

NEW SALEM

An Intensive Therapeutic Program of Prodigals Community

OVERVIEW

The purpose of the New Salem program, a program of Prodigals Community, Inc. is to provide a fifteen (15) month intensive residential recovery community for up to twenty residents. The Christian program's foundation is built on a spiritual emphasis for those overcoming substance abuse. All of New Salem's program participants have a commitment to their own recovery and the recovery of others. The residents will be provided structure, support and strict accountability in the following areas:

- Learning how to function responsibly and drug-free
- Developing vocational skills and experience needed to obtain and maintain employment earning a living wage
- Obtain a GED, vocational training certification, and 8-10 hours per week of educational study
- Develop spiritual and emotional maturity through the spiritual journey of the 12 step program of NA/AA
- Developing skills for healthy relationships
- Obtaining the support needed in the community to sustain a drug-free responsible life.

ORIENTATION

Eight Weeks (minimum of 60 days)

The primary goal of this phase is the assessment of the resident's needs, and to orientate him/her into the community. During the Orientation phase residents will assimilate into the program and begin to accept the need to change past behaviors.

RESTRICTIONS

No personal property (radios, jewelry, money, pictures, posters or knickknacks in room.)
No phone calls
No TV at all
No visits
No passes
Speaking ban applies
No trips on Sunday.
No participation in Voice of Experience
No visitors (friends & family must complete visitor's orientation)
No recreation off site of program

MUST DEMONSTRATE THE FOLLOWING TO COMPLETE ORIENTATION:

- Commitment to change
- Commitment to the New Salem program
- Open minded-ness & willingness.
- Ability to abide by the rules & principles of the program.
- Good motivation in work, education and groups

Residents must write a request stating his/her progress made while in orientation. Request must be approved by counselor, work supervisor and educational teachers. Residents must pass a written test.

PHASE I

NEW BEGINNINGS

During this phase, the main program objectives of socialization, personal & spiritual growth, education and vocational training are pursued through all of the therapeutic and community activities. These periods are marked by achieving plateaus of personal and spiritual growth which signal further change. The daily regimen of meetings, vocational training, devotions, recreation, education and therapeutic groups remain the same. PHASE I am divided into three stages: FRESHMAN, SOPHOMORE & JUNIOR

FRESHMAN
Minimum of 60 Days

PRIVILEGES

Limited monitored phone calls
In-house visitation
Family pictures
TV for special events
Eligible for academic honors
Attend off site recreational activities
Eligible to attend outside church services with staff.

RESTRICTIONS

Limited personal property
No passes
Speaking Ban applies
No participation in Voice of Experience

MUST DEMONSTRATE THE FOLLOWING TO COMPLETE FRESHMAN STAGE:

Must continue to demonstrate goals achieved in Orientation. In addition to this the residents must submit a written request along with the goals they hope to achieve in the vocational, educational and spiritual areas of their lives. The request must state progress made-during this stage and it must be approved by counselor, work supervisor, and educational teachers.

SOPHOMORE
Minimum of 90 Days

PRIVILEGES

TV as scheduled
Weekly phone call
Request for additional furniture (lamps, nightstands, chairs)
(4) 2-hr dinner passes
Participate in Voice of Experience
Attend outside church service with staff/sponsor/volunteers (sign up by 12:00 p.m. Thursdays)
Limited personal property (make-up, personal care items, watch)

RESTRICTIONS

No radio
Speaking Ban applies

These privileges give residents an opportunity to continue establishing relationships, with family members. Residents continue to participate in community activities and in educational and vocational training.

MUST DEMONSTRATE THE FOLLOWING TO COMPLETE SOPHOMORE STAGE:

Must be demonstrating all previous accomplishments achieved in prior stages. In addition to this residents must be acting as a role models and demonstrating the expected behaviors that reflect the values and teachings of the community.

JUNIOR STAGE

Minimum of 90 days

PRIVILEGES

Personal property as approved
Phone privileges during scheduled time
4 hr & 6 hr day passes with sponsor/volunteer
WAM (Walk around money)/ \$2.50 weekly
Eligible for Vocational testing & assistance
Speaking Ban lifted
Work team leader
Eligible to attend outside NA meetings

These privileges give the residents an opportunity to begin utilizing living and coping skills acquired during the previous stages.

MUST DEMONSTRATE THE FOLLOWING TO COMPLETE THE JUNIOR STAGE:

Must be actively demonstrating all previous goals accomplished in prior stages in addition to demonstrating a sufficient degree of self-management. This will be reflected in increased individual decision making regarding privileges, social plans, and overall program activities. Residents continue to participate in all community activities, including educational and vocational training.

