

Today we take the next step, give and receive help,
act responsibly and seek truth.

Drug and Alcohol Rehabilitation Services

Take the Next Step *Forward...*



Manos House

Manos House is a residential, drug and alcohol treatment program for adolescent males, which provides an array of counseling services in a safe and supportive environment. Our goal is to create a positive atmosphere and motivation for our clients to change their life direction. The therapeutic program is based on the Stages of Change Model, which allows clients to openly discuss their substance use history and create an individual treatment experience based on the client's motivation to change. Treatment consists of group, family and individual therapy, a psychoeducational curriculum, recreation, and community service opportunities. We also offer ten week elective courses on the topics of Aggression Replacement Training, Wellness and Empowerment, and other life skills relevant to treatment needs. Therapy is based on an array of evidenced-based practices including Cognitive Behavioral Therapy, Motivation Enhancement Therapy/Motivational Interviewing, and Reality Therapy. The program has a strong family component; relatives are encouraged to participate in family therapy sessions, weekend visitations, family writing circles, weekly family education groups, and family fun nights. A primary counselor works with the client, his family, and the referral agency to develop an individualized treatment plan. Counselors are certified and experienced with the

unique needs of drug and alcohol-abusing adolescents. Our clinical psychologist provides staff education and consultation, which ensures clients receive the most beneficial treatment interventions possible.

The following supportive services are also provided:

Recovery Groups: Recognizing the effectiveness of the twelve-step philosophy, clients are able to attend both on-site and community based Narcotics Anonymous and Alcoholics Anonymous meetings.

Religious Activities: Clients are offered opportunities to participate in regularly scheduled religious services and receive spiritual advice from the facility's chaplain.

Recreation: Clients leave the facility to attend sporting events, educational field trips, and other recreational activities. These activities teach clients to lead enjoyable and productive lifestyles without the necessity of drugs and alcohol.

Referral and Aftercare: Manos House offers help beyond its walls by referring discharged clients to outpatient providers. We also offer follow-up assistance for one year after discharge. Our Certified Recovery Specialist assists with these services.

DARS Supervised Independent Living Program

The DARS Supervised Independent Living (SIL) Program serves clients who have completed substance-abuse treatment at Manos House or similar programs but lack an appropriate release resource. Many clients can return home after achieving the educational and vocational goals needed to support their continued recovery.

While in treatment, clients learn the skills necessary to live sober and responsible lives in the community. Clients are responsible for finding and maintaining employment, building financial stability, fulfilling community service obligations and exploring options to further educational endeavors. Counselors provide guidance and support as clients learn these new skills. Trained substance-abuse counselors provide further drug and alcohol treatment to aid clients as they re-enter the community. The program also offers recreational, spiritual, psychological, and vocational services to clients on an as-needed basis. Family therapy is available for clients who desire to improve those relationships.

The DARS Supervised Independent Living Program offers clients a unique opportunity to gradually re-enter the community while residing in a supportive environment. Early in treatment, access to the community is limited as counselors aid clients in locating employment, furthering their education, and developing future plans. In the later stages of treatment, clients are allowed a great deal of freedom in planning their schedules and managing their time as they prepare for independence. The program's balance of structure and freedom, implemented by caring counselors in a supportive environment, provides a life-changing experience for clients as they prepare to live independently.





PROSPECT GROVE HIGH SCHOOL

Prospect Grove High School

Prospect Grove High School is a private academic high school licensed through the Pennsylvania Department of Education. We are part of the DARS, corporation and service students from the Manos and SIL programs. We offer residents a rigorous, yet flexible year-round high school education. Additionally, PGHS provides an excellent opportunity for credit advancement since courses are completed and credits awarded in 8-week intervals. Our academic focus concentrates on advancing student knowledge and skills in the core content areas: English, Mathematics, Science and Social Studies

Many clients who enter the Manos House or SIL programs have a history of inconsistent academic performance and need to make up missed credits. We offer a variety of opportunities for credit recovery, including OdysseyWare, and independent work. Prospect Grove is also acknowledged as a GED testing site. This allows clients the opportunity to enroll in GED classes, prepare for the tests, and take the exam without leaving the school setting.

