

Since 1974, our mission has been to promote, enhance and support recovery for individuals affected by substance use disorder, developmental disabilities and mental illness by using an evidenced-based and person-centered approach.

Our Services

- ◇ Crisis (including walk-in, mobile, telepsychiatry)
- ◇ Detoxification
- ◇ Outpatient
- ◇ Integrated Primary Care
- ◇ Residential Rehabilitation
- ◇ Community Intervention Services

Our Locations

- ◇ Chapel Hill
- ◇ Durham
- ◇ Norlina
- ◇ Warrenton
- ◇ Pittsboro
- ◇ Roxboro
- ◇ Yanceyville

104 New Stateside Drive
Chapel Hill, NC 27516
Phone: 919-942-2803
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Freedom House Recovery Center

Integrated behavioral health care for children and adults

Fall 2016

Creating a Safe Place: Paths to Recovery

With a \$50,000 award from the North Carolina Division of Mental Health, Developmental Disabilities, and Substance Abuse Services, Freedom House created Paths to Recovery, a recovery community center within Freedom House, open to all people on the path to recovery and the people who love and support them.

Co-directors of Paths to Recovery, Kelly Stanley and Troy Manns, have created annual programming and community building events to support recovery in Orange County.

"Recovery Centers help provide resources that people in recovery, as well as their families, need to not only continue sobriety, but to thrive in it," says Stanley.

"People in recovery need a place they feel safe and a part of," adds Manns.

Past events have included: a Kickoff BBQ where persons in recovery and community stakeholders helped create the nature and mission of Paths to Recovery; a dance; and Recovery Messaging Training for the general public and professionals. (continued on page 2)



For more than four decades, Freedom House has expanded both our service area and programs. Paths to Recovery is an example of how we grow to meet the behavioral health care needs of North Carolinians. Paths to Recovery Co-Directors, Kelly Stanley (l) and Troy Manns are pictured here.

Year-end Giving Made Simple

One in 3 families is affected by either mental illness or substance use disorder. Supporting a loved one struggling with one or both of these diagnoses is difficult enough. Imagine doing so with no insurance or few financial resources.

Your support provides hope and health to thousands who cannot afford the services they need.

It's easy to make a secure online donation:

<https://npo.justgive.org/freedomhouse>

Or, you can mail a check to:

FHRC
104 New Stateside Drive
Chapel Hill, NC 27516

Or call: 919-942-2803 ext. 202

www.freedomhouserecovery.org

Combining Services with Mental Health America of the Triangle

Earlier this year, Mental Health America of the Triangle (MHAT) combined its programs and services with Freedom House to ensure that more individuals without adequate health care coverage receive access to mental health resources. While MHAT will no longer exist as a separate entity, this partnership established an even stronger network to continue in the shared missions of both organizations. Freedom House is proud to carry on these critical services:

Family Advocacy Network

Through the Family Advocacy Network (FAN), Freedom House provides critical assistance to parents raising school-age children with emotional/behavioral issues, mental illness, learning differences, substance abuse problems and other challenges. FAN also offers group support, advocacy and parenting skills training, all to help families navigate challenges at home, in school and in the juvenile court system.

Compeer

Companionship for People with Severe Mental Illness (Compeer) harnesses the power of friendship and mentoring to combat the loneliness and isolation that people with mental illness often experience. After being carefully screened and trained, a Compeer volunteer is matched with an individual of the same gender, often close in age, and with similar interests. Thanks to ongoing training and support, each Compeer volunteer is able to provide useful information about resources and services in addition to companionship.

The Pro Bono Counseling Network

Through our Pro Bono Counseling Network, Freedom House recruits area therapists to provide free short-term counseling to underinsured or uninsured people in Orange, Durham, Chatham and Person counties and who are in need of services. Up to 8 free sessions are offered – often enough to get a person back on their feet and feeling much better.

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Paths to Recovery Upcoming Events:

December 12 – Holiday Movie Night, 6-9pm
December 17—Dinner & Dance, 6-11 pm
January – Super Bowl party
February – Winter Dance
March – Town Hall Meeting
April – Softball and Cookout
May – Mental Health Awareness Breakfast
June – Cookout and Community Planning event

Starting the New Year Fresh?

Please consider donating your new or gently-used:

- Blankets, comforters, throw pillows (*new or gently used*)
- Bath towels, washcloths, shower curtains (*new or gently used*)
- Twin sheets and pillows (*new or gently used*)
- Personal hygiene items (*unopened deodorant, toothpaste, lotion*)
- Umbrellas (*for client use on our 5 acre campus*)
- Sweats or scrubs (*for clients arriving in Detox without any clothing – all sizes needed*)
- Warm socks, gloves, coats
- Gently used shoes
- Glucerna products (*unopened diabetic shakes and snack bars*)
- Laptop computers (*less than two years old*)
- Larger screen Televisions and DVD players (*to show Recovery DVDs*)
- DVDs (*good, clean, fun movies for Movie Night*) and Microwave Popcorn
- Sturdy patio furniture, including a patio umbrella

**Please drop off at 102 New Stateside Drive,
Chapel Hill, NC 27516.**

(1st building on your left)

All donations are tax-deductible.