



# BUSARA

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*Therapeutic Support Home for Women*

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[www.mybusara.com](http://www.mybusara.com)



## **A THERAPEUTIC SUPPORT HOME IS A DISTINCT AND NEW CATEGORY OF CONTINUING CARE AND BUSARA IS THE FIRST OF ITS KIND.**

Busara provides the framework that gives each resident the maximum opportunity for success. Transitioning from the structure of treatment requires a strategy and Busara provides that with strong clinical planning and implementation steps.

A Therapeutic Support Home is not a Sober Living home. While both are substance free environments, Sober Living homes are abstinence and 12 Step based. Sober Living homes do not generally address mental health issues such as depression, anxiety, eating disorders, and trauma in any formal way with their residents. Their focus is on helping their residents learn how to live a sober lifestyle and eventually transition to independent living. Thus, the name Sober Living.

Busara is also a substance free environment, and highly encourages abstinence and participation in a 12 Step program. We understand that addictions often coincide with mental health disorders. Whether or not there is a genetic component that contributes to addiction and mental health concerns, we know that where there is one there is often the other. Pain is powerful and seeks to be soothed.

Busara takes the varied components of treatment and modifies them for a residential setting. The DBT therapeutic model that Busara is founded on, Dr. Gail Chester's expertise, the constancy of staff, partnership with professionals, a phase model to independent living, a safe, warm, comfortable environment where long lasting change has the nutrients it needs to flourish, in addition to daily therapeutic programming and individual goal setting exemplify a true Therapeutic Support home.

**BUSARA IS THE NEXT LEVEL IN DUAL DIAGNOSIS CONTINUING CARE!**

## A NURTURING COMMUNITY

Busara is a small, personalized, caring home where its six community members are safe to continue the transformation process that began in treatment and to support others in our community as they do the same. Each resident recognizes that allowing herself the time and space to become more deeply grounded and proficient in therapeutic skills and life management techniques maximizes the opportunity for long term life success, however it is defined for each woman.

Consistently attending intensive outpatient therapy, individual or group therapy, attending recovery programming, and taking prescribed medications are considered to be the foundation of self-identified goals. We want each resident to be successful in living independently, to dwell in stability and peace, and to experience a restored relationship with herself and others. Our emphasis on healthy lifestyle choices and a substance free environment make these success intentions easier to achieve.

Long lasting change is never easy; it takes time and support. It is also not linear. There are curves on the path of change. This is why Busara has a female staff member available on site 24/7, providing consistent encouragement, coaching and positive role modeling.

Nurturing is achieved through learning to proactively and strategically care for oneself. This is a critically important outcome of life at Busara. This occurs through thoughtful and collaborative goal setting, determining and making use of available resources and therapeutic support, putting those resources into motion and finally understanding and being responsive to the outcome and the part that she, the individual, plays in it. Learning to care for her body through meals and movement, attention to her spirit, living with others in peace and kindness, caring for herself financially, making wise relationship decisions, putting all these things into practice and then learning from the result.

Busara's staff partners with mental health professionals, medical professionals, our residents' families and loved ones, universities, movement professionals, and other experts as needed to create a truly individualized experience for long-lasting change. Every day is one of moving forward, even on those days when headway seems slow-going.

There is a portion of the day for rest and restoration, a portion for growth and challenge, time for relationship building, and a part of the day for participating in the responsibilities of our shared residential space. Learning to practice and enjoy the healthy rhythm of independent life is the daily focus for our residents.



### OUR HOME

Our home is warm and inviting and has 4 bedrooms and 3.5 bathrooms. The pool is large enough for relaxing and swimming. Our home is set in a quiet neighborhood with a greenbelt and small park, a block away. There is plenty of space to rest, talk and grow.



## BECOMING A RESIDENT AT BUSARA

The woman who has hope and determination and is open to receiving support from the community that she surrounds herself with will flourish at Busara. Our residents often have concerns that involve both substance use and mental health. There are some women who may only have mental health concerns and need a place of security and structure. Each woman is supported based on her needs. With this in mind, each admission is made on a case by case basis as we want the best fit in a continuing care environment for each resident.

Our staff are women who are Master's level Clinicians. They are caring, professional individuals who understand that change is always easier when you have support and someone positive in your corner. With Busara, you have that 24/7. They are well trained and ready as a team to deeply invest in each resident. Not every continuing care program has the level of skill in its staff that Busara does. We just happen to believe that good change is easier with great help!

The monthly fee for Busara is \$7,900. Our residents find that a stay of 3-6 months allows them to heal and feel confident in their ability to manage life's challenges after they leave us. We do have a financial partner who can assist with the cost of continuing care if approved. If a resident decides to live in the Dallas area after they depart Busara, they are always welcome to visit and support current residents as they are able.

Dr. Gail Chester is the founder and administrator of Busara Therapeutic Residential Support Homes. She is a highly skilled and compassionate clinician who believes that we all have an inherent desire for growth and despite what may have been, we want the best for ourselves. Dr. Chester's vision for the Busara resident is that she grow in wisdom, confidence and accomplishment. Dr. Chester can be reached at 214-415-1674 or at [gailchester@mybusara.com](mailto:gailchester@mybusara.com). It would be her privilege to speak with you.



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