

## Funding

The Link Halfway House is funded by the Nebraska Department of Health and Human Services and client fees.

The Dual Recovery Program is funded by Health and Human Services and Medicaid.

## Licensure

The Link is licensed by the Nebraska Department of Health and Human Services and is CARF accredited.

### Board of Directors

President: Dr. Dan Sturgis  
Vice President: Martin Grant  
Sec/Treas.: Trever Jones  
Members: David Uher, Geri Berg, Patty True, Shirley Stearns

## The Link Professionals

Tom Barr, LIMHP, LADC, Executive Director  
Judy Grashorn, Business Manager  
Terry Duffy, LADC, HH Program Manager  
Michelle Anderson, PLADC, HH Counselor  
Brad Tittel, Recovery Support Specialist  
Cathy Gall, RN, DRP Program Manager  
Dana Kubo, PLMHP, PLADC, DRP Therapist  
Cassie Hoffart, PLMHP, PLADC, DRP Therapist

## Recovery Support Specialist

The Recovery Support Specialist, who is in addiction recovery, provides support services for individuals who are not Link residents. For information call (402)371-5310.

## Statistics

- Over 42 million Americans suffer from a major mental illness.
- 1 out of 8 Americans suffer from significant problems with alcohol/drugs.
- 27 million Americans use illicit drugs regularly or are heavy drinkers. Of the 27 million, 16 million need immediate treatment.
- By the age of 18, 12% of all young people are illicit drug users.
- People ages 18-21, 46% report having taken drugs.
- In 2014, an estimated 47,055 people died from drug overdose, outnumbering car accidents by 1,500.
- 6.6 million children live in a household with at least one alcoholic parent.
- About 50,000 cases of alcohol poisoning are reported each year.
- At any given time, 400,000 individuals in the U.S. are undergoing treatment for alcoholism.



## Dual Recovery Program

## Halfway & Recovery Houses

***"Recovery is by choice...  
The Link adds strength and  
clarity to that choice."***



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## About The Link

The Link Halfway House is for men who have successfully completed short term residential treatment for chemical dependency, but have demonstrated a need for continued treatment in a structured environment for an additional 6 to 12 months. The Link provides home like quarters with home-cooked meals, laundry facilities, telephone, cable TV, computers and recreational activities.

The Link Recovery Houses are for men completing The Link Halfway House who may still be in need of additional peer support, structured living, and access to counseling staff and house activities. Individuals on parole may reside in one of the recovery houses while in an Parole Recovery Program. Lincoln House is located at 521 Lincoln Avenue, and Truman House is located at 1003 W. Norfolk Avenue, next door to the halfway house.

The Link, Inc. serves clients without regard to race, color, sexual orientation, national origin, religion or economic status.

The Link offers:

- Licensed counselors - LMHP and LADC
- Individual counseling
- Group counseling
- Aftercare planning and counseling

- Recreational opportunities
- Cooperation with and encouragement of participation in local AA/NA and other recovery/self help groups
- Utilization of community services: job services, Vocational Rehab, Northeast Community College, Nebraska Department of Health and Human Services, Social Security services, YMCA, Good Neighbors, and other local service organizations

## Halfway House Program

This nine to twelve month residential program is designed to serve men who have recently completed inpatient treatment for chemical dependency.

## Dual Recovery Program

This program is designed to serve men with major mental illness and substance use disorders.. This dual disorder residential program lasts five to six months. The Dual Recovery Program is located at 305 N 9th St in Norfolk.

## Program Goals

- Provide a home-like drug free environment.
- Provide an addiction treatment program which covers alcoholism and other drug addictions. This will include, but not limited to Alcoholics Anonymous, Narcotics Anonymous and other 12-step groups.
- Provide resident assessments, prioritize clinical needs to guide treatment through individual and group counseling, life skill development groups,

job hunting assistance, and various recreational opportunities in a therapeutic, structured environment.

## Area Served

The Link gives first priority to individuals in the 22 county area of Northeast Nebraska known as Region IV. Although first priority is given to residents of Region IV, we accept clients from throughout Nebraska. Out-of-state clients are accepted whenever feasible.

## Mission Statement

It is the mission of The Link to offer the recovering alcoholic or addict a safe environment in which to live & to offer assistance through professional counseling in the development of personal & social skills to ease the transition to healthy living in society.

## Philosophy

The philosophy of The Link is to offer adult males who suffer from alcoholism and/or other drug addiction the opportunity to improve their lives to the fullest, within their capabilities and limitations. The philosophy is based on the "whole person" concept and the 12 Step model of treatment. The Link provides the setting for men in early recovery to be treated in a dignified and caring manner, with encouragement towards motivation, responsibility and productivity. The Link utilizes eclectic treatment approaches in providing the proper nurturing and treatment, which when used in conjunction with participation in self-help groups such as AA and NA, meet the individual needs of each Link resident desiring to stay sober.