A stylized illustration of three women in religious attire with their arms raised in a gesture of praise or prayer. The woman on the left is a nun in a brown habit with a white veil and a gold cross necklace. The woman in the center is wearing a red top with a black cross necklace and a black hat. The woman on the right is wearing a light blue top and a grey skirt with a gold necklace. The background is a vibrant, abstract composition of overlapping circles and polygons in shades of yellow, orange, and pink, creating a sense of light and energy.

A Place of Hope and Healing

GuestHouse[®]
For Women Religious

*God, grant me
serenity to accept
the things I cannot
change, courage to
change the things*

*I can and wisdom to know the difference
✱ living one day at a time, enjoying one
moment at a time ✱ accepting hardship as
a pathway to peace ✱ taking, as Jesus did,
this sinful world as it is, not as I would have
it ✱ trusting that
You will make all
things right if I
surrender to Your
will ✱ so that I
may be reasonably
happy in this life
and supremely
happy with You
forever in the next.*

Amen

Welcome to a Place of Hope & Healing

At Guest House we know that the foundation of our successful recovery program depends on the content and focus of the program, but we also know there are other factors that contribute to our success. We believe that the unique nature of women in religious life requires special, personalized attention which honors not only their human dignity but their calling and commitment as well. Experience tells us that a nurturing environment and a friendly atmosphere help our clients to break through barriers which might otherwise be impenetrable.

Addictions are not moral issues. Underlying disorders can be successfully treated; and by treating those disorders, women in religious life can be restored to vibrant and productive lives.



The Guest House program is fully accredited by CARE,
Commission on Accreditation of Rehabilitation Facilities.



For more information please contact us:

800-626-6910 (phone)

248-393-0186 (fax)

womensdirector@guesthouse.org

GuestHouse.org

Program Overview



Since 1994, when the women's program began at Guest House, the goal has been to address those issues that prevent a woman religious from living her vocational call to the fullest measure. It started with alcohol dependency and prescription medication abuse and evolved to include spending, credit card and gambling issues. When food addiction became an additional focus of concern, Guest House adopted a holistic approach and introduced a food plan for each Sister resident. More recently, attention has been given to hoarding/ cluttering as impediments to ministry and community life.

The daily schedule and rhythm of Guest House for Women Religious are centered on assisting women from the U.S., Canada and other countries in learning about the brain disease of addiction through a variety of lectures/ discussions, individual and group therapies, spiritual direction, and alternative approaches such as tai chi, auricular acupuncture, swimming, therapeutic massage and exercise.* Liturgy is celebrated on most week days, and weekend liturgy is experienced at one of the local parishes, when not possible at Guest House.

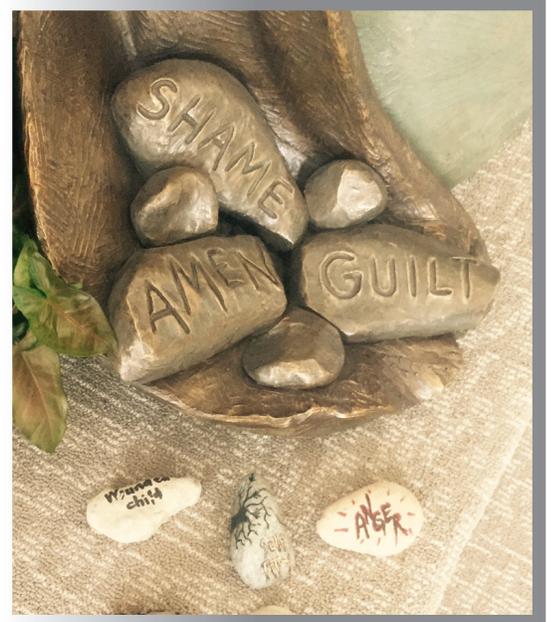
The Sister's progress is closely monitored and the leadership's contact person is part of the treating team. Regular contact is maintained until the date for returning home is determined. Most Sisters are surprised by the beauty and peacefulness of the Guest House campus and the welcoming atmosphere when they arrive at Guest House for the first time. Located in Lake Orion,

Michigan, on 105 acres of private land, there is ample walking space, and the retreat-like grounds are conducive to the reflective process needed for recovery and healing.

