



### Mission Statement

Providing the spiritual and educational tools necessary for a long-term recovery from the illness of addiction and the beginning of a successful life.

### **Program Overview**

Brunswick Christian Recovery Center is a non-profit, Faith-based ministry serving those suffering from active addiction. We are not a traditional short-term rehabilitation facility. We work a 12-Step program taken from the Life Recovery Bible and Workbook all the while providing an environment conducive to recovery. This is a proven program that works absolutely for anyone willing to adopt it. Our primary purpose is to Provide each resident with the spiritual and educational tools necessary for a long-term recovery from the illness of addiction and the beginning of a successful life. In addition, BCRC's aim is to present each resident with a clear biblical understanding of God and his son Jesus Christ.

### **ADMISSION**

Eligibility for admission is open to men 18 years or older, voluntarily seeking assistance for active substance abuse issues. A personal interview is required, and applicants may be placed on a waiting list pending admission. BCRC requires potential residents to be detoxed or provide a physician's release prior to being accepted as a resident. BCRC is not a medical detoxification facility and perspective residents will be required to submit to a breath and urine analysis upon arrival. This is for the safety of others and your own. Random drug screening will be used to maintain this environment. Applicants are asked to commit to a minimum 16-week program of action including church attendance, devotionals, 12-step participation, Community Events, Community Service, and fundraising. We have provided guidelines and a daily schedule to assist you.

### **PHASE I OF BCRC PROGRAM**

During the first six weeks of the program our aim is to provide a structured environment for spiritual growth. BCRC does not offer conventional drug and alcohol treatment. Our program is designed to encourage recovery by gaining a biblical based understanding of spiritual principles and working the 12-step program. We have proposed a continuous plan that incorporates recovery theory into long-term daily living.

Visitation is strictly prohibited during Phase I. This includes all functions, both on and off the BCRC campus. Failure to comply with these guidelines will result in disciplinary action and/or dismissal from the BCRC program.

I, \_\_\_\_\_, fully understand that contact with family or acquaintances, on or off campus, during my first phase of residence is strictly prohibited and will be enforced by disciplinary action and/or possible dismissal. Initial: \_\_\_\_\_

Residents will check the scheduling board **each morning** for chore assignments, steam cleaning days, kitchen duty, and laundry days. You are responsible for completing these duties to the best of your ability. Transportation COST for personal business or personal medical or legal appointments are not provided by BCRC. Residents are personally responsible for any cost incurred by BCRC for approved legal, personal, or medical appointments. Personal vehicles are not permitted during any phase of the program.

## **PHASE II OF BCRC PROGRAM**

Staff will schedule meeting with residents during their 7<sup>th</sup> week.

After completion of the initial six weeks, each resident will be reviewed by staff and senior residents. The areas of review will include spiritual growth, personal responsibility, compliance with rules and regulations, trust, and active recovery. These areas will be addressed to determine where additional improvement is needed and to determine if the resident will be approved to move into Phase II of the program. The review will also determine if the resident becomes eligible for visitation and other privileges. Phase II is a privilege and will not be offered to any resident who has not taken an active role in their recovery thus far. Phase II residents are required to attend ALL meetings and functions.

Residents accepted into the second phase of the BCRC program will have the opportunity to move into new territory in their recovery process. They will be given an immediate opportunity to take on more responsibility and bigger leadership role. By this time residents should have a thorough understanding of BCRC's policy and procedures and more importantly, an initial understanding of spiritual principle, the first 3 steps, and the recovery process.

Each resident in the second phase who has proven capable will be assigned the role of sponsor to a resident who is still in their first phase of residency. BCRC believes in the premise "the student never learns the lesson until he becomes the teacher". BCRC also believes that you will never be able to keep what you have received unless you are willing to give it away. Phase II residents should make themselves personally responsible for all their assigned phase I resident's needs, both emotional and physical.