Our teachers are state certified and display a passion for their subject areas. We strive to provide a rigorous academic program that focuses on student accountability. Through differentiated instruction, we encourage students to take responsibility for their education by emphasizing the importance of life-long learning. We offer small class instruction, with the average teacher to student ratio of 1:10. This setting allows teachers to provide individual attention to each student and create lessons that focus around the student's unique learning needs. It also allows the opportunity for self-evaluation of individual learning styles.

We have a full time Special Education teacher on staff to meet the needs of students with Individualized Education Plans. Time is spent evaluating and compiling progress that is being made toward goals and adjusting them when necessary. This position also affords us the opportunity to provide one-on-one tutoring when needed and offer classroom support.

Upon entering PGHS, each student is assessed and their academic record is reviewed. Depending on the outcome, we offer four distinct paths for them to pursue.

- The Traditional Path focuses on students earning credits to assist with transition back to their home school. Independent work or credit recovery may be offered as an option to allow a student to make up credit deficiencies and ensure that they are back on track academically.
- The Graduation Path is for those students who have completed the majority of their required high school credits. This provides the opportunity to earn a PGHS diploma prior to leaving the program. They will also be able to participate in our graduation ceremony.
- The GED Path is provided to those who are interested in obtaining their General Equivalency Diploma. All students who pursue this option will be enrolled in classes specific to the GED and will be tested at our onsite testing center.
- The Post-High School path is for students who have previously earned either their high school diploma or their GED. These students work one on one with the school transition coordinator to develop transitional goals to either further their education or directly enter the work force. Students have monitored access to a modern computer lab, which they can utilize to research colleges, complete college applications, complete and submit job applications, research and apply for scholarships, complete FAFSA and PHEAA applications for student financial aid, and develop resumes and cover letters. Students on this path can also opt to take SAT or ACT standardized tests in order to meet college application requirements, and have access to current study guides to facilitate and further their preparation for these exams.

Balanced and Restorative Justice

In conjunction with traditional drug and alcohol treatment and education, Drug and Alcohol Rehabilitation Services (DARS), Inc. meets the requirements of the balanced and restorative justice philosophies. All of the programs are designed to meet the needs of the client, the community, and the victim. Clients participate in

numerous community service projects at various nonprofit agencies and work in the community to help provide restitution. As a result, each client develops a sense of competency, a stronger work ethic, victim empathy, and respect for authority in a structured environment that allows community protection.

Drug and Alcohol Services, Inc. Treatment Matrix

To appropriately address the treatment needs of each individual client, DARS, Inc. provides an array of treatment services and interventions based on the domains of the Youth Level of Service Inventory. The Manos House program specifically targets the domains of: **Prior and Current Offenses/Dispositions, Family Circumstances, Education/Employment, Substance Abuse, Peer Relations, Leisure and Recreation, and Personality/Behavior** as areas of expertise in addressing our target population.

Manos House Treatment Matrix

Family Circumstances

- Family orientation meeting, offered within first 7 days of treatment
- Family counseling sessions (*minimum 6 sessions required*)
- Family writing circle monthly
- Themed family nights
- Weekend visitation
- Family community passes
- Supervised weekend homepasses
- Graduation ceremonies
- Weekly Family Education groups
- Family Conferences for Discharge Planning
- Certified Recovery Specialist providing follow-up services after discharge.

