



Progress not Perfection in Pursuit of a Healthier Environment

Progress House, Inc. is a non-profit located in Northern California in a rural area of El Dorado County. Established in 1973 as a residential substance use disorder treatment facility in Coloma, California. The mission has been to help alcoholics and addicts to achieve recovery through evidence based practices and peer to peer support.

The support of the Tobacco Control Program – California Department of Public Health and the Smoking Cessation Leadership Center from the University of California, San Francisco we have taken further steps to improve the health and wellbeing of our staff and clients by incorporating steps to become a smoke free campus, add a focus on nutrition and physical activities.

Tobacco use being an ongoing health issue in the recovery community and Progress House Inc. we are committed to helping our staff and clients with resources and support to becoming tobacco free. Part of our assessment process upon intake is identifying those clients with tobacco use and providing them with education, Nicotine Replacement Therapy and a support system. To reduce stress, we have incorporated a morning meditation and yoga stretch to start the day. To replace the tradition smoke breaks we have added healthy walks. During scheduled recreation times we have incorporated swimming, gardening and softball tournaments. For Halloween we have received pumpkin donations from nearby growers in our community and there is a pumpkin carving contest with the roasting of the seeds for a healthy snack.

The COVID-19 pandemic added a level of stress we could not have anticipated but we did rise to the occasion with the adoption of the required protocols to keep our

staff and clients safe. There were a number of staff that resigned during the pandemic and we have worked diligently to train new staff.

Next came the Caldor fire and in spite of the added stress and staffing shortages we persevered with meeting our date to go tobacco free on October 21, 2021. Smoking is not allowed at the Coloma facility and those needing smoking cessation services are identified and supported. Our goal is to be a healthy environment for all.

