



# Mrs. Wilson's Treatment Services for Women Alfre Inc.



## Substance Abuse and Behavioral Health Disorders

### History

**Mrs. Wilson's Halfway House** was founded as a private, non-profit organization in 1976 by three visionary women; Judy Knowlton, Ethel Finley and Doris Vandeven.

The house takes its name from Lois Wilson, wife of Alcoholic's Anonymous co-founder Bill Wilson. It is a home where women begin to learn to live life without alcohol or drugs.

The Corporate name, Alfre, Inc., derives from the phrase "alcohol free", a condition the founders were striving to ensure.

### Admission

#### Criterion:

- Adult Women (18 years and older)
- Drug and alcohol free
- Physically capable of working
- Mild Mental Health or Substance Abuse Symptoms

#### Online Video Admission

Alfre Inc. offers online internet admission screening via our secure video service.

- Our website makes interaction available between consumers and the Alfre Inc. intake office for treatment services.
- This service is ideal for women who are in treatment out of state or a distance from our facility
- Our online video counseling service provides safe and secure video sessions
- Private admin login for both the counselor and the client.
- Our site is encrypted to comply with the Health Insurance Portability and Accountability Act (HIPAA).

### Residential Services

#### Mrs. Wilson's Halfway House



Recovery begins the moment a woman walks through the front door at Mrs. Wilson's. The professional staff implement a program of recovery designed to address the individual woman's physical, emotional, spiritual and vocational needs.

- Eighteen Beds
- Six to Eight Months

#### Tomlinson 3/4 House



Tomlinson Transitional Living House provides housing for six women in recovery while they participate in aftercare group and individual therapy at Alfre Inc.

- Six Beds
- Six to Twelve Months
- Aftercare Services

### Clinical Services

- Screening (Internet Video Screen)
- Intake
- Assessment
- Treatment Planning
- Self-Help Support Groups
- Psychiatric Evaluation
- Medication Monitoring
- Individual Therapy
- Psycho-Educational Group
- Process Group
- Relapse Prevention
- Seeking Safety (Trauma Group)
- Yoga
- Pet Therapy
- Healing Touch
- Mindful Meditation
- Urine Drug Screening

#### Family Program

- Internet Video Family Therapy
- Private Family Counseling
- Psycho-educational Family Group
- Private Couples Counseling
- Couples Group

#### All of our programs are licensed by NJ Department of Human Services

- Co-Occurring Capable: Halfway House, Intensive Outpatient and Outpatient Services



#### Mission Statement

"Our mission is to provide compassionate, comprehensive treatment and housing for women who are seeking services for alcoholism, drug addiction, and co-occurring disorders. We strive to provide quality services that facilitate their responsible and successful recovery and re-entry into the community."

### Intensive Outpatient & Outpatient

A comprehensive treatment program for women utilizing evidence-based and integrative approaches.

- Nine to fifteen (9-15) hours of intensive outpatient treatment programming
- Small groups
- Comfortable atmosphere
- Flexible scheduling
- Family Program
- Relapse Prevention
- Evidence-based treatment approach
- Co-occurring capable services (Addiction and Mental Health)

#### Agency Staffing

Licensed Social Workers  
 Licensed Professional Counselors  
 Licensed Drug and Alcohol Counselors  
 Psychiatric Advance Practicing Nurse  
 Dietitian  
 Consulting Psychiatrist  
 Consulting Pharmacist  
 Holistic Teachers

#### Funding

Morris County Grant  
 Union County Grant  
 Drug Court Initiative (DCI)  
 Driving Under the Influence Initiative (DUII)  
 Substance Abuse Initiative (SAI)  
 Self-Pay  
 Out-of-Network Commercial Insurance

#### Contact Information

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