When it has been determined through the evaluation process that Guest House would be a reasonable consideration for primary care, the Sister is welcomed into the community with an anointing ceremony to indicate that she is ill, not that she has done something wrong. Shame is one of the major obstacles to getting well, and this brief gesture tries to address this aspect of initial healing.

For more information or a consultation, call our Executive Director for Women's Services at 800-626-6910.

*Note: These are services merely offered for the benefit of clients; no indication of beliefs.



...an upward movement from darkness to light

Your Guest House Stay



What to Bring for Your Stay at Guest House

Personal grooming and hygiene items that are scent free are suggested ~ this may include soap, toothpaste, lotion, comb/brush and shampoo/conditioner. We have laundry areas and supply the detergent needed by our clients.

Daily attire is casual and appropriate to the season. Slacks, skirts, blouses and sweaters are most typical. Comfortable walking shoes are suggested as the grounds are good for a brisk or casual walk. Swimming is available on a limited basis at a local high school so a bathing suit and flip flops may be useful.

Medications that are prescribed, natural or over-the-counter should be brought in their original containers so nursing staff can dispense them according to directions.

Any recent lab result or other relevant medical information is appreciated and can provide a basis of comparison.

A cell phone or a phone card may be brought and used at appropriate times during the course of the day and evening. Laptops are not permitted. Guest House has computers, and guests can check email and utilize the computers for other approved uses.

This list is not exhaustive. If there is a question about any of this information, please call and ask.



Treatment

Guest House for Women Religious is a state-licensed, residential treatment center in Lake Orion, Michigan. It has a certified, licensed professional staff and is CARF (Commission on Accreditation of Rehabilitation Facilities) accredited. It offers treatment services to women for alcoholism, substance abuse, prescription medication addiction, gambling, compulsive spending, hoarding and cluttering, and food addiction. Psychiatric disorders and co-occurring addictions are evaluated on a case-by-case basis. The level of care needed determines whether Guest House will provide the needed treatment or make an appropriate referral. Women religious from across the United States as well as around the world benefit from these services.

Services

- Comprehensive evaluation services including psychological, spiritual and psycho-social components
- An intensive, multi-modal, interpersonally-focused treatment program
- Five-year continuing care and follow-up services
- Consultation for community leadership and formation personnel

All our services are provided in collaboration with leadership. Treatment is provided without regard to the community's ability to pay for services.

Anointing Service

Beginning in 2012, Guest House for Women Religious implemented an Anointing Ceremony to mark the initial step into primary care. This was done to confront the shame that so many of our Sisters carry with them into treatment. The prayer, music and ritual represent the need and desire to heal and become whole. The community gathers with each new woman as she begins her first week of recovery. Each time the community welcomes a new person and celebrates the ritual, each individual is reminded of her own ongoing need for the same healing.



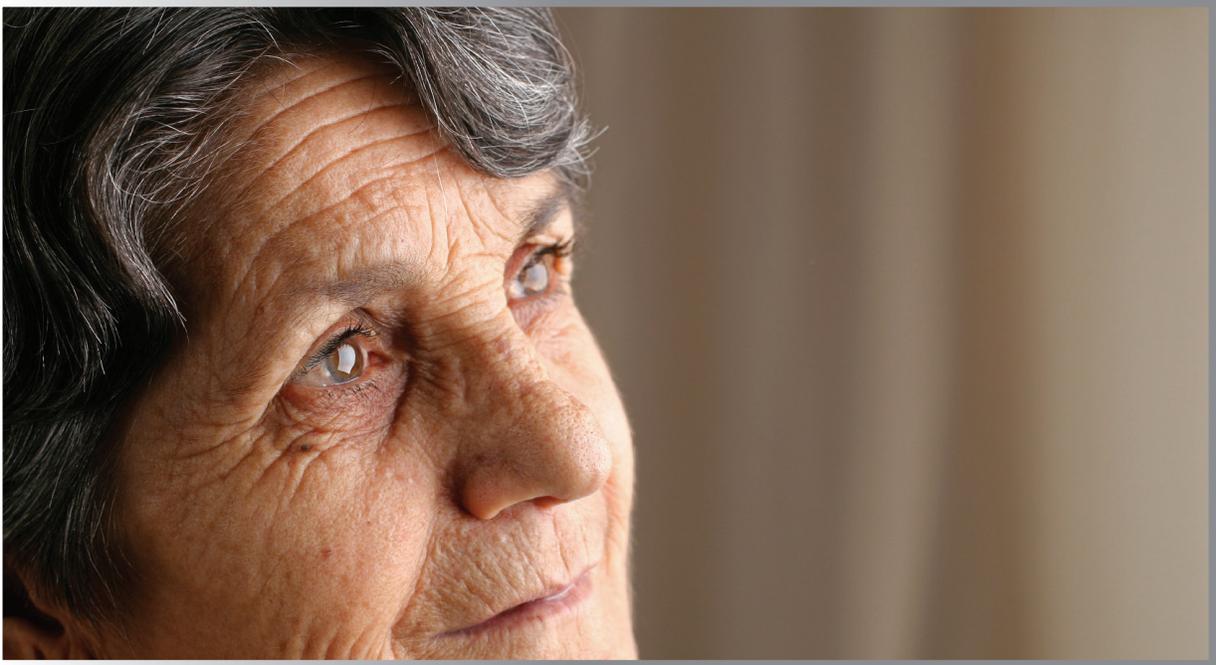
We offer treatment specially designed to help women religious recover from alcoholism and other addictions. Guest House will admit any Sister sufferer experiencing difficulties related to chemical use, gambling, spending and compulsive eating. Treatment is provided regardless of ability to pay.

