



Fairbanks
Experts in addictions. Focused on recovery.

The HOWSE Program at Fairbanks

Healing Opportunities Within a Sober Environment

The HOWSE program provides adolescents a long-term, therapeutic environment that will engage them in living a life focused on recovery from alcohol and drug addiction.

The program prepares adolescents to transition from treatment into recovery with anticipation of returning to their homes and families with a healthy body, mind and spirit. If returning to family is not an option, the staff works with the adolescents to prepare them for independent living or another supportive living environment.

HOWSE program at a glance:

- 16 bed availability
- Education objectives achieved through earning a high school diploma or GED
- Development of life skills
- Incorporates a 12-step program into everyday life
- Therapeutic approaches such as Cognitive Behavioral Therapy (CBT), Choice Theory and Motivational Interviewing applied
- Discharge and recovery plans developed through counselor, peer and recovering community interaction

*“We have our son back and it doesn't
get any better than that for us.”*

we have our son back



Individuals who qualify for the HOWSE program must:

- Complete at least 30 days of primary treatment prior to HOWSE admission
- Make a commitment to participate in all therapeutic programming
- Complete an interview with the HOWSE community

HOWSE resident expectations:

- Learn about alternatives to a drug and alcohol-using lifestyle
- If appropriate, seek part-time or full-time employment
- Become a positive role model
- Learn to balance school, employment, social/recreational activities and family relationships
- Contribute to developing a positive, value-based HOWSE community
- Make progress toward recovery and program goals
- Complete weekly tasks: grocery shopping, meal preparation, laundry, budgeting and community service

We take a developmental approach to individualized treatment through value development and asset-building exercises. Life-skills development is essential to our programming where a young person will learn the importance of dealing with emotions, communication skills, working/volunteering in the community and developing a life-long recovery support network.

For more information about the HOWSE program, please call 317.572.9382 or visit our website at www.fairbanksd.org.

“My time at HOWSE helped me develop a clean and sober lifestyle before going home.”

clean and sober lifestyle



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