They will also be expected as a more seasoned resident to not only adhere to BCRC's policies but also teach and enforce them with both first phase residents and to their fellow second phase residents. Servant leadership is an indispensable trait that every leader must operate in on a regular basis. The servant-leader shares power putting the needs of others first, and helps people develop and perform as highly as possible.

### **Phase III**

Staff will schedule a meeting with second phase residents on their 13<sup>th</sup> week of residency. This meeting will not only include a performance review but will start the process of an exit strategy. Staff will also take this opportunity to assess if each resident seems to have a decent understanding of what it takes to continue to have a successful recovery and life.

By this time each resident should be prepared to begin to partner on a plan with staff on what their exit from BCRC will look like. The topic of discussion will include continuum of care, finances, employment, living situation and a discussion of short and long-term goals. The exit strategy will be unique for each individual pertaining to their specific needs and obligations. It is BCRC's goal to not only provide an environment for the beginning stages of recovery, but to make sure each resident is able to easily transition back into a normal living situation. Each resident should be equipped to continue their recovery on a more personally accountable basis. Staff will schedule day labor for Phase III residents, so they may have the opportunity to begin to build up a small startup fund in preparation for their departure. Phase III residents will also be exposed to different teachings that will help better prepare them for their next step. These meetings will include instruction on fiancé and budgeting as well as how to successfully balance full time employment with a recovery conducive life.

Phase III of the BCRC program was created to help posture and better prepare each resident for their exit from the BCRC program. It is BCRC's goal that each resident has a good plan and direction that they will smoothly transition into their next phase of living and the resources needed to move into the next immediate living situation.

Phase III will only be extended to those who are still willing to receive instruction from BCRC and willing to continue to partner with them on an exit strategy just as they did with their initial recovery process.

## GUIDELINES

**DISMISSAL FROM PROGRAM:** Residents may be dismissed from program at any time for non-compliance with program or guidelines and/or a positive drug screening. BCRC uses a three-strike policy for minor offenses resulting in dismissal at the time of your third written disciplinary action. BCRC reserves the rights to amend these guidelines at any time and failure to be aware of the guidelines are not a defense from disciplinary action or dismissal. Personal belongings left behind will be stored for a period of 24 hours before disposal. No exceptions. Phase I residents leaving prior to successful completion of BCRC program are not permitted to return to campus following departure. Resident's belongings will be searched upon arrival and at any time for any reason by anyone appointed by staff. A resident is not required to be present at any time for any search called for by staff.

**DOCTOR VISITS AND EMERGENCIES:** BCRC does not facilitate medical care to any of its residents except in emergency situations. The emergency room is for EMERGENCIES only and is not to be used except for emergency situations. Residents must be accompanied by a senior resident at all times during your visit. In your recovery, you will begin to pay for services you receive and do without goods or services you cannot afford. BCRC will not pay for the cost of your medical visit. Residents will soon enjoy seeing what they can pack into the stream of life versus what they can take.

BCRC is not a medical facility and does not employ a medical staff or provide professional counseling for ongoing care of current conditions. BCRC will not take any responsibility for the distribution of prescriptions required by residents. This means that I may be asked to leave if I am not healthy enough to participate or require medical appointments repeatedly during my residency. This is to protect you from further damage to your health.

**SICK DAYS:** Residents who become sick during their residency at BCRC may ask for permission to rest in bed. They will be confined to their bed for the day. Residents taking a sick day will not be permitted to enter the kitchen for any reason. The senior resident over the building they reside in will be responsible for providing them three meals for that day. If a resident is feeling better and wishes to get out of bed he must ask staff permission. It also must be in time to attend at least one meeting. Residents who are taking a psychological day will be confined to bed for the day. Residents are permitted two sick days during their first six weeks of residence and 2 per six weeks thereafter. If any resident is caught in bed without staff permission, they will be subject to disciplinary action or dismissal.

**EBT:** New residents will be asked to apply for EBT benefits if eligible upon arrival. BCRC will use \$50 dollars for each week you are a resident to cover the cost of all your house meals.

