



## Men's Recovery Center

The Men's Recovery Center is located at 329 North 1<sup>st</sup> Avenue, Suite 202-B, Wausau, WI 54401 and offers short term and extended stay programming for men in various stages of recovery. This Christian discipleship program provides the support, accountability and skills needed to live addiction free and establish stable and productive lives. The Men's Recovery Center is open to any man who is willing to participate in programming and abide by program policies.

### Program Philosophy

Bridge Street Mission's Men's Recovery Center is transformational in nature. We offer Christ-centered help for men who are experiencing homelessness, being released from jail or coming out of rehab. Beyond practical assistance, our desire is to create a safe and healthy environment where men can identify and heal the underlying causes of their self-destructive behaviors. Our goal is to help them learn to live addiction free and re-enter society as healthy contributors.

### Five Foundational Agreements

1. I agree to live sober and free from drugs and alcohol
2. I agree to live clean in my personal hygiene, room and common areas
3. I agree to honor my peers with respect and dignity
4. I agree to fully participate in my program phase
5. I agree to honor the Christian-based policy

### Key Scriptures

#### 2 Corinthians 5:17

Therefore, if anyone is in Christ, they are a new creation: old things are passed away; behold, all things are made new.

#### Romans 12:2

Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

### Program Phases

#### A. Stabilization

When a man first arrives at Bridge Street Mission, our focus is **stabilization**, usually from crisis. We offer a safe and clean bed in our bunk room in a drug and alcohol-free environment. Daily meals are provided, along with showers, clothing and toiletries. He can stay with us for up to 30 days, all at no cost, thanks to the generosity of our donors. He will not be allowed to leave the Mission unless accompanied by a staff member or has prior authorization from a staff member by Wednesday night during this initial month.

During the first weeks, he meets the staff, volunteers and other men in the program. He begins to attend Bible studies and support groups and takes on responsibilities in the building. He will

complete the 5 sessions of “Mystery of Addiction” to identify the driving force behind his addiction and inspire hope that he can change. We will talk about his individual situation and goals. We will help him secure necessary documentation and complete a wellbeing screening. We explore together whether our Men’s Recovery Program is a good fit and which phase of the program he is ready for.

## B. Transformation

At this point, most of the men will enter the **transformational** phase of our program. During this time, he will be offered a scholarship for up to 8 months. He will fully engage in our comprehensive curriculum and schedule, taking classes, receiving individual counseling and entering one of our vocational tracts. He will share a room with a roommate. No TVs or gaming systems are permitted. He will stay in the Transformational area only. The doors to the rooms will be open from 8:30 AM – 8:30 PM.

A key part of life transformation is helping to identify the faulty belief systems that drive his self-destructive behaviors. That’s essential to begin the process of healing and recovery. We will help him to explore the gifts and talents he has been given and how to use them to find and advance in a meaningful job. He will develop both hard and soft skills to prepare for employment. And we help him lay a foundation for good financial health and begin to deal with past money problems.

### Core Curriculum Components

- The Genesis Process: relapse prevention workbook to help heal what drives self-destructive behavior
- Jobs for Life: job training and support strategy that empowers people to be successful and work and at life
- Faith & Finances: financial literacy for low-income or financially vulnerable adults
- Celebrate Recovery: Christian 12-step recovery support group

### Vocational Tracts

- Culinary Arts
- Facility Management
- Retail
- Production

## C. Re-Entry

Upon completion, a program “graduate” can continue to live with us in our **re-entry** phase. Now he is generating income and paying his own way – living on a budget and working on debt reduction. He is active in a church of his choice and is paired with a volunteer mentor. He continues in Bible studies (in person or correspondence) and support groups like Celebrate Recovery. There is a separate kitchen for the men in Re-Entry only. He is welcome to dine with the men in the Transformational Phase kitchen to encourage them. Finally, he will transition out of our Recovery Center equipped to re-enter society as a healthy contributor with a firm Biblical foundation of who he is in Christ.