Intervention Assistance Program

The Guest House Intervention Assistance Program is designed to help a concerned person get someone started on the road to recovery. Our aim is to unmask the denial and help a Sister admit there is a possible problem. This is the first step toward recovery, and ending denial is the only way to recovery.

The Guest House Intervention Assistance Program

- Consultation, including assisting in information gathering and preparation – on site, if necessary
- Telephone contact and support throughout the process
- Staff support during the actual intervention, if needed



Assessment & Evaluation

Effective treatment begins with a thorough understanding of the individual's difficulties, as well as the impact of those difficulties on her community.

Professional Assessment

- Psychological test battery and clinical interview
- Complete physical examination
- Thorough psycho-social history with particular attention to long-standing patterns of difficulty
- Comprehensive addiction screening process
- Spiritual summary which reviews the Sister's spiritual journey
- Feedback conference with the client, her leadership and the evaluating team to review the results of the assessment and discuss recommendations of the staff—the assessment is required for all participants in the Guest House program; assessments from other institutions will be reviewed

The assessment process is completed in seven to ten business days.

Referrals & Admissions

Information on program services, referrals and admissions is available 24 hours a day by calling 800-626-6910.

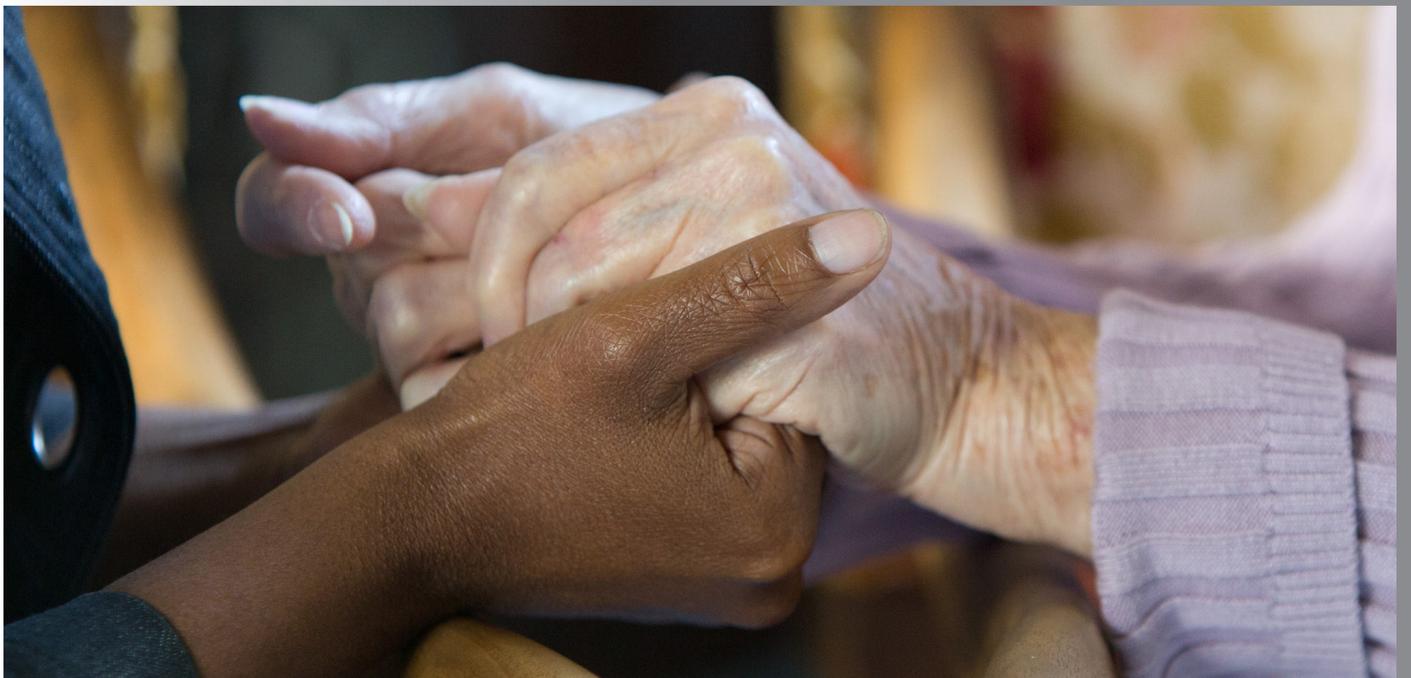
Referrals

- Referrals may be made by authorized representatives of the Sister's community, primary treatment centers, physicians, other concerned individuals or the Sister herself.
- The admission must be approved by the Sister's leadership.

Admissions

- Guest House will admit any Sister who is suffering from alcohol or drug abuse, compulsive eating, compulsive gambling or spending, or who is experiencing difficulties related to chemical use.
- Treatment is provided regardless of ability to pay.
- Admissions are scheduled by appointment.
- Sisters arriving by plane or train will be met at the airport or station by a Guest House associate.
- Handicapped-accessible rooms are available.

Through our Intervention Assistance Program, we can help you to get someone started on the road to recovery, whether it's early or late in the disease process. The program is designed to cut through denial and to help a Sister who may think she needs it.



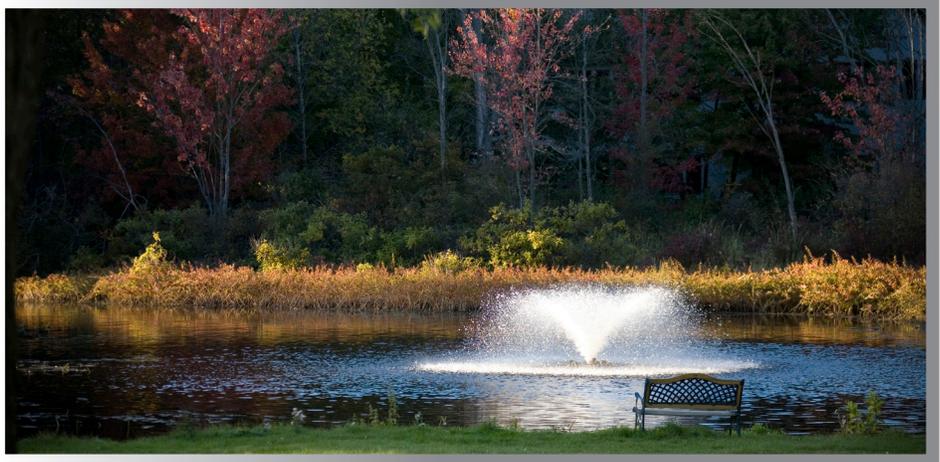
Interwoven circles of wholeness and communion

Continuing Care

Continuing Care is an important element of effective treatment. Ongoing attention aids the client in the community re-entry process by helping her to apply skills learned in treatment to daily life.

