Aide House serves St. Martin parish

Lafayette - Aide House, Inc. is a substance abuse halfway house for men located in Lafayette, however, the program services the entire Acadiana area, including St. Martin Parish.

Aide House is a private, non-profit organization which receives approximately eighty percent of its funds from the state and federal government and the other twenty percent needed to run the program is provided through local funds, area civic organizations, and private donations.

Actually, Aide House is the second step in the three step process of substance abuse rehabilitation. The first step in rehabilitation of an addicted person is that of "primary care." This first stage of rehabilitation usually takes place in a hospital setting and usually lasts twenty eight days. Primary care entails medical evaluation, individual and group therapeutic counseling sessions and instruction in positive alternative behaviors to substance abuse. It is in this stage of treatment the individual learns about the progression of an addiction and how it has affected him and his family.

Once a person has successfully completed primary care he is then referred to a secondary care facility such as Aide House. Secondary care is provided in a halfway house environment as now the person is halfway through rehabilitation and although the individual no longer needs intensive therapy, he does need a supportive environment in which to continue his recovery process. Aide House is such a facility. The program is designed to meet individual treatment needs and usually lasts from a minimum of 90 days to a maximum of 6 months. During this time the individual in treatment puts to use all of those behaviors he learned in primary care. Within this supportive framework the individual is expected to obtain regular employment or enroll in a skill trade curriculum. In addition, to this important requirement, Aide House also provides a structured environment and offers regular individual and group therapy sessions, psychological testing, daily urinalysis screening, referral to out patient counseling at the Lafayette Substance Abuse Clinic and Antabuse therapy, required attendance of alcoholics anonymous and/or narcotics anonymous and referral to any other necessary support service. Last fiscal year 81% of the Aide House residents either held a job or went to school while in the program.

The main thrust of the Aide House treatment program is to help the substance abuser let go of old non-constructive dependencies and take up new constructive responsibilities. The program attempts to touch on six areas of the individual's life in some way: financial, spiritual, emotional, physical, social, and interpersonal relationships and encourages personal growth in all of these areas. The ultimate goal of the program is to ready an addictive individual for independent living so that he may responsibly lead a new life without an active addiction and with minimal support from others. Successfully completing the program entails remaining completely sober, consistent attendance of work or school and progress in personal growth areas. After graduating from Aide House the individual is encouraged to continue attending out-patient counseling as well as alcoholics anonymous and/or narcotics anonymous meetings. Statistics have shown a greater success rate with those who begin treatment in primary care, progress through secondary care, and graduate into out-patient counseling. One should be reminded that the substance abuse program did not occur overnight and will not be resolved as quickly either.

Aide House accepts referrals from walk-ins, friends and family members.