



*Liberation Programs  
served 1,291 people through  
our inpatient and outpatient programs  
in Stamford in FY15.*

*139 were between the ages of 18 and 25.*

**Liberation Programs, Inc.  
SERVICES FOR YOUTH AGES 18 – 25  
CITY OF STAMFORD**

**LIBERATION PROGRAMS – Who We Are and How We Help**

For 45 years, Liberation Programs has been one of Fairfield County's leading behavioral health organizations specializing in the treatment of substance abuse. The organization's first service location was Liberation House in Stamford where we continue to offer services to the community. Liberation provides services for youth, adults and families that include two in-patient residential treatment programs, outpatient and intensive outpatient services, health education for older adults and people living with HIV/AIDS, treatment and resources for adolescents and their families, education, prevention and wellness efforts in the community, and permanent supportive housing for families. The agency currently has locations in Greenwich, Stamford, Norwalk and Bridgeport. Liberation Programs served over 2,000 individuals in the last fiscal year.

**KEY PROGRAMS IN STAMFORD**

**Liberation House – Residential Program for Men**

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Liberation House, located in Stamford, provides an inpatient treatment program for men with a capacity to serve 65 individuals at a time. Duration of treatment is up to 90 days during which time men focus on skills that will help them maintain their recovery as well as work on critical needs such as transitioning to employment and housing. Liberation initiated an internal employment program this past year called the Recovery Employment Program (REP) which was met with great success and enthusiasm by the men in treatment. Men are given the opportunity to work on various projects within the facility and are paid a stipend. This gives the men the chance to gain important work experience that will help them transition to employment as well as funds that can be used to secure housing once they leave the program. To date 32 men have benefitted from the program since it started.

Co-occurring disorders—substance abuse and mental illness—are common among the population that Liberation serves. We recently added a part-time APRN (Advanced Practice Registered Nurse) at Liberation House to provide evaluations and medication management for our clients. Often there was a wait time of up to three weeks for our recoverees to see a mental health provider which places their successful recovery in jeopardy. A timely evaluation and diagnosis with follow-up medication is critical in helping a recoveree with mental illness begin to stabilize and address their drug addiction. The APRN increases our capacity to respond to their needs and improve their chances of successfully completing treatment. The APRN also facilitates linking them with ongoing help once they leave the program.

**Evaluation – How We Measure Success**

While the specific plan goals for an individual are varied, Liberation Programs measures the primary outcomes below that we help our recoverees achieve during the duration of their treatment.

- Abstinence and retention
- Stability-Housing/Employment/Education-Achieve and/or improve ability to live self-sufficiently
- Access to services & Social Connectedness-Maintain links to support groups
- Crime & Criminal Justice-Resolve legal issues and be free of incidents.

In addition to these outcomes, Liberation Programs places strong emphasis on activities that support and foster lifelong recovery for our clients.

*Last year, Liberation House served a total of 307 men up from 267 in FY 14. Successful program completion was achieved by 78%. Out of this number 41 were ages 18 to 25.*

### **Outpatient Programs – Main Street Clinic in Stamford**

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Liberation's Outpatient Programs provide treatment services that include individual and group counseling, family therapy, intensive outpatient treatment, medication assisted treatment, and relapse prevention. From day one, services are focused on helping each person we serve achieve and maintain their recovery for life. For many this may include a medication or methadone maintenance program. Individuals are encouraged to cease drug use and improve their quality of life by making behavior changes such as re-connecting with family, stopping illegal activities, becoming gainfully employed and addressing health issues.

*In FY15, Stamford's Outpatient Clinic served 921 individuals, both men and women. This is up from 866 in FY 14. Out of this number 98 were between the ages of 18 to 25, six more than the previous year.*

### **GREATEST NEEDS**

The biggest need for all people struggling with addiction problems and in particular those ages 18 to 25 is resources that will help connect them to employment, education, and housing. Our Recovery Employment Program at Liberation House is one way we are working to help men transition from treatment to employment and housing but this is limited to available funding. The ability for young people to apply to trade schools or colleges via a scholarship fund would be one way to help them re-start their lives. However, a lack of affordable housing continues to be a barrier especially for someone who is young. Additionally, our programs have seen a 38% increase in demands for services over the past few years, straining not only our resources but our physical location as well which is a full capacity.

