Halfway House Programs for Men
at Pine Ridge Manor

The Halfway House Programs at Pine Ridge Manor and Gratitude House provide safe, therapeutic environments where men can acquire the skills necessary to balance a life of recovery and transition into a sober lifestyle.

Both urban and rural program settings are structured to encourage men to make positive life changes through the incorporation of healthy recovery skills, obtaining part-time employment, engaging in volunteer activities and pursuing educational opportunities.

Basic household chores, minor outdoor maintenance and participation in a recovery support network are responsibilities requested of the men in the treatment program. Clients contribute to their therapeutic community by voting on leadership roles and providing each other with encouragement and constructive feedback.

Key Program Elements
We believe these key elements form the basis of success for our clients:

- Relapse prevention
- 12-Step education
- Peer groups
- Educational groups
- Individual and group therapy
- Nutrition education
- Quiet time for study and self-reflection
- Spirituality education
- Psycho-education
- Guest speakers
- Recreational activities
- AA/NA/DRA meetings in the surrounding community to encourage maintenance of sobriety
Halfway House Programs for Men
at Gratitude House at Pine Ridge Manor

Specialized Programs & Services

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

Life Skills - Training courses are offered three times a week to promote client self-sufficiency and responsible living with guidance and instruction on topics including financial and stress management, communication and coping skills, goal setting, problem solving, volunteerism, social etiquette, and the appropriate utilization of community resources.

Job Training & Employment Services - In an effort to promote responsibility, reliability, and teamwork, treatment planning includes the assignment of specific job duties to each client for successful completion. Staff help clients complete employment applications, practice interview skills and apply for photo identification and/or a social security card. Men without a high school diploma can attend community classes and testing necessary to obtain a GED.

Licensed Healthcare Professionals - A nurse practitioner is available weekly to address the client's non-urgent medical concerns. Mental health services including medication education and stabilization are provided by a psychiatrist.

Admission Criteria

- Adult males 18+ years of age
- Meets Pennsylvania Client Placement Criteria (PCPC) for Halfway House level of care
- No display of acute psychiatric symptoms with dual-diagnosis
- Motivated to achieve positive life change and independence

Gratitude House
901 6th Avenue
 Altoona, PA 16602
(814) 944-3210

Pine Ridge Manor
13505 S. Eagle Valley Road
 Tyrone, PA 16686
(814) 684-1373

We do not discriminate against any patient in relation to admission, treatment, discharge, continuing care or employment based on race, color, religion, creed, national origin, sex, disability (including limited English proficiency) or sexual orientation. We offer priority admission to at-risk populations including IV drug users, adolescents, women, women with children and preferential treatment services to pregnant women. Pyramid Healthcare, Inc. employees and the public may contact the Commission on Accreditation of Rehabilitation Facilities to report any concerns or register complaints about a CARF accredited health care organization by calling (800) 510-2273 or by email at feedback@carf.org.

1-888-694-9996
www.pyramidhealthcarepa.com