

Long-term,  
holistic recovery  
from chemical  
dependency and  
other life-controlling  
problems.

**For all women,  
regardless of  
finances.**

# WRITE a new STORY

† Helping Up  
Mission



## HELP A WOMAN TURN THE PAGE.

A woman's past doesn't define her future. With the right support, she can write a new story for her life. It will take time. And it may not be easy. *But it will be worth it.*

At Helping Up Mission, we'll walk alongside her every step of the way – regardless of her circumstances or finances. **She can come empty handed. We'll take it from there. We've got her.**

## HELPING UP MISSION'S SPIRITUAL RECOVERY PROGRAM

We offer a long-term, residential program for women in crisis including:

- Single women
- Women with children aged 0-3 years
- Those struggling with addiction, poverty, homelessness, mental health issues

There are no financial barriers. After six months, women earning an income from outside employment will be asked to pay, but women with no income can participate free of charge.

**Want to refer a woman to the Spiritual Recovery Program?**

**Want to give a woman more information?**

If you'd like to provide more information about the Spiritual Recovery Program to a woman seeking help, encourage her to visit:

**[helpingupmission.info](https://helpingupmission.info)**



**Call:**  
**(410) 675-7500, ext. 1232**



**Or visit**  
**[helpingupmission.org/  
refer-women](https://helpingupmission.org/refer-women)**

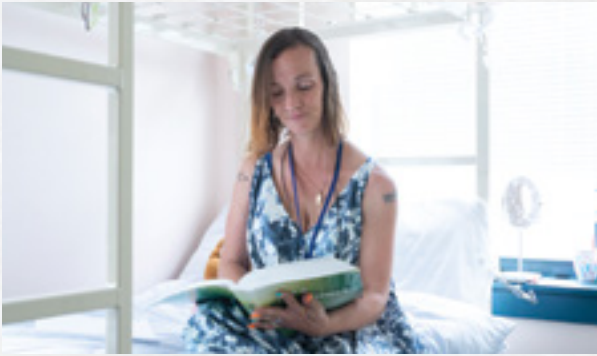


**See the back for our  
intake protocol.**





# Spiritual Recovery Program Overview



Before anything else, our Women's Spiritual Recovery Program is a community. Clients often describe it as a sisterhood of support. It's a place where women feel safe, loved and supported. It's a place of mutual trust and accountability. A family.

**We provide healing in every aspect of a woman's life – physical, emotional, mental and spiritual.** Like being in your own home, we provide everything from food and shelter, to clothing, recreational activities and permanent housing assistance.

Clients also benefit from:

- Individual & group counseling
- 12-step group therapy
- Healthcare in partnership with GBMC Healthcare
- Mental health & substance use disorder counseling with Johns Hopkins Cornerstone Clinic
- Education & job training
- Art & music therapy
- Pastoral care
- Onsite childcare

Because our goal is sustainable, lifelong change, we don't offer a "quick fix." Our program is a 12-month intensive residential program, which means clients have the time and space they need to heal. The first six months are spent on putting the pieces of life back together. After six months, women are eligible to work outside of HUM and/or engage in vocational training.

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## Here's how the **program works.**

Helping Up Mission's 12-month Spiritual Recovery Program for women has four distinct phases. Clients progress through each phase at their own pace, with individualized care from a treatment counselor who coordinates and monitors her progress through the program.

### **PHASE 1 – DISCOVERY**

Women detach from outside distractions for a minimum of 60 days to acclimate to the day-to-day activities of the program. They begin recovery and trauma healing groups and develop the commitment needed for long-term recovery.

### **PHASE 2 – GROWTH**

For at least 90 days, women work toward goals in five key metrics of success:

1. Committed to sobriety
2. Introduced to spiritual development
3. Renewed in emotional and physical wellness
4. Restored to relationships
5. Re-integrated into the community

Each client is also placed on a vocational track to get hands-on experience in one or more areas.

