

# THE TURNING POINT HOME | FACT SHEET

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## HISTORY

The Turning Point Home was founded in 1970 by a small group of dedicated individuals who were concerned about the lack of resources in our community for alcoholic women. Since that time more than 1,500 women have received help at Turning Point. The program has evolved and developed over the years with alumni coming back to attend meetings, participate in our alumni association, sponsor current residents and serve on the Board of Directors.



TURNING POINT HOME

## MISSION

To support women alcoholics in achieving long-term sobriety in a safe, supportive and structured alcohol/drug-free environment through guidance and education.

## WHO WE ARE

Located on the edge of San Diego's Golden Hill Park, the Turning Point Home is a community-based, peer-oriented, residential recovery home which provides shelter, food and recovery services to alcoholic women.

## PROGRAM

A minimum of three months and up to one year. It includes attendance at meetings of Alcoholics Anonymous, alcohol and drug education, relapse prevention, household chores and responsibilities, and groups pertaining to the physical psychological and behavioral aspects of recovery. Our program provides recovery and exit planning, daily discussion groups with peers, one on one meetings with staff and a weekly resident meeting.

## PHILOSOPHY

Turning Point is a Social Model recovery program with an emphasis on wellness rather than sickness. We encourage residents to participate in all areas of life that will help facilitate a healthy and successful transition back into the community. While not affiliated with Alcoholics Anonymous, Turning Point wholeheartedly endorses the AA 12-step program as the most effective means of recovery and long-term sobriety.

## PROGRAM OBJECTIVES

The Turning Point program encourages women to learn to be more self-aware, dignified and self-respecting, thereby gaining greater self-esteem. We encourage personal growth through personal responsibility. Residents learn valuable social skills enabling them to maintain their sobriety and successfully integrate as sober and productive members of their community.

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## FUNDING

Turning Point Home is a State licensed and certified program that is partially funded by the County of San Diego Department of Health and Human Services, Alcohol and Drug Services. We depend on resident fees, fundraising and donations to make up the remainder of our operating budget. Other sources of funding include: residents fees, fundraising activities, and donations.

## EVENTS

Visit our web site for information on upcoming events.

## NEEDS LIST

- Vacuums – upright bag type
- Laundry Baskets
- Pillows
- Comforters – twin size (4 matching for dormitory)
- Shower Curtains
- Cleaning rags (like terrycloth squares)
- Silverware
- Baking Pans – large industrial size
- Copy Paper
- Pens
- Art Supplies
- Lawn Mower – small electric
- Outdoor extension cords
- Carpet cleaner (for spots and high traffic areas)

## VOLUNTEER OPPORTUNITIES

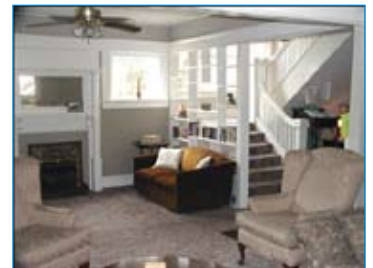
- Interns – working toward CAS Certification
- Residential Aides – night and weekend coverage
- Volunteer Coordinator
- Grant Writer
- Tree Trimmer
- Painter

## MORE INFORMATION

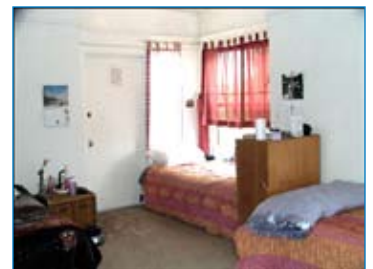
Turning Point is a tax exempt organization under 501 (c) (3) of the Internal Revenue code.



GROUNDS



LIVING ROOM



PRIVATE QUARTERS



OLLIE