Peer Relations

- Staff supervised peer interaction 24 hours/day
- Aggression Replacement Training course
- Psychoeducational groups focused on Conflict Resolution and Effective Communication skills
- Daily group therapy sessions
- Daily recreation time
- Art and musical collaboration through use of the Art Studio and Recording Studio
- Peer Advocate support
- Weekend activity trips to expose clients to new recreation opportunities
- Dorm-style rooms with one roommate
- Book Club elective group

Attitudes and Orientation

- Stages of Change substance abuse treatment modality
- Motivational Interviewing counseling approach
- Cognitive Behavioral Therapy counseling approach
- Reality Therapy counseling approach
- Positive reinforcement via status advancement, increased privileges, increased responsibility
- Set time frames for program advancement emphasize the skill of delaying gratification
- Hands-off approach to discipline and redirection
- Individual identified coping skills are integrated into each client's treatment plan
- Dialectical Behavioral Therapy counseling approach
- Change Companies "My Feelings" journal

Personality/Behavior

- Aggression Replacement Training course
- Individual Psychotherapy Sessions focusing on past behaviors, consequences, and future goals
- Group therapy sessions which provide peer feedback to clients' attitudes and behaviors
- Weekly clinical treatment meetings with consulting psychologist
- Outpatient psychiatric appointments for medication management, psychiatric evals, and ongoing therapy
- Grief counseling through Pathways Center for grief and loss
- Change Companies "How We Think" journal
- Psychoeducational groups focusing on Emotional Intelligence
- Weekly Planned Parenthood groups focusing on "Be Proud!, Be Responsible!" curriculum
- Program sanctions mirror "real world" consequences rather than immediate physical restraints
- Empowerment and Wellness elective course

Substance Abuse

- Drug and Alcohol Free Environment
- Drug and Alcohol assessments conducted during interview
- Weekly Individual Therapy sessions
- Daily Group Therapy sessions
- Family Counseling sessions to explore necessary changes in the home environment
- Weekly Family Education groups
- Random and scheduled urine screens
- Training site for K-9 narcotic detecting dogs in Lancaster County
- Individualized treatment plans
- Drug and Alcohol psychoeducational groups
- NA/AA meetings onsite and in local community
- Speaking engagements to local elementary, middle, and high schools
- Individual relapse prevention planning
- Change Companies "Why I'm Here?" journal
- Change Companies "My Twelve Step Program" journal

Education/Employment

- Prospect Grove High School
- GED prep and Certified GED testing site
- Full-time Special Education Teacher coordinates IEP updates, one-on-one tutoring, tracks student progress.
- Credit recovery through Odyssey Ware online classes
- Graduation Ceremonies three times per year.
- Employment training through individual counseling and supervised homepasses
- Change Companies "Moving Forward" journal
- Lite skills elective course
- Post-Secondary Vocational Training opportunities through Thaddeus Stevens College of Technology
- Computer Lab used for employment applications, FAFSA applications, and college and career research.

Prior and Current Offenses/Dispositions

- Individual treatment planning to address identified needs
- Biopsychosocial interview to collect client information from client's perspective
- Aggression Replacement Training Course
- Balanced and Restorative Justice: skill development, restitution paid, and the client's progress in gaining insight into past behaviors and becoming more appropriate to return to community.
- Community Service activities that benefit local non-profit businesses/charities
- Victim Empathy and Moral Reasoning education
- Gun Violence Education
- Change Companies "Why Am I Here?" journal

Leisure and Recreation

- Daily recreation activities
- Weekend activity trips engage clients in recreational events to introduce them to new activities and to highlight having fun without drugs or alcohol
- Fully furnished music studio with sound proof recording booth
- Art studio designed to engage clients with artistic interests/talents
- Strength and conditioning groups 3x weekly
- Computer Lab used for online college courses, college applications, and job searching

Supervised Independent Living Treatment Matrix

To appropriately address the treatment needs of each individual client, DARS, Inc. provides an array of treatment services and interventions based on the domains of the Youth Level of Service Inventory. The SIL program specifically targets the domains of: **Substance Abuse, Education/Employment, Leisure/Recreation, and Personality/Behavior** as areas of expertise in addressing our target population.