PHASE II

RE-ENTRY

SENIOR

Minimum 90 days

PRIVILEGES

(2) Day passes then (3) overnight passes then weekend pass
Outside meetings (NN/ AA, church)
Minimum of one (1) NN/ AA meeting each week
WAM/ \$5.00 weekly
Wall posters, etc.
Job search training

In this stage residents have acquired a sufficient degree of self-management. This is reflected through the increased individual decision making regards to privileges, social plans, and life designs. Residents in this phase demonstrate the expected behaviors and reflect the values and teachings of the community. This includes self-motivation, commitment to work, and striving to display responsible concern for their peers. During this phase, residents continue to live in the facility, yet are preparing for a healthy separation from the community.

MUST DEMONSTRATE THE FOLLOWING TO COMPLETE SENIOR STAGE:

Resident prepares a Master Plan. The Master Plan consists of the course of action the resident plans to take preparing him/her to move away from New Salem and into the community or one of the alumni houses.

Once the resident has prepared a Master Plan, he/she then prepares for separation into the local community. The last 30 days the resident is actively involved in seeking employment, education, and housing with Prodigals Community and VR assistance.

The Last 30 Days consist of the following:

Job functions will allow for the preparation of outside job interviews. Job interviews will last two weeks, with a minimum of two outside NA/AA meetings.

WEEKLY GROUPS

Part of New Salem's group process is to recognize unhealthy elements, to focus on them, "clean them up" or eliminate them, and then to move on towards becoming a healthier group.

FAMILY GROUP (2 HRS)

During admission residents will be situated into families. The Family group will meet weekly to learn the following skills:

- How to trust others
- How to become more sensitive to the needs and feelings of their peers.
- How to use self-disclosure
- Acquire better social skills

As new residents are continuously assigned to each family group, the residents in the Junior and Senior phases of the program will be expected to act as role models for them.

SLIP GROUP (2 HRS)

Slip Group will be held at least once a week to offer the residents an opportunity to air and to resolve their conflicts and their concerns. Residents can write a slip to anyone they would like to see in a group setting. The goals of this group are to acquire the following:

- Ability to confront others with care, concern, honesty, and directness.
- Learn alternative ways of managing normal developmental problems.
- Learn healthier ways of resolving conflicts.

JOB FUNCTION GROUP (2 HRS)

This group is held once a week to accomplish the following skills:

- Ability to work together without reacting to one another negatively
- Learn how to confront negative behavior that will effect the quality and performance needed in the working environment.

GENDER SPECIFIC FOR MALE & FEMALE (2 HRS)

These groups will be held weekly with the objective of providing a safe environment to share problems and concerns among members of the same sex.

NN/AA HOSPITALS & INSTITUTIONS (H&I) 1 HR

Members from these 12 step fellowships will come into the facility to provide support and to conduct H & I meetings once a week.

SPIRITUAL DISCIPLINES GROUP (3/4 HR)

Spiritual group is where residents are able to focus on their spiritual growth. The group's attention is given to meditation, prayer, journaling, and the nature of our spirituality. Each resident is encouraged to develop spiritual disciplines and to grow uniquely with the God of their understanding.

INDIVIDUAL PLANNING

EDUCATIONAL CLASSES (6-10 HRS)

GED, Business Math, English, Reading, writing skills and other tailored classes will be implemented in order to assist residents in achieving their educational potentials. A plan will be developed that will address the individual needs and personal aspirations of each resident.

VOCATIONAL TRAINING (40 HRS)

Vocational training will be an integral part of the New Salem Program. Each resident will initially be assigned to vocational activities during their Orientation phase. As the resident moves through the program phases he or she will be encouraged to pursue the areas of his/her vocational interests and to explore employment options in various fields.

PRODIGALS COMMUNITY DISCIPLINE POLICY

I. Prodigals Community has often been described as a school that educates people who have never learned how to feel worthy without hurting themselves or others. The Community helps people who have tried again and again to get what they wanted from life, but they continually defeated themselves. Prodigals' principle combines the basic and universal human values of knowledge, love, honesty, and work. The dynamic instrument of this intensive recovery program recognizes and helps correct the personality defects that prevent people from living by these values.

