

The Bridge House: A Christian Substance Abuse Recovery Program for Men

New England Aftercare Ministries, Inc., P.O. Box 136, Framingham, MA 01704 FAX: 508 302-0090

As a Massachusetts licensed Recovery Home our Bridge House program provides a structured, sober environment for individuals recovering from addiction to alcohol and/or other drugs. Our program emphasizes recovery and treatment within a therapeutic setting. Residents are encouraged to integrate with the community and to access community resources, including self-help groups and employment.

New England Aftercare Ministries, Inc. was founded in 1984 and the Bridge House first opened its doors in 1988 to welcome men seeking recovery from addiction and a renewed life. Today we serve 33 men in two houses on Summit Street in Framingham, MA.

Each treatment program is individualized

While each resident's program is guided by his own individual recovery objectives, which are laid out in regularly updated treatment plans, there is a level of consistency about the treatment offered to each individual in our Program. The Bridge House provides weekly, individual counseling to help the residents meet their recovery objectives and treatment plan goals. Additionally we provide daily group sessions where residents share challenges and explore new recovery tools together.

We also encourage our residents to seek necessary outside resources, such as anger management groups, mental health therapy, community health assistants, educational and vocational training and VA resources. There are numerous opportunities for connection with these resources within walking distance of our Program.

Potential Residents

In order to be considered for admission into the Bridge House Program, applicants must provide documented 30 days sobriety at a minimum. This generally is provided by drug testing at an inpatient treatment facility, TSS, CSS or other drug and alcohol treatment facility including incarceration. Please note, we generally have a waiting list for beds, so please submit your applications early!

Step 1: submit a completed Bridge House application and resident agreement, provide bio/psych/social assessment from current treatment facility, and if currently incarcerated, a BOP (or other written criminal history through a lawyer). This can be faxed to (508) 302-0090 or mailed to 18 Summit Street, Framingham, MA 01702.

Step 2: participate in a phone interview with one of the Bridge House admissions staff. Complete any further assessments requested for making a determination about Program appropriateness.

Step 3: if admissions appropriateness is confirmed, admissions staff will provide an approximate bed date. Then the applicant must complete any further steps necessary for continued qualification for admission. For example, this can include transitioning to another program while waiting for a bed, or providing continued status updates about transitions until arrival. *Remember, you need to be in a treatment program with ongoing, confirmed sobriety **until you arrive** at Bridge House. We normally have a waiting list, so please ensure continued eligibility by continuing treatment **without interruption!***

Probation Requirements

Men on probation or with open court cases must sign a 42 CFR Part 2 confidentiality waiver providing communication freedom between the Bridge House and court or probation authorities. In these situations the resident's probation takes priority over the Bridge House program guidelines. That said, compliance with probation is necessary to be in compliance with the Bridge House.

Medication Management Requirements

Men who receive medically assisted treatment for addiction such as Methadone, Antabuse, Suboxone, or Vivitrol, or medication for mental health issues such as depression, anxiety and sleep issues will sign a 42 CFR Part 2 confidentiality waiver providing communication freedom between the Bridge House and doctors, therapists, or group leaders at outside agencies involved in this care.

Program overview

Version: 6/1/16

What the Program Entails

Because we are a halfway house that expects our residents to find employment within 30 days and pay a weekly treatment fee, this Program is only for men who are independent enough to seek and find employment, structure their days, and make mature decisions for strengthening their recovery on a daily basis.

Typically, this is the daily structure of the Bridge House Program:

- Up by 7am on weekdays Monday – Friday, eat breakfast, shower, etc.
- Attend 8:30 am in house group Monday – Friday (excused if at work)
- Attend 1:30 pm in New Resident group Monday and Thursday (Weeks 1 and 2)
- Attend 5:30 pm dinner (excused if at work)
- Attend evening in house group two nights per week (mandatory, no exceptions)
- Complete daily house chore
- Keep personal room space clean & tidy
- Attend outside appointments with medical, spiritual, education resources, AA/NA
- Pay \$125 weekly upon employment (or \$500 monthly due at intake if receiving Social Security, disability, unemployment, or other monthly stipend independent of employment)
- Contribute all non-cash EBT benefits to Program (Program holds EBT card)
- Curfew: 10 PM weeknights; 11PM Friday and Saturday

Once a resident graduates the Program, typically after 6 months, he is considered a graduate for life. Graduates are welcomed back to share by example with current residents the challenges and rewards of living a new life in recovery. Graduates are encouraged to participate in dinner with current residents once a week, and continue their aftercare with individual or group counseling periodically, especially soon after graduation.

House Rules

Honor your own recovery, house mates, and honor the house as a place of recovery.

Be engaged in rebuilding your life through employment, attendance to inside and outside meetings, as well as spiritual and or other healthy activities that build up body, mind and spirit.

Be courteous: We foster a non-discriminatory, welcoming community where participation in groups and daily chores is expected, and cooperation and mutual respect is encouraged.

- Hats off in the house
- Cell phones are allowed but keep ringers off in the house
- Use earphones for any personal music devices
- No fighting or swearing
- No pornography or media materials that promote drug use.
- All medications (prescription and over the counter) must be turned in to Program to be signed out as needed.
- No alcohol-based cleaning or hygiene products are allowed in Program.
- Smoking is allowed only in designated areas- including Vaporizers and chewing tobacco

For questions regarding the Bridge House Program:

Serenity Love, Admissions Counselor

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