

PROGRAM COMPONENTS:

Peer Role Modeling- the community is the agent of change; residents act as role models for other residents teaching and learning from each other; all residents participate in the available opportunities: the structured environment and daily routines, seminars, groups and peer counseling in order to develop healthy habits, coping skills and a new, productive recovery lifestyle.

Substance Addiction Assessments - on-going comprehensive assessments will be collaboratively developed by certified and/or licensed professionals and peer support specialists, as well as senior residents, and will be provided to all residents

Life Skills and Vocational Training- residents learn to be responsible in a number of areas that lead to manageability of their own lives; all residents participate in both in-house and outside job placements after a period of initial adjustment to the community before choosing a program “major” and streamlining their recovery programs.

Community Support Groups and Resources- Residents will interact with and give back to the greater community through volunteer service and will develop an outside support group by mandatory participation in self-help 12-step meetings in order to develop spiritual connections with others and their higher power.

Animal and Equine Therapy- various types of pets, rescue animals and horses will be utilized for residents to learn to care for and become responsible and develop powerful therapeutic connections for mutual love and healing.

Education - residents must be working toward individualized, mutually agreed upon educational goals and may have the opportunity to pursue certification as substance abuse counselors if desired.

Continuing Care and Relapse Prevention- a continuum of care is provided; residents will step-down to transitional housing after an initial graduation and must serve as mentors to younger residents during this time. Following program completion, a discharge and relapse plan will be developed in which residents will be strongly encouraged



Mission Statement

“Recovery Connections Community is a recovery oriented system of care that provides various levels of service to persons with substance use disorders and process addictions. The program emphasis will be on building community, rebuilding healthy relationships, developing a strong sense of self, productive habits, and a foundation of life skills to promote long-lasting recovery. This will be accomplished through Peer Role Modeling, and substance abuse assessments, a connection to community support resources, animal therapy and a focus on aftercare and nurturing relationships with others.”

Directors:

Jennifer A. Warren, MA, CPSS
Executive Director
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Operations Director

Facility Locations:

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Daily Schedule

6:00 am	Be on the floor ready to work, Community Phase is on the move
6:30 am	Breakfast
7:00 am	Morning Free Time
7:15 am	Morning Meeting
7:30 am	Work
10:00 am	15 minute Break
12:00 pm	Lunch
12:30 pm	Seminar
1:00 pm	Work
2:30 pm	15 minute Break
4:30 pm	Free Time
5:30 pm	Dinner
6:00 pm	On the Move – Community Phase and Detention/Suspension
8:00 pm	Evening Function
10:00 pm	Evening Meeting
10:30 pm	Bedtime

*Evening Meeting and Bedtime will be after Evening Functions

Program Phases

COMMUNITY PHASE

Day One to Three Months

The **COMMUNITY PHASE** is the initial stage of the *Recovery Connections Community* program. During this phase the resident will become familiar with his surroundings, other residents in the program, and most importantly, the rules, policies and procedures that will need to be followed. In this phase a comprehensive initial assessment will be completed.

FOUNDATION PHASE

Three to Six Months

Following the community phase, the resident should have a pretty good feel for what is happening in the program and what direction he is headed in his personal recovery program. In the **FOUNDATION PHASE** the resident will be expected to take on more responsibility and personal accountability. He has the opportunity to earn privileges and will have a more active role in the community, assisting the newer residents in the program.

He will become familiar with outside resources and will start vocational training and outside self-help meetings. Additionally, he will start to work on mutually agreed upon goals.

LIFESTYLE PHASE

Six to Twelve Months

In the **LIFESTYLE PHASE** the resident should be very accustomed to the guidelines of the program. At this phase he will begin accepting more responsibility for the proper guidance and development of newer residents and act as a role model in the community. He should be moving toward an understanding of his personal issues and the skills he needs to deal with them. At this time, he will choose a “major” and produce an individualized action plan with that major as a primary focus.

PREPARATION PHASE

Twelve to Eighteen Months

The **PREPARATION PHASE** continues the focus on the development of responsibilities and accountability by using the tools he has learned and putting them into action in his own life as well as within the community. This is a very critical stage of development where supervision, counseling and guidance is given on a more personal and individualized basis. Activities will be revised to include individual interests as well as career and educational goals. The resident will graduate from the clinical portion of the program at the completion of this phase.

SOCIETY PHASE (INITIAL AFTERCARE)

Eighteen to Twenty-four Months

The **SOCIETY PHASE** is the most critical stage of development. At this point the resident learns to balance his new direction in life while maintaining interaction with the core of the program. The structure of the transitional housing will be less demanding and restrictive than the long term facility. This is a required portion of the program as it is necessary to continued success when the resident completes the program