

Program overview Version: 3/7/2019

***New England Aftercare Ministries, Inc.***

**Bridge House:** A Christian Substance Abuse Recovery Program  
18 Summit St. (P.O. Box 136), Framingham, MA 01702 FAX: 508 302-0090

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.

As a Massachusetts licensed Residential Rehabilitation Service, the Bridge House program provides a structured, sober environment for individuals recovering from addiction to alcohol and/or other drugs to develop sober living skills. The program provides addiction counseling treatment within a setting which *emphasizes client independence and autonomy* as clients navigate the surrounding community to meet their recovery needs including integrating any necessary physical and/or behavioral health supports, local and state agencies (such as Courts, DMV, DTA, DCF, Mass Health) as well as educational and vocational training and VA resource involvement coupled with finding and maintaining employment, utilizing local self-help groups, and before graduation sourcing safe housing.

Counseling treatment is individualized guided by each unique resident's recovery objectives.

Counselors use client centered motivation interviewing techniques to support clients through the stages of change as well as CBT education (including SMART Recovery tools) for behavioral support to better decision-making.

Mandatory each week is a *One-on-One* hour with their assigned counselor along with one hour per week in a process group with their counselor and just that counselor's other clients (no more than 9).

Other groups offered are "house wide" and include a weekly house meeting, daily morning groups and dinners. There is a voluntary Bible Q&A/study and a special group for extra support services for those in need of additional help.

Treatment plans are updated at 30, 90, and 180-day intervals, with aftercare planning at the outset and aftercare counseling support for those who choose it post-graduation.

**At the outset of the program there is a two-week (10-day) orientation -- covering:**

- *Practicing Accountability: a discussion of expectations for reaching success in your Program outcome.*
- *Assessing and keeping your health insurance*
- *Job Development: resume building, employment and interviewing help and counsel as well as how to access outside vocational/education support.*
- *Creating your Bridge House Budget. Here budget maintenance evolves throughout the program as we require each CT establish and build a saving account for resources needed post-graduation.*
- *Exploring community resources: Hep C, HIV, STD TX. Food Stamps, SSI, pharmacies and MAT providers.*
- *The value of 12-step and other self-help support groups.*
- *Tobacco Education*
- *Health: HIV, STD, Hep C*
- *Mindfulness and Spirituality*
- *Journaling and Art therapies*

To help build skills and the required discipline for *Living in Community* resident also:

- Pay upon employment a treatment fee of \$150 per week. The budget for this fee starts with required savings (as many enter indigent, the client savings account takes priority over fee collection as we do not want anyone graduating broke). That said, the fee along with savings creates the foundation for helping clients understand budgeting. It allows them to pay for a cell phone, a car (insurance/gas repair) and/or other transportation, medications, child support, food, haircuts and personal items, clothes, and fun. While, *preparing for future housing costs as well as raising questions over the high costs of unhealthy items such as cigarettes in a counseling setting that supports their recovery.*
- All residents are assigned daily chores and tasked to keep their bed made and personal living space tidy.

## COMPLETION OUTCOMES ARE MEASURED AGAINST THE 8 DIMENSIONS OF WELLNESS:

- Emotional: *Coping effectively with life and creating satisfying relationships*
- Environmental: *Good health by occupying a pleasant stimulating environment that supports well-being.*
- Financial: *Satisfaction with current and future financial situations*
- Intellectual: *Recognizing creative abilities and finding ways to expand knowledge and skills*
- Occupational: *Personal satisfaction and enrichment from one's work*
- Physical: *Recognizing the need for physical activity, healthy foods and sleep*
- Social: *Developing a sense of connection, belonging and a well-balanced support system*
- Spiritual: *Expanding a sense of purpose and meaning in life.*

### For Potential Residents:

Insurance accepted: Mass Health - MBHP, BMC, Tufts, Fallon 365, Welforce, Optum and CCA.

To be considered for admission 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!

### APPLICATION STEPS:

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 deciding 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.*

**MAT:**

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.

**For questions regarding the Bridge House Program:**

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