

# ABOUT SILVER fox

This program promotes lifestyle and attitude change to develop healthier lifestyles to achieve positive outcomes. We encourage these clients to engage one another in the act of making better choices, commit to developing better attitudes and make positive changes.



✓ CHOICES    ✓ COMMITMENT    ✓ CHANGE



WE DO WHAT WE KNOW WORKS BEST

“ The number of older adults needing treatment for substance use disorders is expected to increase from 1.7 million in 2001 to 4.4 million in 2020. ”  
*(Gfrierer et.al 2003)*

**SILVER FOX IS A 10 WEEK PROGRAM**  
Where mature African Americans will have a forum to speak from their own experience to share and exchange the healing process for their families, community and themselves.

## Breaking the Barriers of Isolation & Silence through Discussion

By combining proven methods using integrated services, staff will assist clients to repair the harmful effects of isolation, silence and secrets. My Home Inc will help these clients develop strategies to cope with denial, anger, bargaining and depression and come to accept that they are not hopeless or powerless and do have the ability to change.

## OUR PURPOSE

The purpose of the silver fox program is to assist mature African American men and women to see the importance to break patterns of addiction, self destructive behaviors and silence through culturally specific support intended to create a change in personal awareness by, exchanging their life experiences and resiliency plans of action through peer support.

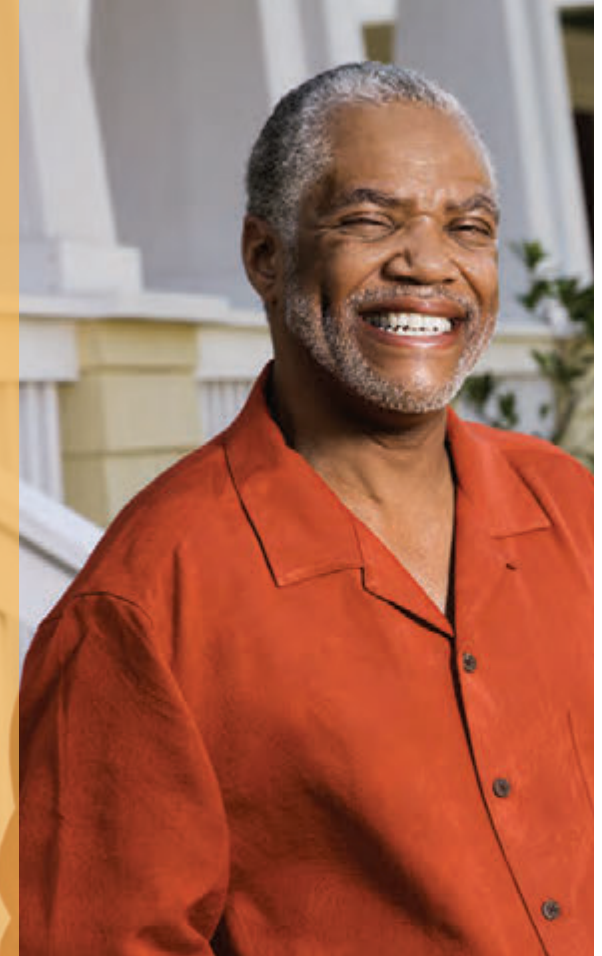


My Home, Inc will provide a safe place where mature clients can talk about the hard stuff.

BREAKING THE BARRIERS OF  
ISOLATION & SILENCE  
THROUGH DISCUSSION



SILVER *fox*  
PROGRAM



MY HOME INC.  
Helping Our Communities

For more information please visit us or call.

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MY HOME INC.  
Helping Our Communities

PROMOTING LIFESTYLE & ATTITUDE CHANGE