



[www.galerecovery.org](http://www.galerecovery.org)  
608 E. Patrick Street  
Frederick, MD 21701  
(301) 662-7003

## **What to expect**

Here is a general overview of our program and services.

Gale Recovery, Inc. provides low intensity clinically managed residential addiction treatment services at two halfway houses certified by the Maryland Alcohol and Drug Administration. Our halfway houses provide a structured, yet individualized residential treatment environment. Known in the treatment community as Level III.1 services, this level of residential program is best suited for individuals who have completed their initial detoxification and treatment, and are basically stable bio-medically, but are in need of a safe and stable living environment where recovery skills can be developed and self-sufficiency can be achieved before transitioning to or returning to the community.

Our program is located in historic Frederick, Maryland; the 12-bed Gale House for Women is situated in the heart of downtown Frederick, the 21-bed Olson House for Men is on the east side of town near the fairgrounds. Both houses are staffed 24 hours a day, seven days a week throughout the year. We serve Maryland residents with an emphasis on the Central and Western regions and a priority for Frederick County residents.

To enter our program, you must be age 18 or older, referred directly from a treatment provider (at a Maryland certified inpatient or outpatient program), and you must have a primary diagnosis of Substance Abuse Dependency

You may initially be placed on a waiting list for an opening in our program. Once a bed opening appears likely, you will be contacted for a pre-screening interview. At that time you will learn about our program, receive a copy of our rules and guidelines, and be able to ask questions. You are also free to contact us at any point if you think of additional questions.

Residential services are generally available for 3 to 6 months; you will move through program from program orientation through transition into (or return to) the community at large. The length of time depends on you and your recovery goals. You should be prepared to mutually and actively develop a recovery treatment plan with a primary counselor, which is based on your individual strengths and needs is focused on your eventual transition from our program back to the community.

Licensed addiction counselors/case managers, and peer counselors will provide you with treatment services for at least 5 hours per week, focusing on acquiring and transferring the skills of a recovery lifestyle. Treatment services include:

- 24-Hour Supervision and Support
- Daily Meal Services
- Treatment Planning
- Case Management and Community Referrals
- Weekly Individual Counseling
- Weekly Group Counseling
- Conflict Resolution
- Peer Group Support
- Relapse Prevention
- Addiction Education
- Coordinated Mental Health Services
- Vocational Assistance and Independent Living Skill Development
- Discharge and Aftercare Planning
- Follow-Up Support

Additionally, Gale Recovery, Inc. is part of a well established network of recovering peers and nearby 12-step meetings which are available to you within walking distance or by public transportation.

Gale Recovery, Inc. programs do not accept insurance payments; your program fees are based on a sliding scale (in 2010-2011 approximately \$120 per week) and include all program expenses, such as room and board (including meals and snacks), as well as all educational, counseling and case management services. You are required to seek employment during the entry phase of residency (your first month), to develop initial recovery goals and to become familiar with community resources. You will be asked to provide proof of income as you move through the program phases. Residents receiving disability are waived from this requirement; participation in volunteer activities is strongly encouraged for those with a fee waiver. It is helpful if you are able to bring identification including driver's license or walker's ID, Social Security card and birth certificate. A small footlocker is available for important papers and small items; locks are provided by us with a \$10 lock (refundable) deposit.

Space is limited at the residences; please bring only enough change of clothes for seven to 10 days. Gale Recovery, Inc. will not be responsible for lost or missing items regardless of value. Gale Recovery, Inc. pursues an aggressive bed-bug prevention policy; at entry into the program all clothing must be cycled through hot dryers before being placed in rooms. Use of washers, dryers and detergent are provided to you at no cost. Your suitcases, bags and totes are stored in an on-site storage shed during your residency.

If you have any general questions about our program, please do not hesitate to contact us.