## Program Measurements

- Growing in Christ
- Active in Church
- Maintaining Sobriety
- Living in Healthy Relationships
- Generating Income
- Stable in Housing

## Program Specifics

### Benefits of the Men's Recovery Center

The Bridge Street Mission Men's Recovery Program is designed to be a healthy, encouraging and safe Christ-centered environment for program participants in our facility. Our desire is that the program participants help each other achieve personal and program goals, and that everyone who joins will make a positive difference both here at our facility as well as in our community.

### Christian Emphasis

The Bridge Street Mission Men's Recovery Program is a Christ-centered, faith-based program. Program participants do not need to be a Christian to enter our program or to graduate, however, all residents must participate in all elements of the program. Please understand that all of our curriculum promotes a Christian worldview. Program participants are not permitted to argue or debate with instructors nor practice or promote any other religions, atheism, or other personal beliefs or lifestyles in conflict with the Christian worldview.

### Gender/Age Restrictions

This Men's Recovery Program is limited to males by birth from ages 18 to 64. People outside these parameters will be referred to other ministries equipped to serve individuals of your age and gender.

### Application/Interview/Referrals

Those interested in entering the Men's Recovery Center are to complete an online application at <https://bridgestreetmission.org/soberlivingcenter/>. This is a google form and requires a google account. Printed forms are available for those who want to complete it by hand. After completion of application, an interview can be scheduled by calling 715-409-3506 Ext 12.

Family members, pastors, medical providers, mental health care providers, probation officers, or any other monitoring agencies are welcomed and encouraged to assist in the application process. If ongoing communication is desired, this person will need to be named on the intake application.

### Intake

Interviews take place during business hours Mondays – Thursdays. Intake can take place immediately after the interview has been successfully completed. To enter the Men's Recovery Center, this policy and agreement document must be signed. The new resident must pass his first drug and alcohol test (testing positive for **THC** is at the prayerful discretion of the staff of whether to continue with the intake process). Upon entry, each resident must wash and dry all incoming bedding and clothing. He will be assigned a bunk and locker with lock. Personal possessions must fit in supplied furniture. No personal furniture or appliances or excess books, etc. will be taken into the Men's Recovery Center. The new resident will receive a welcome kit containing linens and toiletries.

## Phase/Room Assignment

All men begin in the stabilization phase and reside in a dormitory setting. This includes men who are re-entering the program. They will need to meet the requirements for the phase they are entering before being assigned a room / roommate(s). Bridge Street Mission reserves the right to assign rooms and adjust lengths of stay as circumstances dictate, but special accommodation should not be assumed. No food or drink (except capped water bottles) permitted anywhere except the kitchens and dining rooms.

## Program Fees

Program fees are designed to offset part of the cost involved in your stay at the Men's Recovery Center as well as to help you learn to live on a budget. These costs include, but are not limited to, housing, transportation, meals, curriculum, outings, staffing, insurance, utilities, repairs and maintenance and promotion of the program. You are not responsible for any program fees until you are assigned a room / roommate(s). There are no program fees during the stabilization phase. While in the transformation program, your program fees are covered by scholarship. Once you begin working in the Re-entry phase, you will participate in program fees. **Current program fees are 25% of your income. Your two most recent paycheck stubs** are required for entry into the Re-Entry Phase.

Program fees are due monthly. When ready to transition out of the Men's Recovery Center, men are supplied with a payment record of program fees to help with securing future housing. Residents who leave the program in good standing (i.e. maintaining sobriety, regular attendance at church and Celebrate Recovery and engaged fully in Bible Studies – whether in class or correspondence – and current on program fees) will have their security deposit for housing paid from their Bridge Street Mission account.

## Premature Program Departure

Program participants are not required to stay for the entire length of the program and can leave at any time. However, it is wise to not leave spur-of-the moment, and we ask that program participants keep in mind that achieving something great often takes a lot of effort and will not always be fun or easy.

Bridge Street Mission and its representatives reserve the right to ask program participants to leave for any reason at any time. Reasons for requesting that a participant leave include but are not limited to: not fulfilling program duties, following program policies as listed in this document, and/or respecting other program participants and mission staff and volunteers and the program they are trying to implement and facilitate.