### **THE ADDICTION CRISIS**

Unfortunately there is a major heroin crisis affecting Connecticut and Stamford is not immune. One only has to read a newspaper or watch a story on the news to recognize the impact this has on all of us. A sampling of headlines from Stamford alone reads:

- "Stamford Teen Charged in Heroin Bust," Stamford Advocate, August 26, 2015
- "Three Charged in Stamford Heroin Bust," Stamford Advocate, Sept. 18, 2015
- "Stamford Doctor Sentenced for Illegally Prescribing Narcotics," Stamford Patch, Nov. 4, 2015;

Statistics from the Connecticut Department of Mental Health and Addiction Services (DMHAS) paint an even bleaker picture:

- over 43,000 Fairfield County residents have a substance use disorder;
- an estimated 25,000 Fairfield County residents have a serious mental illness;
- approximately 18,293 suffer from both;
- an estimated 8,000 Stamford residents have a substance abuse disorder;
- over 3,000 Stamford residents suffer from both a serious mental illness and substance abuse, and;

Addiction affects almost 10% of the population of our state where Connecticut residents rank in the top 10 percentile in substance abuse. A 2014 report by the Substance Abuse and Mental Health Services Administration (SAMHSA), the Behavioral Health Barometer of Connecticut found that in a single day in 2013 there were 33,267 individuals in Connecticut enrolled in substance abuse treatment which was an increase from 24,831 in 2009.



# Liberation RECOVERY FOR LIFE Programs



IF WHAT WE DO CAN SAVE  
JUST ONE PERSON - IT IS WORTH IT

## Our Credo

WE HELP EACH RECOVEREE, THROUGH OUR DAILY EFFORTS, TO RE-DISCOVER THEIR GIFTS, SKILLS, STRENGTHS, ABILITIES AND PURPOSE FOR LIVING. WE WILL SEARCH TO UNEARTH THOSE POSITIVE QUALITIES; WE WILL SEEK OPPORTUNITY TO GROW THEM THROUGH POSITIVE REINFORCEMENT.

You are not alone in the fight against addiction. Working from an asset-based approach to treatment, Liberation focuses on the strengths within each person to help them achieve and maintain lifelong recovery.

It has often been said that if what we do can save just one person it is worth it. At Liberation Programs, we see each of the more than 2,000 people we serve every year as that one person we are trying to save.



## Outpatient Services

**Professional Counseling** – Knowing the role family plays in recovery, services include family and group therapy, individual counseling, and relapse prevention.

**Youth & Family Resources** – With the goal of keeping kids safe, Youth & Family Resources offers professional counseling for adolescents, support services for families and extensive education and outreach into schools and the community about the dangers of substance abuse.

**Older Adult Services** – Care, focused on the specialized needs of adults 55 and over, helps those affected by alcohol, medication or drug abuse and provides support for family members.

**Medication Assisted Treatment** – Liberation Programs offers medication assisted treatment in Stamford and Bridgeport for persons with opiate addiction.

**Health Education** – Specialized support services that focus on overall health and well-being are available for persons living with HIV/AIDS, Hepatitis C, diabetes and other chronic diseases.

**Mental Health** – Psychiatric evaluations and medication management are available for both inpatient and outpatient recoverees. A timely evaluation and diagnosis with follow-up medication is critical in helping a person with mental illness stabilize and begin to address their addiction problem.

## Inpatient Services

**Families in Recovery Program (FIRP)** – FIRP is a 10-family, long-term inpatient program unique to Fairfield County. FIRP welcomes pregnant and parenting women and their children to keep the family together during treatment.

**Liberation House** – Offering a long-term inpatient program for 65 men focused on helping them learn sober coping skills, Liberation House provides counseling and connections to community resources and support groups. An internal Recovery Employment Program helps men transition to housing and jobs once they complete treatment.

## Housing

Liberation provides 24 units of permanent housing with on-site support services for families at risk of homelessness and in need of help maintaining their mental health and/or recovery: 18 units at Gini's House in Norwalk and six units at Cherry Homes in Bridgeport.

## Service Locations

Greenwich, Stamford, Norwalk, Bridgeport

## Enrollment

Liberation Programs can help individuals secure insurance through the government's Affordable Care Act, determine eligibility and assist in applying for state and federal benefits, offer services on a self-pay sliding scale and, in limited circumstances, provide scholarship treatment.

LIBERATION PROGRAMS'  
MISSION IS TO EMPOWER  
PEOPLE AND THEIR FAMILIES  
TO BE FREE OF THE DISEASE  
OF ADDICTION BY PROVIDING  
TARGETED SOLUTIONS  
THAT RESTORE LIVES  
AND STRENGTHEN  
OUR COMMUNITY.



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