



Born Free-Women's Specialty Program

The Born Free substance abuse treatment counseling program is designed to address gender specific issues and eliminate the barriers faced by women seeking substance abuse services in Jackson County. We are open to all women over the age of eighteen who meet the criteria for treatment. Born Free takes a holistic approach and is committed to treating the whole person. Born Free offers priority admission to:

- Pregnant women
- Women with Medicaid
- IV drug abusing women
- Women referred by Child Protective Services (CPS) and women with children in foster care.

Admission to Born Free is diagnosed through a comprehensive assessment provided by Central Diagnostic and Referral Services (CDRS) or an assessment can be scheduled and completed at Born Free. Any woman can call Born Free directly at 517-782-9905 to schedule an intake appointment; clients are also referred to Born Free through community agencies (i.e. probation, CPS, etc.) Born Free provides treatment services for **Home of New Vision-Jackson** residents and **Recovery Court** participants (formerly known as Drug Court.)

Our services include:

The Outpatient Group Program (OP) focuses on education, prevention and motivation to change. The sessions provide information on several substances and the physiological, psychological, emotional and spiritual side effects that occur with continued or increased use. The program consists of 12 group sessions in a continuous rotation which allows clients to start treatment at any point. The Outpatient group meets every Tuesday 10:00 to 11:30 AM at Born Free.

The Women's Recovery Group meets Tuesday evening 6:00 to 7:30 PM at the Family Services and Children's Aid building at 330 West Michigan. This group addresses recovery-threatening issues through 12 Step facilitation, education, and group discussion. Any woman referred to treatment for additional support on an outpatient basis is appropriate to attend.



Outpatient Individual Counseling is also available at Born Free with qualified therapists in a supportive and caring atmosphere.

The Intensive Outpatient Program (IOP) meets three days a week Monday, Wednesday and Friday, from 10:00 to 11:30 AM and 12:30 to 2:00 PM. Lunch is provided for all clients and clients' children who attend the Born Free childcare. Two of the biggest barriers that women seeking substance abuse services face regularly are Child Care and transportation. Born Free provides **Child Care** for clients in IOP and **transportation** is available (bus tickets) according to individual need.

Weekly **parent education** is provided by an FSCA staff member. The Jackson County Department of Health provides **health education** groups. A **12 Step meeting** is provided in house every Friday at 12:00PM.

Case management addresses co-occurring environmental barriers such as: housing, transportation, childcare funding, DHS, employment referrals through Michigan Works, emergency financial help, free glasses, and general client advocacy. IOP and OP clients may access these services.

Aftercare Group focuses on relapse prevention and providing ongoing support for IOP graduates and women who have completed treatment that require additional support.

Health Professionals Recovery Program (HPRP) has designated Born Free as a treatment provider for health professionals whose licenses are in jeopardy or have been revoked as a result of substance abuse. Services may include IOP/OP or individual sessions depending on the assessment recommendations.

Funding: Mid South Substance Abuse Commission provides Block Grant funding for women without insurance; we accept Medicaid, some private insurances and self-pay. Born Free utilizes a sliding fee scale.

For more information contact:
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