**ELECTRONIC DEVICES:** Electronic devices including cell phones, iPods, tablets, computers etc... are strictly forbidden and will be removed from campus at your own expense. If you are caught with a cell phone at any time in the program you will be immediately expelled. Television is prohibited during daytime hours Monday through Friday. If you have an alarm clock radio you are only permitted to listen to a Christian radio station.

**GAMBLING:** Gambling or purchase of lottery tickets on or off campus will result in disciplinary action and/or dismissal.

**HVAC:** Operation of heating and air units, including electric and gas heaters, are restricted to approved individuals only.

**MAIL CONTACT:** Mail contact might be permitted after the third week of your residency; all incoming and outgoing mail must be from immediate family approved by staff. All incoming packages will be searched upon arrival. If you receive mail from an unapproved person, it will be returned to sender.

**PHONE CONTACT:** Residents who remain in good standing, without any disciplinary actions may, after a period of four weeks have the *possibility* of earning one fifteen-minute phone call or two ten-minute phone calls per

week to an *immediate family member only (mother, father, sibling, wife or children)*. There will be absolutely no contact with friends, girlfriends, or anyone who is not a legal relative. The phone call will be supervised, and staff alone will determine what immediate family member a resident may contact using the information they provided on the resident contact sheet upon admission. No incoming calls are permitted.

**MOOD OR MIND-ALTERING SUBSTANCES:** Purchase or use of mood or mind-altering substances, including OTC sleep aids, stimulants and/or energy drinks will result in disciplinary action or dismissal from the program.

**VISITATION:** Phase II residents who have been approved by staff may schedule one visit with immediate family while in the program. Residents on visitation must remain with the *approved person(s)* (immediate family member or other approved by staff) who picked them up and must follow BCRC guidelines while on his visit (No phone or computer use is allowed). Any resident who is found to be with unapproved persons will be immediately dismissed from the program, NO exceptions. BCRC is not responsible for resident transportation to and from visitation. No overnight visits are approved for any resident in phase I or II. Visitations must be on Saturday between 9 A.M. and 7 P.M. All visits are a privilege and not a right. Residents must ask one week in advance for each visitation and approval is at the discretion of staff. Visitation is not to interfere with program scheduling.

**MONEY POLICY:** Residents will only be allowed \$20 a week on their persons at any time while at BCRC. All excess money will be stored in the safe and your \$20 will be distributed to you on the same day every week.

**STORE POLICY:** Residents may be able to have one store stop a week. No unauthorized store stops are permitted.

**OFF CAMPUS PROCEDURE:** Residents will attend off campus events, church services, and other functions. All residents should remain as a group at any off-campus event. If any resident needs to leave the group for any reason they must be accompanied by a senior resident. Residents will be expected to return to the group as quickly as possible. Verbal contact should be kept brief with all persons outside of the BCRC ministry. If your friends or family are present at one of our church services, you are forbidden from communicating with them in any form or fashion.

**WORK POLICY:** Residents will be required to work both on and off campus during their stay. Only Phase 2 residents will be allowed to save two-thirds of the money made on any non-volunteer work they do. Money will be brought back to BCRC by the most senior man on the work detail, brought directly to the office, and will be distributed by staff to resident's personal accounts. All work done in phase one by any resident will go to benefit the BCRC ministry for special events for residents. Money earned at BCRC will be expected to be saved by the residents in preparation for their departure.

#### **FUNDRAISER TRIP POLICY**

Residents at BCRC will participate in all fundraising opportunities. This will require that a resident be willing to participate with a positive attitude and be physically able to stand/walk for extended periods of time. Residents must also be able to travel across state lines without legal restrictions. Fundraiser trips are designed to support the BCRC ministry. As such, residents will not receive monetary compensation for their efforts but rather will begin to learn the benefits of an altruistic lifestyle. This can potentially be one of the most effective virtues they will learn at BCRC to aid in their recovery process. We believe there is true value in selfless service.

