

Recovery Residences

Resident Handbook

SalusCare
Place



Welcome to SalusCare Place

SalusCare Place is a community of recovery residences that offer a safe and sober environment with peer support and guidance for those individuals who seek the type of living experience that supports an avenue to successful recovery and sobriety. The residence is intended to be a family or a “tribe” for those living in recovery. People just like you who desire change and support in the recovery process and beyond.

This type of living is not for everyone. If you like to isolate and do things your own way, perhaps you might reconsider your interest in SalusCare Place. In the next section, the life and expectations and rewards of living in a recovery residence is explained.

SalusCare Place is proud to offer these residences knowing that each resident is here for their own reason and we can provide a safe and sober environment that offer support to each and every resident. We willingly follow the standards set forth by the National Association of Recovery Residences (NARR), and are certified by the Florida Association of Recovery Residences (FARR).

What is a “Recovery Residence”?

A Recovery Residence (RR) is a broad term describing a sober, safe, and healthy living environment that promotes recovery from alcohol and other drug use and associated problems. Many thousands exist in the United States that vary in size, organization, and targeted population. At a minimum, RRs offer peer-to-peer recovery support with some providing professionally delivered clinical services all aimed at promoting abstinence based long-term recovery.

Recovery residences are sober living environments, meaning that residents are expected to abstain from alcohol and illegal drug use and the misuse of prescribed medications and over the counter medications or other mind-altering substances of any sort. Some residences require abstinence from particular types of medications according to individual policy.

What is the primary purpose of Recovery Residence?

The purpose of a recovery residence is to provide a safe and healthy living environment to initiate and sustain recovery; defined as abstinence from alcohol and other mind altering

substances and improvement in one's **physical, mental, spiritual, and social well-being**. Individuals build resources while living in a recovery residence that will continue to support their recovery as they transition to living independently and productively in the community

What services do Recovery Residences provide?

Recovery Residences are divided into four levels of support based on the type as well as the intensity and duration of support that are offered. SalusCare Place is a Level 2 recovery residence. Level 2 is a monitored level meaning that there are specific policies and procedures in place and that hierarchy has levels that may include a house manager or senior resident. Level 2 requires that there be house rules that provide structure. There will be peer-run groups, drug and alcohol screenings will occur frequently, there are required weekly house meetings and a monthly community meeting and finally there will be involvement in self-help and or treatment services. SalusCare staff is also available.

Expectations of the residents

- Willingness and the desire for sobriety and a healthy lifestyle
- Remain alcohol and drug free
- Minimum 3 month commitment
- Create and works towards your recovery plan
- Find and work with a recovery mentor or a mutual aid sponsor
- Locate and participate in a home group
- Abide by the rules of the residence
- Participate with your recovery family
- Be a leader and participate in your residence council and model recovery principles
- Be sensitive to you family's needs and feelings
- Be willing to express your own needs and feelings
- Respect for yourself and others
- Attend house and community meetings
- Attend and participate in sober social events sponsored by SalusCare Place or other sober recovery communities
- Find and maintain employment, attend school and or volunteer outside the home.

What you receive from SalusCare Place

- A warm, clean, comfortable fully furnished home.
- Accountability (drug and alcohol testing, daily housekeeping chores, weekly meetings)
- Laundry facility located in your home
- Internet access

- Dedicated Peer-support staff
- Case management, psychiatric services, substance abuse treatment (all levels), by referral
- Reports to PO or drug court representative as needed

Are there stages/levels of participation in Recovery Residences?

Many Recovery Residences define levels of recovery progress within the resident community. At SalusCare Place your level generally correspond with your time in the residence, your recovery progress as assessed by peers and/or staff, and the degree to which residential behavioral requirements have been met (See attachment 1)

Residents in SalusCare Place all begin with a blackout period; this period is the time for a new resident to break communication with the outside world or with their natural supports. This is done to allow the resident time to stabilize and focus on their recovery. Since SalusCare Place is a “family” in itself and the other residents are there to offer support to you and for you to offer support to them as well, this is a time to begin to pull together as a recovery “tribe or family”.

During the blackout phase your activities are restricted and limited. These restrictions may include that other than work and recovery/support related meetings the residence will require you to always be accompanied by a more senior resident when outside the home, limits to contacts with family and or friends, and expectations for a higher degree of involvement in recovery support activities.

What SalusCare Place is all about?

