

Hope House has two separate treatment programs: the Pear Lake facility for women and the Hope House facility for men. The Pear Lake women's program includes Project Clean Start, which was developed by Hope House of Itasca County to provide support services for recovering adult and adolescent women who are pregnant and/or have children, and their children.

Project Clean Start is a holistic approach to balance and healing. This free program is available for women currently in chemical dependency (CD) treatment or those who have completed CD treatment within six months of applying. Through long-term counseling and support services, the program helps women and teens (who live in North Central Minnesota) sort out the many issues that have developed during their chemical use and persist during recovery. The program's aftercare includes a multidisciplinary team effort that allows all service providers and resources working with an individual client to better coordinate services and identify the changing needs of a client and her children. Hope House and Pear Lake are licensed by the State of Minnesota.

### **Project Clean Start will provide the following services to eligible participants:**

- In-home aftercare support
- Referrals – Rule 25 Assessments, Mental Health Assessments (family), Fetal Alcohol Diagnostic
- Assessments, Housing, Licensed Child Care, Financial & Medical Assistance, Local Service Providers/Resources.
- Transportation
- Start-up, Emergency and Preventative Fund
- Supplies
- Moving Expenses
- Weekly Meetings
  - Woman's Support Group
  - Parenting
  - Child/Youth Support Group
  - Talking Circle/Native Ceremonies
- Community Educational Outreach – Fetal Alcohol Spectrum Disorder (presentations, brochures)
- Advocacy (court, probation, child protection)
- Alcohol/Drug Testing
- Recreational Activities & YMCA Family Membership
- Individual Care Plans (licensed alcohol drug counselor & multidisciplinary team)

Project Clean Start is possible because of monies designated for Fetal Alcohol Spectrum Disorder through the State of Minnesota Department of Human Services Chemical Dependency Division. Program services funded under this program are accessible to all eligible persons without regard to religion, race, color, age, sexual orientation, handicap, including the learning impaired and blind.