SOBER TRANSITIONAL HOUSING (STH)

STH will provide a wrap-around support system during the duration of the resident's stay. This is an alcohol and drug free home in conjunction with Yellowhawk Behavioral Health (BH) Department's out-patient services (level 1) currently provided to eligible participants.

This support system allows residents to avoid the isolation that can sometimes come with returning home while in the early stages of recovery. It further provides an environment to support recovery from substance abuse and addiction for those who are emerging from rehabilitation.

The STH acts as a supplement to a resident's recovery. It is an alternative to going from an immersive care environment to an unstructured home environment, without having to give up the comforts of a home. Sober living replicates a home environment with normal, everyday life situations while instilling healthy habits. It helps to reduce the risk of relapse.

AFTER HOURS MEDICAL NURSING TELEPHONE ADVICE: 541.966.9830

Our vision is to aid our Tribal community to achieve optimal health through a culture of wellness. It is our mission to empower our Tribal community with opportunities to learn and experience healthy lifestyles.

CONTACT US

46314 Timíne Way | PO Box 160
Pendleton, OR 97801
Main Line: 541.966.9830
www.yellowhawk.org

541.240.8670

Callers with life-threatening emergencies, call 911 or visit the nearest emergency room immediately. When Yellowhawk is closed, care providers are available at urgent care clinics located in the local/surrounding area.

For after hours assistance with a mental health crisis, please call 988 or contact Community Counseling Solutions at 541.240.8030 or text HELLO to 741741.

Non-crisis, peer support is available 24/7 at the CTUIR Community Warm Line

541.969.0010
SUICIDE & CRISIS LIFELINE
988

SOBER TRANSITIONAL HOUSING

PINÁNAYḰUKT

GATHERING ONESELF TOGETHER

YELLOWHAWK
TRIBAL HEALTH CENTER

The mission of the Sober Transitional Housing (STH) Program is to assist individuals who experience a Substance Use Disorder in making a successful re-entry into our community, utilizing cultural components and the best practices in re-entry services.

Join us in a community of health and healing.

SOBER TRANSITIONAL HOUSING AT A GLANCE

- The STH Program may be utilized for up to 1 year.
- The length of stay is determined by ongoing collaboration with the resident's counselor.
- Housing is provided for 12 beds in 2 separate homes (6 in each home).
- Housing is a standard home with a shared kitchen, living room, laundry room, bedrooms, and bathrooms.
- There is 24-hour available support for residents.
- All residents are involved in Yellowhawk's Behavioral Health outpatient services.
- The model for treatment is a peer support model with CADC Professionals and Certified Recovery Peer Mentors. Primarily Motivational Interviewing and Cognitive Behavioral Therapy therapies will be used in conjunction with contingency management for motivation. Culturally grounded practices will be encouraged along with the community-based recovery groups.
- This is a drug and alcohol-free facility.

ELIGIBILITY

- Adults, 18 years of age and older, who are eligible for services at Yellowhawk Tribal Health Center and have a diagnosed substance use disorder.
- Someone who is substance free for a minimum of 30 days (as evidence by initial urinalysis).
- Someone who is transitioning back into the community from rehabilitation or is in fear of relapse and needs a safe place to continue their journey to long-term recovery.
- Someone who wants to be an active participant with their outpatient treatment plan while in the program.

Text or call

988

for crisis assistance

HOW CAN STH HELP?

In the earliest days of sobriety it can be challenging when transitioning from the rehabilitation environment back to regular life. This is especially true after spending an extended period in a residential program, where the structure and constant support act as protective factors against relapse. Once the program is done, the individual is exposed to triggers or situations that can undermine their sobriety. This is where Yellowhawk's Sober Transitional Housing can help.

PROGRAM SUPPORTS

- American Society of Addiction Medicine Assessment
- Individualized Services and Support Plan
- Peer-Delivered Supports
- Culturally Specific Supports
- Holistic Wrap-Around Services

PROGRAM PATHWAYS

- Pursuing Individual Recovery
- Developing Individual Life Skills
- Pursuing Educational and Career Goals
- Building a Community-Based Support System for a Recovery Lifestyle
- Reconnecting with Healthy Family and Friends

OUR TRIBAL COMMUNITY ACHIEVES OPTIMAL HEALTH THROUGH A CULTURE OF WELLNESS.

We work with STH residents in conjunction with other Tribal and Community programs and services to provide wrap-around care that is supportive, strength based and culturally grounded. This can include job skills, GED/High School Diploma, vocational rehabilitation, budgeting, cooking skills, access to cultural activities/events, cleaning skills and family reunification plans. Our hope is that all participants feel supported and empowered in "their way" to recovery.