

THE STAR PROGRAM

(GROUP SINGING) – “We are **Sisters Together Achieving Recovery** ... We are **Sisters Together Achieving Recovery** ... ”

(Donna Brooks – Unit Director)

The STAR Program is an acronym for Sisters Together Achieving Recovery. It is a 30-bed intensive inpatient treatment unit. The program really focuses on sober living skills so that clients are able to return to work, families, friends, children, relationships and get on with the business of life.

(Cherie S.)

The STAR Program has made a “humungus” difference in my life – it has been amazing. Here we learn to cope with everyday life without picking up the use of a drug.

(Cassandra W.)

Definitely made me stay clean. Not just stay clean but want to continue to be clean.

(Donna Brooks – Unit Director)

STAR was born about 15 years ago and every year we have a sober birthday party so that the clients who have graduated are able to come back and inspire the women who are still in treatment.

(Evelyn M.)

They show us that they do it right and that will help us to go back out there and continue the recovery.

(Cassandra W.)

Just performing a little thing to say this is how it is to live to be sober – we’re doing this sober – we’re not intoxicated and it’s a good feeling. I’m not tired yet!

(GROUP SINGING AND PERFORMING)

(Donna Brooks – Unit Director)

I think it’s really important for women to have a place where women are understood, where their trauma issues, relationship issues, parenting issues, are first and foremost along with their chemical dependence.

(Cherie S.)

We came together, we got this unity thing going and it has built us up in a positive way.

(Cassandra W.)

Being together with other sisters, regardless if you have a disagreement or what, we come back and we still do this thing together.

(GROUP SINGING AND PERFORMING)

(Donna Brooks – Unit Director)

So one of the reasons that we do a big celebration night is for women to get together to see what is possible. To go from the impossible, which is staying sober in a using environment, to staying clean in sometimes that same environment.

(GROUP SINGING AND PERFORMING) - “I don’t want no more rehab life – gee Mom I want to go, but they won’t let me go, gee Mom I want to go home!”

CLAPPING – THE END