Support for Ongoing Recovery

- Detailed description of ongoing support needed
- Therapeutic leave near the end of the residential program which allows the Sister to share her experience, needs, and commitments to her recovery with significant persons in her community, family, and ministerial life
- Workshops conducted every three or six months, depending on the addiction treated, during a five-year period following residential treatment
- Participation in the appropriate support systems, which provides the Sister the opportunity to develop a mature appreciation of her strengths and vulnerabilities



GuestHouse[®]
Mission Statement

Our mission is to provide the information, education, treatment and care needed to assure that clergy, men and women religious, and seminarians suffering from alcoholism, addictions and other behavioral health conditions have the best opportunity for quality recovery and overall health and wellness.

Education

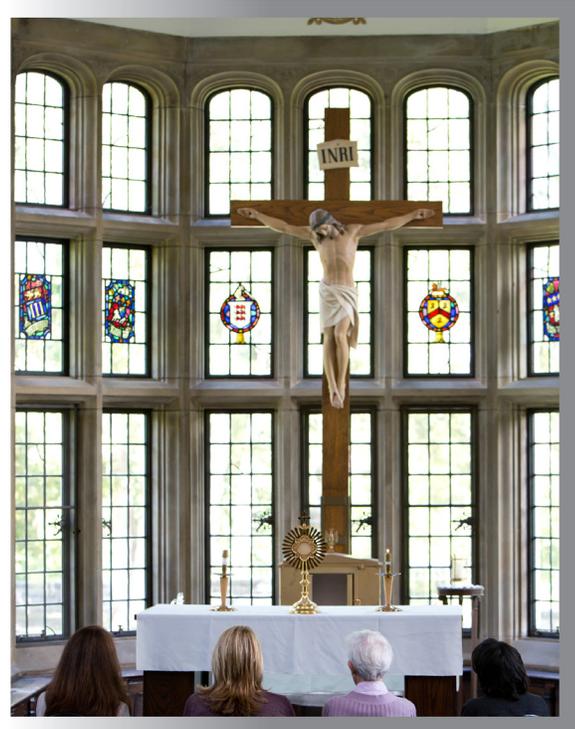
Additional Resources for Leadership and Community Members

Guest House for Women Religious offers a variety of educational workshops.

Walking With the Wounded – An Institute for Leadership that is a complimentary three-day workshop offered to council members, formation personnel, healthcare and other leadership personnel.

The following objectives are offered through a variety of methods including presentations, case studies, small group sharing, and question and answer sessions:

- To promote the knowledge and understanding of addiction problems and compulsive behavior in women religious
- To teach skills for helping Sisters suffering from addictions and compulsive behavior
- To offer confidential assistance in preparing community policies related to wellness and recovery
- To provide a confidential forum for leadership to discuss concerns related to wellness and recovery for their community members



To learn more about Walking With the Wounded or to schedule a presentation in your area, please contact Guest House for Women Religious at 800-626-6910.





Circle of Care- Living with a Sister who has an addictive illness and who is not managing it well stresses all in the community. Her behaviors, whether avoidant or aggressive, rouse many uncomfortable feelings in community members and could lead the Sisters to act in ways similar to protect themselves. This can threaten the spirit and health of the community.

Much time and energy is given to helping a Sister recognize her need for treatment and accept the request to get it. This process can add to the emotional strain in the community. While the community tends to feel relief when a Sister agrees to treatment, the community realizes the relief may be only temporary. The Sister will one day return home or go to another place with some of the past unresolved. The feelings roused in community members, for the most part, remain festering to some degree because they have not been addressed. While healing is happening for the Sister in treatment, the community continues to hold in memory the distressing events brought on by the Sister's addictive behaviors.

