



**PYRAMID**  
Healthcare, Inc.



**ADULT WOMEN 18+**

**MEDICATION  
ASSISTED  
TREATMENT (MAT)**

**EVIDENCE-BASED  
TREATMENT**

**RELAPSE  
PREVENTION**



Sylvan Building  
1311 13th Street  
Altoona, PA 16601

24/7 ADMISSIONS  
(866) 724-1529

[pyramidhealthcare.com](http://pyramidhealthcare.com)

## Tradition Halfway House for Women

Pyramid Healthcare's Halfway House Program at Tradition House provides a trauma informed, person centered treatment model for adult women in search of meaningful, long-term recovery.

In addition to evidence-based treatment, clients participate in scheduled groups, individual counseling, and a variety of services that support their transition to a sober lifestyle in an urban setting.

Our structured programming encourages clients to make positive life changes by incorporating healthy recovery skills, obtaining employment, engaging in volunteer activities, and pursuing educational opportunities.

### What We Offer

- » Evidence-based treatment including CBT, Motivational Interviewing, and mindfulness-based treatment
- » Medication Assisted Treatment (MAT) education and maintenance of Methadone, Suboxone®, and Vivitrol®
- » 12 week parenting track
- » Recovery-based support groups
- » Educational groups
- » Individual and group therapy
- » Nutrition and spirituality education
- » Psychoeducation
- » Referrals to Case Management and Certified Recovery Services (CRS)



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## **S.H.O.W.**

Clients can earn privileges including part-time employment and community volunteerism as they progress through the S.H.O.W. level system in the halfway house program. Each of the four levels (Surrender, Honesty, Open-mindedness, and Willingness) represent a specific goal that clients must meet in order to graduate to the next level.

## **Life Skills**

Groups promote client self-sufficiency and responsible living by offering guidance and instruction on topics such as financial and stress management, communication and coping skills, goal setting, problem solving, volunteerism, social etiquette, interviewing skills, and the appropriate utilization of community resources.

## **Job Training & Employment Services**

In an effort to develop responsibility, reliability, and teamwork, treatment planning includes the assignment of specific job duties to each client for successful completion. Our staff helps clients complete employment applications, practice interview skills, connect with community employment resources and apply for photo identification and/or a social security card. Women without a high school diploma can attend community classes and testing necessary to obtain a GED.

## **Medication Assisted Treatment (MAT)**

Pyramid Healthcare's Halfway House for Women at Tradition House supports maintenance of Methadone, Suboxone®, and Vivitrol®. While we do not offer induction services for clients while in treatment, we do provide clients with MAT education and appropriate MAT aftercare recommendations if requested.

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