### **PHASE 3 – TRANSFORMATION**

Women focus on three critical areas for recovery success for a minimum of 125 days:

1. Inner healing, including addressing destructive patterns and making amends
2. Discipleship, including exploring their gifts, talents and life purpose
3. Job readiness facilitated by Helping Up Mission's Workforce Development Program, with the goal of achieving sustainable living wages

### **PHASE 4 – LIFE PREPARATION**

During the final phase that lasts a minimum of 90 days, women further their recovery by giving back to the program's community. They attend leadership classes, assist staff and assume leadership roles and responsibilities with other residents.

After graduating from phase 4, **residents continue to be supported through a residential or non-residential Extended Care Program.** They receive assistance with housing and other critical areas and are assessed monthly to ensure their successful transition back to independent living.





## Access to **medication-assisted recovery**

We recognize that many women in crisis situations cannot overcome addiction without medication. Our trained staff and on-site medical partners work with women on a case-by-case basis to determine when medication is the best choice for recovery.

## The doors **ARE OPEN!**

In 2022, Helping Up Mission opened the doors to its beautiful Center for Women & Children. This state-of-the-art, 145,000 square-foot structure has room for up to 200 women and 50 children.

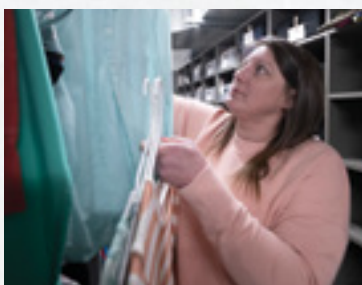
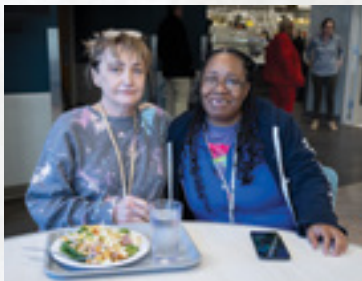
The facility includes a beautiful lobby with a fireplace, welcoming living quarters with private bathrooms, a beauty salon, fitness center and kids' playground. Here women feel safe, secure and even a bit pampered – and they love the dining room, kitchen and amazing meals!



**Learn  
more!**







## READY TO REFER? OUR INTAKE PROTOCOL

If you've identified a woman you think is a good candidate for a program dedicated to holistic life-transformation, here is an overview of our intake process.

### We accept the following types of referrals:

- Self-referral (*walk-ins are welcome*)
- Referrals from community organizations/ agencies & other affiliated partners
- Corrections
- Hospitals
- Recovery programs or detox facilities
- Homeless shelters
- Churches

To refer a woman, please call **(410) 675-7500, ext. 1232**. You may also make a referral at **[helpingupmission.org/refer-women](https://helpingupmission.org/refer-women)**

- For bed-to-bed transfers (from incarceration, shelters, recovery programs, detox facilities and hospitals), we request that a potential client's progress notes, hospital paperwork and medication information be faxed to **(410) 929-6954**. We will then determine if the client is a good fit for our program or if we can help with a referral to another program.
- If the program is appropriate for the needs of the client, HUM intake staff will conduct an interview. Otherwise, we will contact the client's current program.
- The initial phone interview will cover program expectations and rules. If the client would still like to enroll, we will coordinate transportation to our facility.

**(410) 675-7500, ext. 1232 • [helpingupmission.org/refer-women](https://helpingupmission.org/refer-women)**



**Center for Women & Children**  
1216 E. Baltimore St.  
Baltimore, MD 21202

**Mailing Address**  
1029 E. Baltimore St.  
Baltimore, MD 21202-4705

Helping Up Mission is an IRS-designated 501(c)(3) nonprofit organization dedicated to meeting the needs of Baltimore City's and the surrounding counties' poor and underserved residents. Since our founding in 1885, we have developed deep roots among the inner city's poor and homeless, helping countless individuals overcome poverty, homelessness and addiction. Helping Up Mission is located on the 1000 block of East Baltimore Street in the Historic Jonestown community of Baltimore City.