Program participants who are asked to leave due to violations will be given 30 minutes from the written and verbal-notice time to pack their personal belongings and vacate the premises. The offending program participant will be accompanied during those last 30 minutes by at least one Bridge Street Mission representative. We only hold belongings left behind for 7 days, then it becomes Bridge Street Mission property to use at our discretion.

Program participants who leave this Men's Recovery Program early for any reason will need to wait 30 days before applying for reentry. The 2<sup>nd</sup> early departure will result in needing to wait 90 days. A 3<sup>rd</sup> reentry will require a 1-year waiting period and written referral from a staff member. No reentry will be allowed after 3 separate program participations.

## **Drug, Alcohol, and Smoking Policy and Drug Testing Policy**

For the sake of accountability, program participants must submit to drug and alcohol testing. These tests will be administered on a random draw or on suspicion per request by Bridge Street Mission representatives. Bridge Street Mission has a zero-tolerance policy regarding alcohol and drugs and complete sobriety is required.

The following banned drugs will be tested while in the Men's Recovery Center: Amphetamines (AMP), Barbiturates (BAR), Buprenorphine (BUP), Benzodiazepine (BZO), Cocaine (COC), Synthetic Marijuana (K2/Spice), Methamphetamine (mAMP), Ecstasy (MDMA), Morphine (MOR), Methadone (MTD), Oxycodone (OXY), Marijuana (THC).

If a program participant tests positive for drugs during a drug test or is found in possession of drugs or alcohol (to include drug paraphernalia and empty alcohol containers), or tests positive for alcohol via a breathalyzer test, they will be immediately dismissed from this program and Bridge Street Mission facilities. Also, any program participant who refuses to take the drug or alcohol test will be immediately dismissed from the program. Any program participant possessions will be given back to them at the time of their departure, or, if not claimed in 7 days, will be considered Bridge Street Mission property to use at our discretion. Any program participant offering or giving any forbidden substances to other program participants, or who protects or otherwise hides the violations of other program participants, will also be immediately dismissed from the program and facilities.

Drug test samples must be taken in the presence of Bridge Street Mission representatives.

### *Prescription and non-prescription medication*

Non-addictive prescription medication (example: heart medication, blood pressure medication, diabetic medication, etc.) is allowed. Medication must be disclosed to staff and must be in the original bottle/package with your name on the prescription. Any off-the-shelf medication also must be disclosed. Furthermore, any guest who is not taking his prescribed medication will be given a written warning. Two or more written warnings will result in dismissal from the program.

Medication-Assisted Treatment (MAT) must be coordinated with a provider.

### *Tobacco*

Smoking / vaping / chewing may only take place in the designated smoking area or off-premises.

**Smoking hours at the Mission are from 6:00 AM – 10:00 PM.** If program participants would like help to quit smoking, Bridge Street Mission offers a course in smoking cessation.

Suspicion of smoking in a program participant's room will result in a written warning. Two or more warnings will result in termination of program participation. Suspicion is determined at the Bridge Street Mission representatives' discretion. Suspicious activities include disabled smoke alarms, screens off windows, smoke smell, ashes on floor or outside windows.

### *Caffeine*

Caffeine pills and excessive coffee or energy drinks are not allowed while in the program.

### *CBD*

Most CBD products contain traces of THC and will likely result in a positive test; therefore, CBD products cannot be used while in the program.

### *Methadone and Related Substance Dependence Drugs*

Bridge Street Mission's zero tolerance policy for drugs and alcohol applies to the use of Methadone and other substance dependence drugs. A potential intake using Methadone will not be considered for residency unless they have ceased Methadone use for at least two-weeks.

### *Disputing a Drug Test*

Bridge Street Mission drug testing is done using industry-standard drug testing kits. It is important to know that program participants have a right to dispute any positive result. To dispute a positive result, immediately let a Bridge Street Mission representative know and they will schedule an official drug test, to be administered by the Aspirus Wausau Family Medicine clinic. You will be responsible for the \$100 dispute fee. If the official drug test proves negative, Bridge Street Mission will reimburse the program participant for the \$100 cost.