II. One goal is to help an individual accept responsibility for his or her own behavior, whether it is positive or negative. The unlocked facility where recovery takes place creates an atmosphere in which a resident may freely choose to accept responsibility for his or her own behavior. The decision is left up to each individual resident. In order to begin the process of holding people accountable for their behavior, residents are informed from the first interview of the basic program rules and behavioral expectations. A resident is told that we expect honesty as well as heightened awareness of their behavior and attitude. They are further informed of the consequences of rule violations.

THERE ARE TIMES DURING RESIDENCY WHEN A DISCIPLINARY ACTION MAY BECOME NECESSARY IN RESPONSE TO A RULE VIOLATION OR A BEHAVIORAL PROBLEM.

SOME COMMON RULE VIOLATIONS ARE:

1. Dishonesty
2. Disrespecting Staff or Resident
3. Low awareness
4. Lack of self-control or self-discipline
5. Non-caring attitude or lack of motivation
6. Not fulfilling responsibilities as instructed
7. Swearing
8. Profanity
9. Leaving the program without permission

THE FOUR CARDINAL RULES ARE:

1. **NO MIND OR MOOD ALTERING SUBSTANCES**
2. **NO STEALING**
3. **NO PHYSICAL VIOLENCE OR VERBAL THREATS**
4. **NO SEXUAL ACTIVITY BETWEEN RESIDENTS**

NEW SALEM RULES

1. Any resident who is removed from the program for violation of rules may re-apply for admission after 30 days.
2. All residents will sign a covenant with New Salem.
3. All medicines will be kept in the program or administration office and be dispensed by the manager on duty.
4. All residents will be responsible for keeping their rooms neat and clean. This includes: making beds each morning; storing clothing and personal belongings in a closet or dresser; and vacuuming floors and emptying wastebaskets.
5. New Salem is not responsible for resident's belongings. No large amounts of cash or expensive items are allowed.
6. Items left by a resident who is discharged from the program will be disposed of after seven days.
7. The washer and dryer are to be used only during posted hours.
8. Any drinking, use of drugs, sexual activity, stealing, fighting, threatening, or abusive behavior will result in immediate dismissal. The staff has the right to search all property and to require drug and/or alcohol testing.
9. All residents consent for staff to share their program status with family members, significant others who will effect a resident's recovery, probation, parole and court officials. Residents also agree to sign release forms for New Salem staff to discuss medical treatment, drug treatment, and counseling.
10. Residents are to use New Salem furnishings. Personal furniture should be kept in storage until you have your own residence.
11. Furniture is not to be moved from room to room without permission from the staff.
12. Men are not allowed in women's house unless accompanied by staff. Women are not allowed on second floor in educational building unless accompanied by staff.

The following are representative of the disciplinary options available to the program staff:

1. CLEANING /HOUSEHOLD CHORES
2. PRIVILEGE BANS (RADIOS, TV, SPEAKING, Etc.)
3. WRITING ESSAYS
4. KEEPING A JOURNAL
5. SEMINARS (TO OTHER RESIDENTS)
6. RELATING PERIODS (TALKING TO OTHER RESIDENTS ABOUT SPECIFIC ISSUES)
7. VERBAL REPRIMANDS
8. WITHDRAWAL OF PRIVILEGES (DAYS OUT, VISITS, Etc.)
9. PROBATION
10. TERMINATION FROM THE PROGRAM

Prodigals Community

New Salem Fees

This is a summary of the sliding scale fee structure for applicants and residents in the New Salem long-term residential program. Applicants who are indigent can request financial aid if no other help is available. There is no fee unless admitted to New Salem.

New Salem Fee Structure:

Admission fee: \$125

Due at admission, nonrefundable.

Monthly program fee: \$250

Payable in advance each month.

Refundable on a pro-rated basis within the first week only.

Total due at admission: \$375

Overview of Value & Sources of Revenue:

\$ 250	Monthly program fee paid by resident
\$ 950	Average potential monthly in-kind value per resident generated with PPS (job-training business)
\$ 1,400	Contributed by donors
\$ 2,600	Monthly value of New Salem services provided

Financial Aid for indigent applicants:

Applicants who are indigent can ask for financial assistance by completing a Financial Aid Request Form during the application process. Applicants are expected to seek available support from family, church, or community agencies before financial aid is finalized. *No one will be turned down due to inability to pay unless financial aid funds have been depleted.* Our staff can assist with the completion of all required forms.

Fees for applicants who receive disability payments:

Applicants who receive disability payments, yet meet all criteria for admission except that they are unable to work full-time in our job-training businesses due to their disability will pay fees based on the amount of their disability income. Please ask for additional information.

Call 336-785-0770 if we can assist you with additional information.