

## Helping mothers and children maintain a strong and healthy bond.

This program uniquely allows mothers and children to remain together and focuses on helping mothers recover from opioid, heroin, and other drug addictions and have healthy children. It admits pregnant women with an addiction involving opiates who do not have an open case with the Indiana Department of Children Services (DCS) as well as women with a substance abuse problem who are involved with DCS.

## You can count on us.

Volunteers of America Ohio & Indiana is an affiliate of Volunteers of America, a national nonprofit, faith-based organization dedicated to helping people rebuild their lives and reach their full potential. For over 120 years, our work continues to touch the mind, body, heart – and ultimately the spirit – of those we serve.



## Fresh Start Recovery Center

Residential substance use treatment for mothers and their children



## For more information or to make a referral, please contact us:

833.659.4357

[voahin.org/fresh-start](http://voahin.org/fresh-start)

[voaaccess@voahin.org](mailto:voaaccess@voahin.org)

### Fresh Start Recovery Centers

#### Indianapolis

927 N. Pennsylvania St.  
Indianapolis, IN 46204

#### Winchester

313 S. Meridian St.  
Winchester, IN 47394

#### Evansville

1351 W. Buena Vista Rd.  
Evansville, IN 47710

#### Columbus

703 Washington Street  
Columbus, IN 47201



Volunteers of America®

OHIO & INDIANA

All submitted referrals will be contacted within 24 business hours.



Offer Hope Restore Dignity Transform Lives



## **Mothers with children** are allowed to have 2 of their children, aged 5 and under, live with them during treatment and will go through the following phases:

### **Phase 1 – Acute Stabilization, Treatment, and Life Skills Training**

- 3 weeks focused on addictions and mental health treatment with a strong emphasis on building parenting skills, bonding, and attachment
- 4+ hours of treatment and/or case management per day
- Child Engagement Specialists provide child care during treatment, including developmental activities
- Connection with Medication Assisted Treatment (MAT)
- Planning for Aftercare Treatment

**This program accepts Medicaid as the primary payer source. Additional funding sources may be available.**

### **Phase 2 – Sobriety Maintenance, Treatment, and Advanced Life Skills Training**

- Focus on reintegration into communities for up to 2 months
- Shift from acute stabilization to long-term recovery maintenance and planning
- Focus on long-term recovery skills including the following:
  - Employment
  - Job training
  - Housing
  - Child care
  - Parenting
- Begin Aftercare Treatment; including Outpatient Treatment, peer support groups, and other services as needed.

*\*Phases may vary and are specific to each client's Fresh Start program.*

**A new treatment option that works for pregnant women and mothers with children**

Trained staff are present 24/7 to maintain safety and support.

All staff are trained in Trauma-Informed and Gender Responsive Care, Motivational Interviewing, identifying abuse and neglect, and safe-sleep.

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Phone / 833.659.4357  
Online / [voahin.org/fresh-start](https://voahin.org/fresh-start)  
Questions / [voaccess@voahin.org](mailto:voaccess@voahin.org)

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