### **Transportation**

Transportation is available for men within the Men's Recovery Program for work as well as medical and legal appointments. The shuttle service is available between the hours of 6:00 AM and 8:00 PM. Outside of these hours you will need to make your own arrangements. Ride requests are to be made at least 24 hours in advance using the sign-up sheet. Please indicate the time you need to leave in order to arrive at your destination on time. Priority is given to men in stabilization and transformational phases. Men in the re-entry program may initially request rides but will be weaned off this assistance as they begin to budget for their own transportation.

### **Meals**

Group meals are served in the dining area on most days by volunteers or our culinary arts students. These meals are to be eaten in the dining area as a community. Mealtimes are...

Breakfast: 7:30 – 8:15 AM

Lunch: 12:00 – 1:00 PM (these are delivered from Outreach Center. Sign up required)

Supper: 5:30 – 6:00 PM

On Thursdays, supper is served at 6:00 PM at Celebrate Recovery

When group meals are not provided, there are self-prep options in the dining area. Help yourself to anything in the main kitchen refrigerator/freezer and the food counter/cabinets. The pantry is off limits to Residents and locked when not in use by volunteers/staff.

### **Chores**

All residents in all phases participate in a daily or weekly chore to help maintain a clean, safe and functional building. These are assigned by the Men's Recovery Center Manager and generally rotate on a monthly basis.

## **Classes**

All residents participate in daily Bible courses either in-person or by correspondence. Current in-person offerings are...

Monday (11:00 or 4:00): Life & Teaching of Jesus

Tuesday (11:00 or 4:00): Wisdom for All Time

Wednesday (11:00 or 4:00): Personal Bible Study

Thursday (11:00 or 4:00): Instructions for Christian Living

Friday (11:00 or 4:00): Real People in the Bible

Those who are working during these times can do their Bible study by correspondence. These Bible study guides are to be completed monthly.

All new residents complete "Mystery of Addiction." This 5-week course is offered on Wednesdays at 10:00 AM.

All residents participate in an ongoing support group. Celebrate Recovery is offered on Thursday evenings at 6:00 PM at the Outreach Center and Saturday at 10:00 AM at the Men's Recovery Center.

Additional courses such as Jobs for Life and Faith & Finances are offered periodically and become available when you enter either the transformation or re-entry phase.

## **Pastoral Counseling**

Bridge Street Mission does not employ state-licensed counselors. The counseling provided at the Men's Recovery Center is pastoral counseling based on Biblical principles. The relapse prevention curriculum we use for "Mystery of Addiction" and "The Genesis Process" is authored by Michael Dye, CADC, NCAC. His materials are based both on a Biblical and neurochemical understanding of addiction. The emphasis is on healing what drives the self-destructive behavior rather than just trying to control it.

## **Outside Support Groups/Mentors/Advocates**

While in the Men's Recovery Program, men are expected to establish outside support groups which will continue to provide encouragement and accountability after their stay at Bridge Street Mission is over. This is most often in the form of a local church at which they also identify a mentor. The resident may select the church of his preference. We also eagerly work with family members, medical providers, mental health care providers, probation officers, or any other monitoring agencies to set the man up for success.

## **Code of Ethics**

As a Christian ministry, Bridge Street Mission expects each program participant to conduct themselves in a manner consistent with Christian ethics. In addition to zero tolerance for alcohol or drugs, we want to promote a safe and encouraging atmosphere free from arguments, violence, threats, criticism, bullying, teasing, gossiping and swearing. Men are to respect the space and property of each other as well as Bridge Street Mission. Men are to avoid behaviors in the community that would reflect poorly on the ministry. Bridge Street Mission cooperates fully with police investigations.

## **Enforcement of Program Policies**

This program is designed to be self-enforcing, with program participants helping each other stay accountable to clean and healthy sober living. Our complaint and policy violation reporting, and resolution process is based on Matthew 18:15-17. We ask program participants to first speak with the violating individual unless there is a good reason not to do so. Next, the program participants will be asked to go with a Bridge Street Mission representative to discuss the violation with the offending individual. If that doesn't resolve the problem, Bridge Street Mission representatives will deal with it as management and take it to the next level according to written policies.

