***ARYA***

***Adult Recovery & Youth Alliance***

***Comprehensive Statement***

Vision

Our vision is to be a haven for women and children in recovery, offering a compassionate space where they can continue to heal and grow without judgment and thrive while helping to eliminate barriers that often hinder these processes. We envision a present time and future where every woman has the resources and support needed to autonomously lead a healthy, substance-free, authentic life, and where families can rebuild and maintain strong foundations for a happier, healthier, sober future. We see community resourcing and collaboration integrated into this environment as a core piece of having a successful, happy life.

Core Values

**Recovery-centered approach:**

We provide a structured, safe, and substance-free environment to support individuals on their journey to long-term sobriety. Our programs emphasize accountability, personal growth, and healthier ways of being and living in the world. We empower residents to take control of their recovery and lives and assist in providing resources where needed.

**Integrity and transparency:**

Our operations are rooted in honesty, integrity, and ethical practices. We maintain clear and healthy communication with residents, families, stakeholders, and the public, ensuring fairness and transparency in all financial and operational matters.

**Community and support:**

We believe in the power of community and collaboration. Our home and programs foster peer support, encouraging residents and community members to build and maintain meaningful and healthy relationships that contribute to their recovery and overall well-being.

**Respect and compassion:**

We respect the dignity and autonomy of every individual. Our team is committed to offering compassionate and trauma responsive care, meeting residents and community members where they are in their journey and providing non-judgmental support. We believe and act on the knowledge that every individual has a unique journey and are committed to respectfully helping them discover their potential and what works for them in this process.

**Sustainability and responsibility:**

We aim to be financially sustainable while ensuring affordability for residents and the community members in need of support. Through thoughtful planning and resource management, we strive to offer high-quality services that remain accessible to those in need.

Mission Statement

Our mission at ARYA is to provide a haven for women and their children as they continue their journey of recovery. ARYA is dedicated to empowering women to not only obtain lasting recovery, but to break the cycle of belief anchored from trauma and substance use through modeling what a holistic lifestyle looks like. Our commitment to provide a trauma responsive and supportive approach to help women maintain nurturing parenting and relationships is our priority. We understand the importance of having a substance free and safe environment for women to best reach their potential. We are committed to aiding in the process of education and training, developing life skills and job readiness, assisting in the process of self-discovery and autonomy, and guiding in building community and collaboration. We are stronger together and we believe collaboration has a profound ripple effect in making our living spaces, families, our internal and external relationships, and our environments healthier overall.

| **What makes ARYA special**  |  ARYA is based on an integrated approach to women’s addiction recovery. Programming includes all female recovery groups with variety and choice in therapeutic approaches, this allows the programming to match the individual rather than the individual fitting into the programming Our programming is led by area professionals with the education and/ or experience that supports quality guidance, services, and information offered to our women and their childrenARYA is offering a very rare element in a sober living home which is to allow children to be on site with the women. The lack of this allowance throughout our state has created a barrier for women seeking sober living. We will be eliminating this barrier to give more women and children opportunities to grow together and sustain successful recovery. ARYA program for children in the home is led by an educated professional and team that will provide opportunities to help the children grow and develop their social emotional, emotional regulation, and conflict manages skills through play and activities while moms are in their own programming groups Our program provides guidance and education on the parenting relationship between mother and child while in recovery and in a secure and safe environmentSupport is based on a comprehensive, trauma-informed, integrated, and collaborative system of care with key elements of individualized and strengths-based approaches Safety, respect, and dignity and worth of the person is at the forefront to aid in elimination of punitive or confrontational strategies Maintaining a mother’s parental role as a priority Substance abuse is recognized as a coping response rather than a moral failure at ARYAARYA will be working collaboratively with other service entities such as Probation & Parole, Workforce Development, Child Protective Services, Drug Treatment Courts, and more, and will also provide needed resources to all women for employment needs, housing and food needs, secondary education information, and moreMany sober homes are primarily peer-run, often with individuals in early recovery still in need of services themselves. Many facilities offer free rent to a resident and have them work as a house manager or other staff. We’ve seen this frequently lead to relapse as too much responsibility is placed on the individual. This also sometimes leads to an increased risk for substance abuse to occur in the home, putting other residents at greater risk for relapse. We believe it is important to utilize staff members with lived experience in long-term recovery and put less emphasis on depending on those in early stages of recovery to be heavily responsible before they’re ready. We intend to phase into operating our home with staff on-site 24 hours per day for additional security, guidance, and accountability measures.  |
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**BEYOND THE BOTTOM LINE**

**Social Impact**

Safe housing for women in recovery

Outpatient mental health treatment- serving the greater community

Outpatient substance abuse treatment- serving the greater community

Trauma responsive approach

Harm reduction/Narcan training

Safe communities-crime reduction

Eliminating barriers (helping to keep people from being in/ re-entering the criminal justice system)

Job readiness/life skills

College readiness/education planning

Provide volunteer opportunity resources to women for community service

A healed mother and child ripples out to the greater community as a whole by causing a reduction in continued cost of various social services in the long run



| **Services Benefits**  |   On site outpatient services Mindfulness groups Art/ Expressive Art groups SUDs groups YogaOn site Reiki serviceParenting groupsNutritional wellness/ healthy eating groups Budgeting & money management groups Trauma and Mental Health treatment Community collaboration Volunteer Opportunities/ResourcesChildren living with mother Children’s Growth & Develop programIndividualized care Developmentally appropriate groups for children Employment resources & community partners |
| --- | --- |

ARYA is committed to safety, empowerment, trauma responsive care, promoting supportive relationships, and prioritizing bonds between mother and child to break generational cycles of trauma and substance abuse. We are dedicated to aiding in the process of education and training, developing life skills and job readiness, assisting in the process of self-discovery and autonomy, and building community and collaboration. We are stronger together working towards improving the health of individuals, families, communities, and our living spaces.

[www.aryprograms.com](http://www.aryprograms.com)