



# Bridges to You

S U M M E R 2 0 2 2

## SPECIAL POINTS OF INTEREST:

- **SUD Crisis in Massachusetts**
- **Service Projects Needed**
- **Walk-In Roof Project**

## *SUD Crisis in Massachusetts*

Substance use disorder (SUD) is the state's classification of individuals who are addicted to chemical substances. From alcohol to heroin, fentanyl and cocaine, along with a host of other substances available to people, this industry thrived during the COVID pandemic.

The opioid/opiate overdose crisis has not diminished in the last ten years. Last year the epidemic hit a high mark of over 100,000 deaths in the United States. With nearly a 9 % increase in Massachusetts, the death count rose to 2,290. This is the

number of opioid overdose deaths alone, not including alcohol related deaths.

All our staff are Narcan trained and CPR certified. We have seen lives saved with this treatment who otherwise would have died. However, living in recovery is more than just managing drug intake or abstinence. It is living a new life. As a faith-based, Christian recovery home that is in line with our faith, we see men living a new life. In a morning group, they were asked. What do you want to

work on while in the Bridge House?" They answered:

*"I want to work on . . . my patience, self-esteem, not dwelling on the past, relationships, health, education, self-worth, honesty, integrity, my impulsivity, being able to sit with myself, my consistency, constant mindfulness, the awareness of how important it is to go slow and be aware that I can't drink, my future, my weight, being present for my family, a better quality of life, fitting in with normal society, growing closer to my God, learning to stay sober, being a better person, making* (continued page 2)

## *Service Projects Needed*

The dynamics of the operating of The Bride House are significant. Housing 33 men from various backgrounds who need whole life recovery is some task.

By whole life recovery, I mean by assessing how substances ruined family relationships, careers, and even the community and how to rebuild is daunting. But taking it a step at

a time, a day at a time hope can be obtained and real change can seem within grasp.

One way you may be involved in this is by volunteering at The ( Continued Page 2)

**Wholeness and health are collaborative efforts . . .**

**Don't do it alone.**

### **SUD Crisis** (continued)

*my (life manageable, living by principles, getting proper medical care, getting my life back, learning to love myself, finding a job I will enjoy, new transportation, new friends."*

*Asked to describe what brought them into recovery men in our program replied:*

*"I decided (no one else decided for me) that I needed recovery. I walked into a detox after being homeless for 2 months and decided that I had had enough of living the way I was living. I want to have a normal life and get back the things that I have lost."*

*"I am ready for this. I want this for my daughter."*

*"I was arrested and incarcerated. It was myself that decided to pursue sobriety a few weeks into my six-month sentence. I*

*decided to get involved in any recovery classes available in the jail and pursue treatment upon release."*

*"I am forcing myself to be in recovery for my kids, my girlfriend, and for me."*

*"After being home from jail for 2 days and starting to get high again I just knew something had to change or I would be in the same predicament. I want to live and maintain a better life."*

*"Although the law brought me to my first AA meeting, it didn't matter. I was far from done drinking. Then considering my drinking as suicide, I found the will and desire to stay alive."*

*"I want a better life, financial stability, and better health. I want to be there for my family."*

(continued page 3)



### **Service Projects Needed** (continued)

Bridge House. Churches, individuals, businesses can involve themselves in a variety of ways. It may mean by donating a meal and actually eating with the men in the program can be a first step. Other

projects could be painting, landscape work, spring cleaning, or mentoring a man to see how real life can work with healthy , safe choices. Volunteers serve on our board with a variety of capacities. Business people, accountants, health field professionals (Continued Page 3)

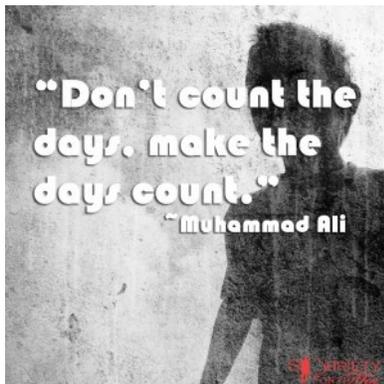
## SUD Crisis (continued)

What does one do if a friend or family member exhibits behavior which may indicate substance use? Mood swings, strange behavior, drop in attendance or performance at work or at school, secretive behavior, lack of communication, sudden need for money, bloodshot or dilated eyes, changes in weight, appetite, sleep pattern changes, lack of motivation, irritability, and lack of personal hygiene could be signs of SUD.

If you are concerned about this behavior, call someone you trust. You can reach out to us at The Bridge House. Mark is our intake counselor at 508-872-6194 ext. 105. If we can't help, we could guide you to where you can get help. Of course, if it is a medical emergency call 911.

Massachusetts DPH has a number to call for help. It is 800-327-5050.

For ongoing support, reach out to your local spiritual support, your house of worship, the ministerial team, close friends. If



you find that they don't have experience in this area, there are many other supports you can find. AA or Al-Anon provide peer support. Allies in Recovery has a website and support: [alliesinrecovery.net](http://alliesinrecovery.net) or Learn to Cope at [learn2cope.org](http://learn2cope.org). You are not in this alone there are many others who have had to face this crisis with their loved ones.

Remember take a deep breath, pray, and reach out for help.

Here at The Bridge House your support and prayers reach many who suffer from addiction and encourage us to remain vigilant in this stressful work.

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## Service Projects Needed (continued)

can lend their expertise in their line of work to help guide New England Aftercare Ministries in a variety of ways. One does not have to be in recovery themselves to help.

If you would like to look further into this contact me at [dave@thebridgehouse.org](mailto:dave@thebridgehouse.org).

Thank you

**THE BRIDGE HOUSE**

**A Ministry of New England Aftercare Ministries**

**18 Summit St.  
Framingham, MA 01702  
www.thebridgehouse.org  
Admissions/ intake: 508-872-6194 ext. 105  
dave@thebridgehouse.org**

Help is at hand:

**Emergency Assistance: 911**

State of Massachusetts Addiction Helpline:

**1-800-327-5050**

Support for Care Givers:

**Learn to Cope: learn2cope.org**

**Allies In Recovery: alliesinrecovery.net**

The Bridge House has been serving adult men with substance abuse problems for over 35 years. As a state-licensed residential home The Bridge House brings dedicated staff to serve the men.

New England Aftercare Ministries, as a faith-based Christian entity the mission is to:

PROVIDE A MEANS FOR THE CHURCH OF JESUS CHRIST TO OFFER RECONCILIATION TO GOD AND TO SOCIETY FOR PERSONS WITH SUBSTANCE ABUSE PROBLEMS;

PROVIDE A STRUCTURED, LOVING ENVIRONMENT, BY WHICH THOSE WHO ARE SINCERELY MOTIVATED MIGHT SUCCESSFULLY REENTER SOCIETY;

AID IN BUILDING INTIMATE AND SUPPORTIVE RELATIONSHIPS BETWEEN CHURCHES AND RESIDENTS IN THE PROGRAM;

MINISTER TO THE NEEDS OF FAMILIES RELATED TO THE PROGRAM;

BE A GOOD WITNESS TO THE LOVE AND POWER OF GOD IN THE COMMUNITY;

ESTABLISH A CENTER OR CENTERS IN WHICH THIS WORK CAN BE ACCOMPLISHED.



*Reconciliation  
to God and Society.*



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Here is my monthly payment of : Amount: \_\_\_\_\_ for the next six months Or

My one time gift of \$ \_\_\_\_\_.