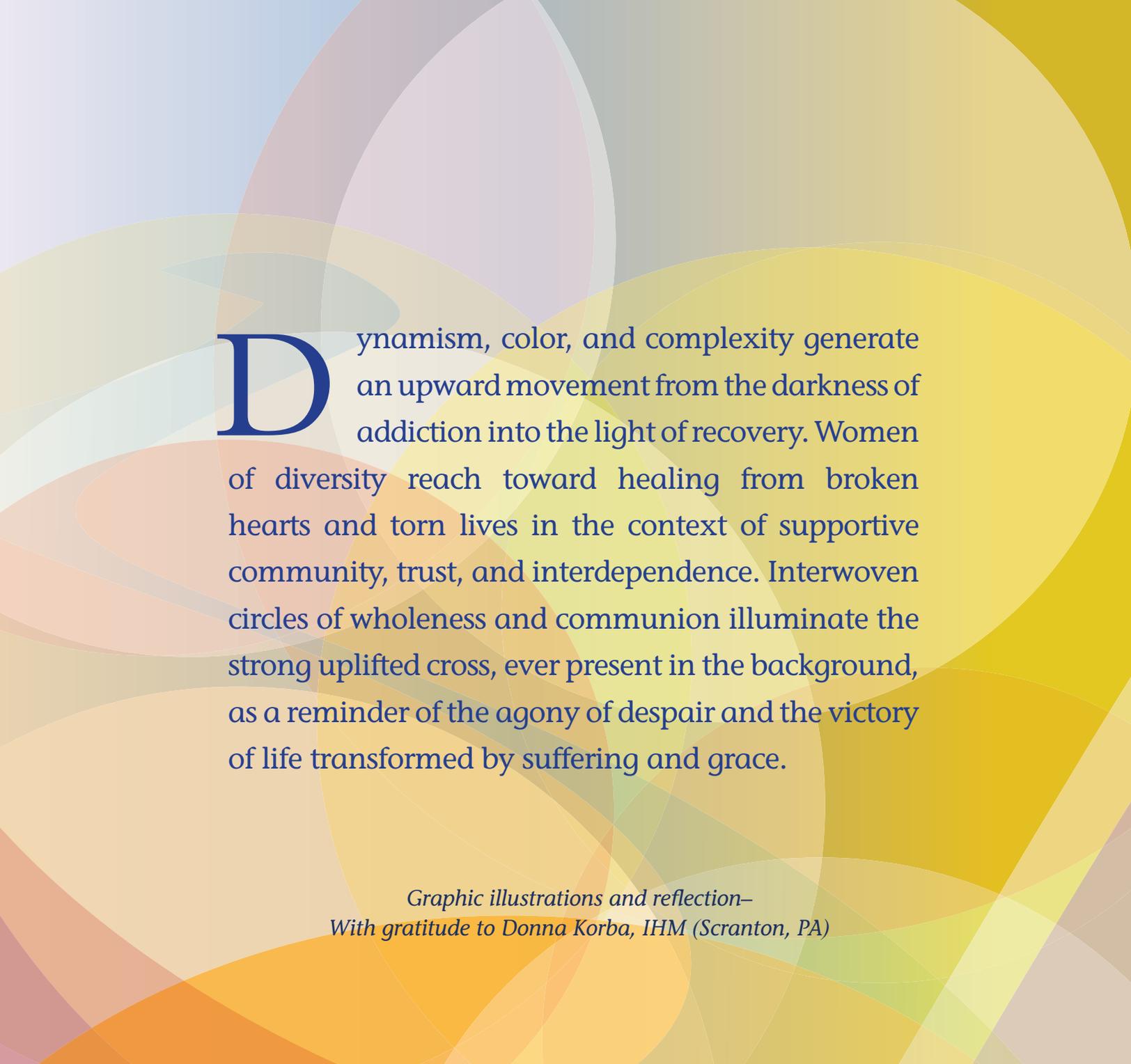
Guest House for Women Religious provides workshops for local communities who have a Sister in treatment. These experiences are intended to:

- Help the community heal the hurt experienced in coping with the problem of another's addictive behavior
- Understand the addictive process as it affects the individual and those around her
- Develop the skills needed to create a supportive and nurturing community environment for all
- Address the pain felt by the addictive process and resolve what remains unhealed, allowing the community to heal and be prepared to welcome the Sister home with peace and joy



For more information please contact our Executive Director for Women's Services at womensdirector@guesthouse.org or 800-626-6910

The victory of life is transformed by suffering and grace...



Dynamism, color, and complexity generate an upward movement from the darkness of addiction into the light of recovery. Women of diversity reach toward healing from broken hearts and torn lives in the context of supportive community, trust, and interdependence. Interwoven circles of wholeness and communion illuminate the strong uplifted cross, ever present in the background, as a reminder of the agony of despair and the victory of life transformed by suffering and grace.

*Graphic illustrations and reflection—
With gratitude to Donna Korba, IHM (Scranton, PA)*

GuestHouse[®]
For Women Religious
A Place of Hope and Healing

Call 800-626-6910 – 24 hours a day, seven days a week

womensdirector@guesthouse.org

GuestHouse.org

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