As a recovery residence SalusCare Place is a place of safety and support for those individuals seeking time to establish a well-founded recovery plan. SalusCare Place is driven, governed and supported by peers. The peer staff shares their own experiences with you and will support your individual road to recovery. The home is there to provide you with comfort and support, it is a family. SalusCare, Inc. can provide additional services as deemed appropriate to your individual needs. Overall wellness is what you’ll be striving for while a guest at SalusCare Place.

What to expect as you enter the community

After completing a screening and assessment and having everything explained to you and you having the opportunity to read the handbook, review the financial aspect of the program with the financial manager, read your resident rights, and read the community and house rules and expectations it’s time to meet with your peers in the residence. Once a decision has been made that you are the right fit for the residence and you agree to the terms of the residence, you will then be assigned a room and a bed. Welcome to SalusCare Place, your new home. You

will be given an orientation to the home. This orientation follows a checklist that covers overall safety and other items related to the home and household appliances.

Within 5 business days you will meet with the recovery coach to complete some additional recovery work and to determine what your path to recovery will be. You will complete your individual recovery plan. It's the coach's job to assist you and to make sure you stay on your path. If there are setbacks the coach will work with you to arrange for you to receive any additional services you may request. You will be expected to meet with the recovery coach weekly, provide a weekly check in form and participate in the weekly house meeting.

Other considerations for your participation in SalusCare Place

- You are subject to random and scheduled drug screens as noted in the policy (See attachment 6).
- You and your community members are to keep your yard, home and personal area clean and well kept. Lawn and yard equipment are available for your use (see attachment 7).
- There is also a common sense dress code for this community (see attachment 8).
- There are several items posted in the residence. These include resident rights, the grievance policy (see attachment 9), and emergency contact information (see attachment 10). Please do not remove or relocate any of the postings.
- If you become aware of a need for facility (repair) services a form (see attachment 11) is provided for you to complete and hand in to staff so the facilities staff can make the repairs. Please report any type of maintenance problem immediately. If it is an emergency, such as a broken pipe or broken window, please call the emergency contact number.

Good Neighbors

Part of the responsibility for the recovery residence is to be a "Good Neighbor". SalusCare Place is set in a residential community and therefore respect for your neighbors is important. The home exterior and yard must be kept up; lawn equipment is available for this purpose. If a neighbor has concerns about something, please refer them to the peer-specialist, you may provide the on call number. Greet and introduce yourself to your neighbors as appropriate. Some good neighbor considerations include, no playing of loud music, especially after 9:00 pm, no parking cars on the lawn, no loitering or "hanging out" in groups, limiting excessive noise,

begin lawn mowing after 8:00 am, do not use lewd or offensive language and no smoking. Take pride in your new life and in your home.

Medications

It is imperative that all residences remain safe at all times and medications use and storage of medications is very important. The following rules will help assure safety in regard to medication use and storage:

- All residents are responsible for their own medication management. Peer specialist will assist residents with any questions regarding their medications and will provide referrals to appropriate providers as needed.
- Medications are to be taken as prescribed. If there is evidence of inappropriate medication use peer specialist will initiate corrective actions that could include amendment of recovery plan or resident removal from Recovery Residence.
- Residents are responsible for their own medications including all refills. Peer specialist will provide referrals to medication assistance programs as needed.
- Residents must advise staff/management of all medications taken and prescribed. This includes over-the-counter drugs. Failure of a resident to appropriately advise staff of medication usage will result in corrective actions.
- Medications must be kept and locked in the residents room safe at all times. Each resident will create their own code to access the individual room safe. The peer specialist will maintain a secondary master key for all residence safes.

Emergency Information

For any **medical emergency** please contact 911. After 911 has been called and 911 operators instructions have been followed notify the peer specialist or on-call staff to report the incident.

For a **police emergency** please call 911. The non-emergency police number 239-321-7700 can be used for trespassing or theft reports.

For fire, if the fire is small and no one is in danger, use the fire extinguisher as directed (PASS) in orientation. If the fire is large and is not able to be extinguished, promptly notify all residents to leave the building and call 911 immediately to report the fire. Contact peer specialist or on-call staff. If you are in a duplex, please remember to notify the adjacent residents to also vacate the premises.

When vacating the building for **any emergency** please move to the front yard center area, this will allow staff and the fire department to account for all residents.

For a downed power line please contact FPL at 1-800-468-8243

For water main break near the street contact 239-321-8100

For emergency water issues within the residence please call the peer specialist or the on-call contact number located on the bulletin board. If it is a small leak, please use your facilities request form to report the problem.