Phone call times during work hours will be adjusted to reasonable hours during work days and may not always be on a Saturday or Sunday.

### ADDITIONAL GUIDELINES

- No verbal or physical contact towards the opposite sex during any phase of the program.
- BCRC is a tobacco free campus. Any tobacco products (cigarettes, dip, electronic cigarettes, E-liquid, vaporizer juice) will be properly disposed of upon arrival. There will be no storage of tobacco products or vaporizers.
- Provocative or inappropriate clothing or language on or off campus will not be tolerated.
- No clothing displaying any representation of secular (Non-Christian) music, drugs or alcohol.
- Use of cell phones and/or personal vehicles on or off BCRC campus is strictly prohibited. Your cell phone will be securely locked in a safe during your stay at BCRC.
- Residents shall attend all classes, meetings and functions prepared and on time.
- Residents may not leave premises without approval of a BCRC staff member.
- Beds must be made first thing in the morning; bedrooms and living areas should remain clean and free of debris at all times.
- Violence, intimidation or threats of violence will result in immediate expulsion.
- No lying down (couches, beds, etc...) watching television or sleeping during daytime hours Monday through Friday. Bedroom doors will remain open from 7am-7pm Monday-Friday.
- Secular (non-Christian) music and literature is prohibited.
- No sitting down during chore time Monday through Friday. If you need to use the restroom, do so **before** chore time.
- All personal belongings, including personal hygiene items, books and study material are to be stored neatly in resident living quarters.
- No exchanging or moving beds, linens or furniture without express consent from staff.
- Laundry is permitted on designated days. You must wash your clothes and bed linens on your assigned day.
- All corrective action written assignments must be completed on time (Must be completed before any recreational activities- *No watching TV, playing cards, sports, etc... until assignment turned in.*)
- If you do not complete your written assignment on time, it will be doubled.
- All work duties must be completed properly.
- Must be responsible for personal hygiene every day.
- All Phone calls must be supervised at all times by a senior resident and must be to immediate family members only.
- Personal dishes that were assigned to you must be used every time you eat. Do not use kitchen containers, paper towels, etc.... You must use YOUR dish for all food consumption. All dishes must be cleaned immediately after use.
- No piercing may be worn at any time.
- Hair and beard must be neatly trimmed. It is at the discretion of BCRC staff to determine an appropriate length.
- Residents may not leave a meeting or any group setting without first seeking permission.

Any guideline infraction will result in disciplinary action and/or expulsion from program.

By submitting this application, I affirm that the facts set forth are true and complete. I understand that if I am accepted as a resident, any false statements, omissions, or other misrepresentations made by me on this application may result in my dismissal. I understand that BCRC is not a medical facility and does not employ a medical staff. This means that I may be asked to leave if I am not healthy enough to participate or require medical appointments repeatedly during my residency. Also, I have examined the schedule and resident guidelines and understand that failure to comply will lead to dismissal from BCRC.

I also grant BCRC permission to use my testimony and photo on social media and for any promotional or fundraising event.

In addition, I understand that if my residency is terminated for any reason I will not be eligible for readmission for a minimum of ninety (90) days following my departure. I further understand that readmission is limited to two terms of residency.

I understand BCRC is not liable for injuries, accidents, or medical conditions on or off BCRC campus.  
\*\*\*\*BCRC reserves the rights to amend these guidelines at any time\*\*\*\*

Cash declared upon arrival \$ \_\_\_\_\_. Staff initial, \_\_\_\_\_.

I, \_\_\_\_\_ have read and understand the Brunswick Christian Recovery Center's Program Overview and Guidelines. I agree to comply with all rules, regulations, and schedules that are set forth by BCRC. I further understand that BCRC reserves the right to amend these guidelines at any time.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Staff: \_\_\_\_\_

The logo for Brunswick Christian Recovery Center (BCRC) features the letters "BCRC" in a large, bold, blue serif font. Each letter has a white outline and a subtle drop shadow, giving it a three-dimensional appearance.