

## Our Vision

- We strive to empower women to become self-sufficient, responsible mothers who are capable of creating a bright future for themselves and their families.
- The philosophy of MIST reflects a whole person approach to treatment that assists women on their journey to recovery by helping them develop new skills, build community supports, and address therapeutic needs for long-term success.
- Our goal is to promote life-long recovery, drug-free births, and reunification of families.



Because of the increased health risks, we prioritize admitting pregnant females, persons who are using drugs intravenously, and persons who are HIV+ to substance use treatment.

If you, or a person you are concerned about, are in one of these priority populations, please let us know.

## Empowering Women On the Path to Improving Their Lives

*"MIST has made me remember the person I was before drugs. They have also developed a relapse prevention plan so I can stay sober."* - **Christen**

*"MIST has changed my life completely. Mentally, I found myself. They have taught me a lot of things. When I have to explain the MIST program to people, I say it is like recovery, security, and college. The program is helping me get back on my feet and become the mother I want to be and bringing my family back together. You guys are doing a lot for me."* - **Leann**

*"MIST has given me a safe environment to live and raise my son. It has given me sobriety and a second chance at life."* - **Alexa**



*Wellness is Within Everyone's Reach*



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# MIST

## MOTHER'S INTENSIVE SUPPORTIVE TREATMENT



## MIST Program Overview

- MIST is a residential treatment program designed for pregnant women and mothers struggling with addiction and co-occurring mental health concerns.
- MIST offers a safe place for women to access appropriate care for themselves while continuing to establish strong bonds with their children, including those trying to regain custody of their children.
- The individualized program provides a multi-faceted treatment team approach to help mothers achieve their goals and maintain success.
- The MIST treatment team consists of licensed clinicians, masters- and bachelors-level counselors, peer specialists, recovery specialists, and medical staff on-site daily for consultation.
- A comprehensive aftercare plan will be in place prior to completing the MIST program to assist each woman in her recovery and transition back to the community.

## What Makes MIST Special?

- Treatment focused on the specific needs of women in recovery
- Individual, group, and family counseling; parenting and domestic violence classes
- Primary medical care and/or prenatal care through referral; primary pediatric care for children through referral
- Facilitate transportation arrangements and childcare to ensure access to essential, community-based services
- Women are encouraged to participate in community educational and vocational programs
- Support residents in pursuing housing and employment opportunities



## Frequently Asked Questions

### How long can I remain in the MIST program?

Length of stay will be based on your specific needs. Most women remain in the program for 6 to 12 months.

### Can my child come with me to the MIST program?

Yes! One child, no older than 12 months at the time of admission, may join you.

### What if I have legal problems?

We have experience working with our residents to address a variety of legal concerns and frequently work with probation, parole, child welfare, and other entities to assist you in reaching your goals.

### What if I don't live in Gainesville?

Our program is available to all Florida residents and may be available to some out-of-state residents. Our Access Center Specialists can help determine eligibility for the program on a case-by-case basis.

### Does the program provide transportation?

Individuals are responsible for arranging transport at admission and discharge; however, many insurance providers offer assistance with transport for treatment purposes.

### How do I apply for admission to the MIST program?

We encourage you to contact the Access Center at (352) 374-5600 or (800) 330-5615, select option 2, and then option 1. You will be linked with a specialist to discuss the next steps for participating in the program. Additional information can also be provided upon request.