



# Restoration Counseling & Community Services, LLC

## COMING TO TREATMENT

### WHAT TO BRING

- Clothing (laundry is available)
- Limit two pieces of luggage
- Personal items, toiletries (alcohol-free), etc.
- Current Medications; Accepted only if your name is on the bottle **NOTE:** Prescriptions are NOT covered by Rule 25 or RCCS
- Smoking/chewing tobacco are allowed outdoors only.
- Workout clothing for fitness groups (optional)
- Contact Information for family, doctors, employers, probation officers, therapists, legal representatives, social workers, etc.
- Insurance or M.A. card and Prescription card, if separate. We have a Medical Services Specialist on site if you're not currently insured to get you signed up for coverage.
- Food (optional)

### WHAT NOT TO BRING

- Cell phones, iPods, laptops, Kindles, Nooks, any electronics.  
**NOTE: Phones are held at the treatment facility during your acclimation period of treatment, usually around 30 days. Up to you if you'd like to have them dropped off after**
  - Pillows/bedding (these are provided, unless you have an allergy and prefer your own)
  - Towels/washcloths (these are provided)
  - Knives, weapons of any kind.
  - Aerosol sprays, mouthwash with alcohol.
  - Drugs or alcohol
  - Large amounts of cash
- NOTE: RCCS will do a search of your belongings when you come on site to ensure that the treatment environment stays safe for everyone. Thanks in advance for your cooperation!**

### TREATMENT PHILOSOPHY

**What is the treatment philosophy of RCCS?** We are a longer-term intensive outpatient program with sober lodging. Our team is passionate about working with those who have criminal backgrounds which may present additional barriers to recovery. We want to ensure that the person who graduates from RCCS has the skills and tools to stand on their own two feet and feel confident in regaining the independent life that is rightfully theirs! We provide the support, path, and safe space to have each person make this a reality – if they're ready to put in the work!

### WHAT DOES PROGRAMMING LOOK LIKE?

**Research has proven that working with a chemical dependency program for longer than 3 months provides the highest likelihood of success long term. Generally, graduates have been in the program for around 6-9 months. Don't worry, that time is broken down into three phases:**

**Phase One 45-60 days to become stable and engaged**

Treatment is Monday - Friday 8:20AM-4:30PM  
The majority of clients are living in our housing  
There is an average of 30 days that clients are in an acclimation period with restricted movement.

**Phase Two 45-60 days**

Treatment is 15-20 hours of group/1:1's per week  
During this time, we support you to find long-term housing, part-time work, school enrollment, or options to give back to the community

**Phase Three 45-90 days**

Treatment is 4-5 hours per week  
Most clients are working or going to school full-time, have left housing, and are productive in their own lives. RCCS continues to be a supportive constant during times that your recovery may be tested. Often clients feel bulletproof during this phase, but while new to recovery, it's critical to keep connected to those who support your new lifestyle.

### COMMON QUESTIONS

**Can I make and/or receive calls?** Yes! While your cell phone will be held on site while you're in Phase One, you'll be able to make and receive phone calls when you're on break from groups.  
Calls may be limited in time. During Phase Two, you're able to have your cell phone to use during non-treatment hours. It can be tough to turn in your cell phone, but taking this time to work on yourself and your future can ensure you're moving in the direction you want!

**When will I have time to work?** When you come into treatment, working on improving yourself is your full-time job. There is not time for you to work and be in Phase One. Once you move into Phase Two, you'll be able to start working part-time, or attending school, while maintaining treatment as a priority. RCCS will assist by connecting you with employers and community resources to make this as smooth of a transition as possible. In phase three, we expect that you've found full time work or school, and are coming to treatment a couple times per week.



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### TESTIMONIALS

*"My time here has been realization, followed by self discovery, followed by earth shattering realization. the "Day One" term is a bit misleading as I've had at least five "Day One" moments. This is a program that has led me away from addiction, into abstinence, and thankfully into Recovery. Abstinence happens to you, Recovery you make happen. These folks have given my two little boys the dad they deserve"*

- Program Graduate

### PHONE NUMBERS

In case you need to call us, or have someone reach you for business purposes:

Minneapolis Men's Program  
**612-767-6601**

Minneapolis Women's Program  
**612-400-6226**

St. Paul Men's Program  
**651-529-1600**

### COMMON QUESTIONS CONTINUED

#### What is housing like?

All RCCS housing is located in a residential neighborhood within a couple of miles of a treatment center. We are passionate about providing a safe and sober environment for our clients so they can focus on recovery and gain the life that is rightfully theirs! While staying in our housing, clients are required to follow all house rules.

- **Initial housing** is generally a 4-plex apartment. Each unit has a kitchen, communal living area, bathroom, and bedrooms. The space is shared with other clients in phase one and managed by a staff member (house manager) at all hours while clients are not at a center. Just like at the treatment facility, there's an initial acclimation period with a couple of restrictions for your benefit.
- **As you progress through the program**, you have the opportunity to move into more of a traditional single family home with more space to call your own. It is supported by senior peers and staff who hold house meetings. We have this housing to ensure we have room for new clients in the supervised units. While in Phase Two you'll work with your counselor to find a long term housing solution outside of RCCS.

#### How much is rent, if I'm living in RCCS housing?

Phase one housing is \$175 per month. Phase two housing is \$200 per month, and \$300 once you've had a stable job or have moved off any subsidies. Other sober housing options in the area charge between \$600-\$950/per month for rent. Our team will work with you and your circumstances to determine how you'll be able to cover this cost.

#### Can I smoke?

Yes! You can smoke outside all our facilities and houses. There is no smoking inside.

#### What about family involvement?

During Phase One, the opportunity to see family or concerned persons is during our Sober Support group that is generally held once per week. Other visits are arranged through your counselor on an individual basis. In Phase Two, you're able to go where you please when you're not on site at treatment. We expect that you'll arrange time family outside of treatment hours. If you're living in housing, you're still expected to follow housing rules for curfew, passes, etc. If you'd like a member of our team to reach out to your family to share more about our program and what you're working on, we're happy to do that too!

### DID YOU KNOW?

**RCCS is the ONLY treatment facility that treats chemical dependency AND criminal thinking?**

RCCS is nationally accredited through CARF? This means we follow through on the excellence we promise you!

