

Hope & Harriet

Hope & Harriet is an intensive residential treatment program in a sub-acute medical facility for women 18 years and older that specializes in the pursuit of recovery from chemical dependency.

Certified by the Indiana Department of Mental Health and Addiction, the Indiana Association of Recovery Residences (Level IV) and the Commission for Accreditation of Residential Facilities (CARF), Hope & Harriet provides a high-level of support and structured wrap-around services for its residents. Using an individualized approach, each resident is provided a team of addiction professionals to partner with during her journey to recovery.

Hope & Harriet accepts residents from all Indiana counties, is a contracted service provider with the Indiana Department of Child Services and is an approved Recovery Works provider. We accept those receiving Medication Assisted Therapy (MAT).



Contact Us

Phone: 260.424.4908

For more information or to complete an application, visit
ywcanein.com/hope-harriet

Questions? Contact our Intake Coordinator at aappel@ywcaerew.org

Addiction Recovery Program

Hope & Harriet

"I am finally proud of myself again. I am on the right path to make my kids proud of me again and that means the world to me."

eliminating racism
empowering women
ywca
Northeast Indiana

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Services Offered

Through a holistic approach that addresses mental, physical, emotional and spiritual wellness, the following services are available:

- Art therapy
- Cognitive Behavioral Therapy (CBT)
- Contingency Management
- Daily meditation and mindfulness
- Dialectical Behavior Therapy (DBT)
- Family Behavioral Therapy
- Motivational Interviewing (MI)
- Music therapy
- Nutrition coaching and cooking skills
- One-on-one case management
- Parental coaching
- Personalized counseling services with a Licensed Mental Health Counselor
- Seeking Safety
- Skills groups
- Twelve Step Facilitation Therapy
- Yoga and exercise



Client Criteria

In order to enter the Hope & Harriet program, you must fulfill the following application requirements:

- Female, 18 years of age or older with an identifiable drug / alcohol dependency
- Willing to explore learning how to live in recovery

We offer priority bed placement to clients who meet one or more of the following criteria:

- Pregnant
- IV drug users
- Homeless living status
- Have rights to their dependent children

For those with a DCS referral, family recovery options are available.

Program Details

Phase 1

Building a Foundation for Recovery

Women in our program begin to live in recovery, working through symptomology and learning new skills to cope with past trauma. Residents also begin participating in dialectical behavioral therapy.

Phase 2

Healing from the Hurts and Hang-Ups

In phase two, women explore family dynamics, new ways of thinking, and reframing perspectives and narrative. Participants transition from victim to victor as they are feeling more empowered to overcome addiction.

Phase 3

Self-Sufficiency for Sustained Recovery

Women now have the skill sets and emotional regulation needed to begin adding other responsibilities in a controlled and supportive environment, such as a employment, transportation, insurance, etc. Women report having a greater sense of self-efficacy and increased confidence in their ability to self-motivate and meet their goals.

Learn more at ywcanecin.com/hope-harriet