Family Circumstances

- Family orientation meeting, offered within first 7 days of treatment
- Weekly Family Education Groups
- Family writing circle monthly
- Themed family nights
- Weekend visitation
- Family community passes
- Supervised weekend homepasses if returning home is the discharge plan
- Parenting Skills Classes
- Graduation ceremonies

Peer Relations

- Staff supervised peer interaction 24 hours/day
- Aggression Replacement Training
- Daily group therapy sessions
- Daily recreation time
- Weekend activity trips
- Peer Advocate Support
- Weekend Activity trips to expose clients to new recreation opportunities
- Dorm-style rooms with one roommate

Attitudes and Orientation

- Stages of Change substance abuse treatment modality
- Motivational Interviewing counseling approach
- Cognitive Behavioral Therapy counseling approach
- Reality Therapy counseling approach
- Positive reinforcement via status advancement, increased privileges, increased responsibility
- Set timeframes for program advancement emphasize the skill of delaying gratification
- Hands-off approach to discipline and redirection
- Individual identified coping skills are integrated into each client's treatment plan

Personality/Behavior

- Individual Psychotherapy Sessions focusing on past behaviors, consequences, and future goals
- Group therapy sessions which provide peer feedback to clients' attitudes and behaviors
- Weekly clinical treatment meetings with consulting psychologist

- Outpatient psychiatric appointments for medication management, psychiatric evals, and ongoing therapy
- Program sanctions mirror "real world" consequences rather than immediate physical restraints
- Daily living skills of laundry, cleaning personal spaces, time management training

Substance Abuse

- Drug and Alcohol Free Environment
- Drug and Alcohol assessments conducted during interview
- Weekly Individual Therapy sessions
- Daily group therapy sessions
- Family Counseling sessions to explore necessary changes in the home environment
- Random and scheduled urine screens
- Training site for K-9 narcotic detecting dogs in Lancaster County
- Individualized treatment plans
- NA/AA meetings onsite and in local community
- Speaking engagements to local elementary, middle, and high schools
- Individual relapse prevention planning
- Ongoing relapse prevention counseling as clients gain more interaction with community

Education/Employment

- Prospect Grove High School
- GED prep and Certified GED testing site
- Full-time Special Education Teacher coordinates IEP updates, one-on-one tutoring, tracks student progress.
- Credit recovery through Odyssey Ware online classes
- Graduation Ceremonies three times per year.
- Employment training through individual counseling and weekly skills groups
- Employment through local businesses, transportation provided to and from work by SIL staff
- Budgeting skills group focus on establishing bank accounts and making payments to fines, costs and restitution
- Financial Literacy presentations conducted by M&T Bank

- Clients save money toward obtaining an apartment once financial obligations to the county have been paid
- Thaddeus Stevens, HACC, Millersville U., and Military options are available to graduates of PGHS

Prior and Current Offenses/Dispositions

- Individual treatment planning to address identified needs
- Biopsychosocial interview to collect client information from client's perspective
- Balanced and Restorative Justice: skill development, restitution paid, and the client's progress in gaining insight into past behaviors and becoming more appropriate to return to community. SIL clients paid over **12,000** in fines and court costs in 2016
- Community Service activities that benefit local non-profit businesses/charities
- Victim Empathy and Moral Reasoning education
- Gun Violence Education

Leisure and Recreation

- Daily recreation activities including weight training, cardio, basketball, pool, ping pong and peer interaction.
- Weekend activity trips engage clients in recreational events to introduce them to new activities and to highlight having fun without drugs or alcohol
- Fully furnished music studio with sound proof recording booth
- Art studio designed to engage clients with artistic interests/talents
- Clients earn recreation passes based on successfully fulfilling individual responsibilities





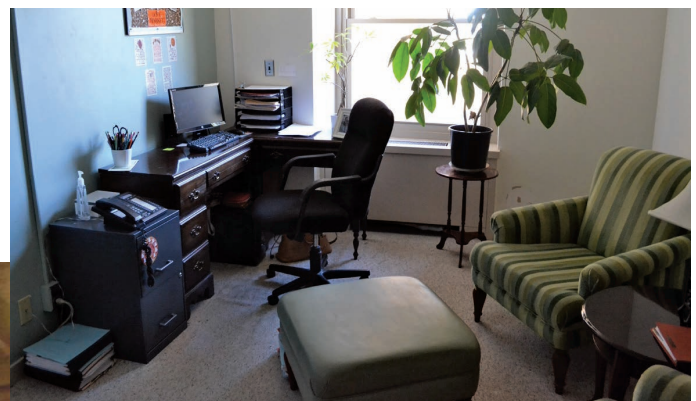
Family Education Group Topics

Many families express frustration and exhaustion by the time their child enters treatment. Through education and support, our goal is to help your family develop and implement more tools to avoid the need for future placement.