## **Curfews/Quiet Time**

Program participants should be respectful to their peers throughout the building at all times. This includes keeping both voice and device volume levels low. Transformation phase residents observe 10:00 PM curfew to ensure they are rested and alert for their next day's schedule.

## **Visitors**

Visitation is only allowed in the welcome room, common living areas or outside. No visitation to any rooms. Visitors must sign in at the office. Visiting hours are limited to 8:00 AM to 9:00 PM. No visitors are ever allowed in program participant's rooms unless accompanied by a Bridge Street Mission representative.

## **Pets**

No pets are allowed.

## **Health & Hygiene Requirements**

### *Personal Hygiene*

For the sake of all involved, Bridge Street Mission requires program participants to wash hands before eating, shower daily, wear clean, neat, and modest clothing, brush teeth at least once a day, and otherwise maintain a clean and healthy lifestyle.

### *Room Cleaning and Inspections*

Within program participants' rooms, all clothing and personal items must be folded and properly stored in the available furniture and tote and the floor must be clear of all personal belongings. Furniture and totes will be provided by Bridge Street Mission. Beds must be made, floors and furniture clean, and rooms must be tidy. Residents are responsible for cleaning their own rooms using cleaning items provided by Bridge Street Mission. Bedding is to be washed once a week.

Residents' rooms will be inspected weekly. Program participants will be given the opportunity to remedy any room violations. Repeat offenders will eventually be asked to leave the program, especially if the violation is due to willful negligence.

### *Bed Bug Policy*

Bedbugs or other pests must be reported immediately to Bridge Street Mission representatives to be dealt with and to prevent pests spreading to other rooms and individuals. Canine inspections of the entire building take place quarterly. If any activity is detected, professional remediation will be used to treat the room. Residents are to fully cooperate with these inspections and any treatments required. Residents are not to use their own chemicals.



### *Incidents with Blood*

If any blood is found, please alert Bridge Street Mission staff so they can clean it up according to Bridge Street Mission's blood borne pathogen policy.

### *Infectious Diseases*

During active pandemics such as the recent COVID crisis, there will be a room designated and used for isolation for anyone testing positive. Hand sanitizing stations and table dividers may be set up. Outside visitor privileges may be suspended. Masking and social distances may be encouraged, if necessary

### **Common and Shared Areas**

The kitchens, living room, bathrooms, and halls are considered shared living spaces, and are meant to be used for the benefit of all program participants. Program participants must clean up after themselves after using any of these facilities.

### **Computer Usage Notice**

Bridge Street Mission offers W-Fi Internet Access from 6:00 AM – 10:00 PM. Any evidence of pornography on a personal smart phone, TV or computer may result in immediate dismissal from the program. The program participant will have 30 minutes to vacate the premises.

### **Privacy Policy**

Bridge Street Mission collects personal program participant data during our intake procedure, as well as throughout the program stay, and securely stores all data. Data may be securely shared with other organizations for the sake of grants, etc., or as is legally required, but will otherwise be maintained securely and added to or reviewed only by Bridge Street Mission staff and volunteers.

During your stay at Bridge Street Mission, you can expect our staff, volunteers, and other representatives to maintain your privacy. However, Bridge Street Mission's team works and shares information with each other as needed. Each program participant's confidentiality is maintained by our entire team, not by an individual adviser. Anything shared or discussed with our staff, volunteers, and other representatives may be included in program participant's case management notes and considered as part of each program participant's unique program.

### **Insurance Notice**

Program participants are not employees and are not given wages. Since program participants are not employees, program participants understand they will not be covered by Bridge Street Mission's worker's compensation insurance.

Program participants also understand that any work that is required is part of the Bridge Street Mission Men's Recovery Center Program, and as such, that program participants are liable for any injury or illness that happens to them during this time.

Program participants may insure their personal belongings but understand that Bridge Street Mission will not cover that cost, nor will Bridge Street Mission cover the cost of lost or stolen items.

