Lunch	Child visits (to 3pm) Lunch	Family visits (to 6pm)
1:00pm	Work	Work	
2:00pm	Break	Break	
3:00pm	Work	Work	Dinner
4:00pm	Showers/paperwork	Showers/paperwork	Feed animals
5:00pm	Dinner AA support calls	Dinner Group cleanup	Group cleanup
6:00pm	Group Therapy	Group cleanup	
7:00pm			Farm AA Meeting
8:00pm	AA Meeting (MWTF)	AA Meeting	Paperwork, ducks
9:00pm	Sponsor visits (Th) Group cleanup		
10:00pm	Prepare for bed		Prepare for bed
11:00pm	Lights out	Free time	Lights out
12:00pm			
1:00am		Lights out	