Through the ten week curriculum, the Family Education Group addresses topics specific to our client population and their families. Discussions regarding the biological and behavioral basis of addiction aim to answer the common question: "Why did this happen to my family?" Information on the common drugs of abuse that teens are abusing and exploring the overlooked abuseable substances in the home provides parents with the awareness of warning signs and indications of use. Exploring the role of boundaries and strategies to avoid enabling and co-dependency is essential to increasing communication with your teen. Behavioral changes stemming from substance abuse and the effective treatment strategies to address those attitudes are explored in depth. Concepts of recovery, relapse prevention, and identifying supportive resources in the home environment are important parts of the Family Recovery Plan.

The Family Education Topics are:

1. Introduction to Addiction
2. Drug Education
3. Drugs of Abuse in the Home
4. Setting Boundaries
5. Addiction and Behavior
6. Treatment Approaches
7. What is Recovery?
8. Relapse
9. Preparing for Discharge
10. Community Resources



Manos House was established in 1972, to help young men free themselves from addictions that inhibit them from leading responsible, rewarding lifestyles. In 1975, the program was incorporated as Drug and Alcohol Rehabilitation Services, Inc. A private, non-profit corporation, DARS, Inc. is governed by a board of directors comprised of volunteers from Lancaster and the surrounding community. The corporation has three separately licensed programs that include Manos House, the Supervised Independent Living Program, and the Prospect Grove High School. These programs are located at 1290 Prospect Road in Columbia, PA, which is a short distance from Lancaster City.

Typical clients have a history of substance abuse and delinquent behavior. Referrals are made through probation departments, social service agencies, managed care agencies, and other treatment facilities by contacting the Treatment Director. Both the residential and supervised independent living programs are aligned with PA Behavioral Health – Managed Care Organizations-CCBH, Perform Care, and Magellan.

Drug and Alcohol Services, Inc. has a supportive and caring staff of counselors, educators, a psychologist, a chaplain, and mentors. Staff members are experienced and caring professionals with a sincere desire to serve this special population. A low client-to-staff ratio is maintained to ensure that clients receive the time and attention they deserve.

Mission Statement for Drug and Alcohol Rehabilitation Services, Inc.

“The mission of Drug and Alcohol Rehabilitation Services, Inc. is to help clients change the direction of their lives by providing a positive environment, counseling, and support to facilitate personal growth that encourages clients to live sober, responsible and truthful lives.”

The Manos Philosophy

Manos is the next step forward: changing for the better and learning to avoid obstacles over which we have stumbled in the past.

Manos is help: receiving the help we need and learning to help others.

Manos is responsibility: taking responsibility for our actions and acting responsibly even when we feel like doing otherwise.

Manos is truth: accepting the truth, speaking the truth, and realizing the importance of truthfulness in living a fulfilling life.

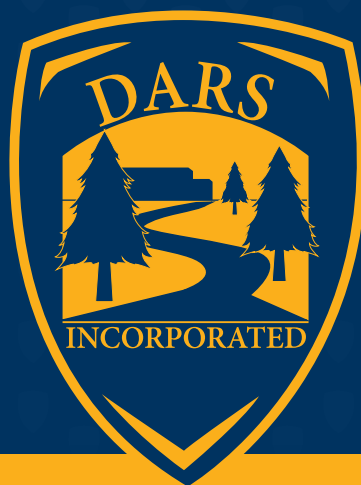
Today, we will take the next step, give and receive help, act responsibly, and seek truth.

www.darsinc.com

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