



chapin street project

# Transitional Housing

(AKA Chapin Street Project)

## Resident Handbook



**dawn farm**  
COMMUNITY OF PROGRAMS

## Welcome to Dawn Farm

Entering treatment and/or recovery support services is a big and difficult decision. We're glad you've chosen Dawn Farm for help.

You'll find that many of our staff have worked at Dawn Farm for a very long time. This is unusual in addiction treatment settings. The biggest reason for this is pretty simple. Dawn Farm is a place of recovery and we get to watch people move from fear and utter despair to great lives that include exciting careers, solid families, rewarding relationships, service to others and financial success.

We know that recovery is possible for anyone because we see it every day. You will see it too because of how we approach helping people with drug and alcohol problems.

### **Dawn Farm's Mission Statement**

*The goal of Dawn Farm is to assist addicts and alcoholics  
in achieving long term recovery.*

*Dawn Farm will identify and remove barriers  
that prevent addicts and alcoholics  
from joining the recovering community.*

What makes Dawn Farm unique is our emphasis on the recovering community as the most important source of healing and recovery support for our clients.

If you have any questions, concerns or requests, please discuss them with our staff. We're committed to your recovery and we're grateful for the opportunity to help you.

## About Dawn Farm Transitional Housing

Dawn Farm Transitional Housing program (AKA The Chapin Street Project) provides structured settings where newly-sober addicts and alcoholics learn basic skills for drug-free living. Residents hold a job, contribute to maintaining their household, attend 12-step meetings and participate in community life. (Residents who are unable to work may have a plan that includes scheduled daily groups and/or volunteering.) Small houses and multiple apartment complexes provide a simple way off the streets and into solid recovery.

Please note that this is described as a "program". Living in transitional housing is not a landlord/tenant arrangement where paying rent entitles the tenant to live there. It's a program that has admission criteria, discharge criteria and requires active participation from residents.

### **What makes Dawn Farm Transitional Housing Different?**

We take pride in running a transitional housing program that is different than many other programs in the region.

- We have live-in house managers at every site and we do not exceed a ratio of 12 residents to 1 house manager. This assures that the housing sites remain the kind of environment that the house manager themselves would like to live in.

- We have high expectations of residents. We expect residents to obtain and maintain employment, while also maintaining very active involvement in the recovering community. We believe these expectations create a strong culture of recovery within the house and better outcomes.
- All of our locations are in good neighborhoods and on bus lines.
- Dawn Farm offers lots of different kinds of support services to help you succeed. If you're struggling, let your house manager know and we'll figure out how to get you more help.
- Our residences function as small communities (or, homes). All residents are expected to be contributing members of their community. This comes with the strengths, challenges, benefits and responsibilities of being part of a community. Responsibilities includes chores and helping when needs arise, like helping prepare an incoming resident's living space.

## Moving In

Here's what you can expect when you move in:

- Your living space should be clean when you arrive.
- We encourage residents to bring their own bedding and towel.
  - If you need bedding and/or towels, Dawn Farm can provide you with a kit that includes a bedding set and a towel and washcloth for \$55. The cost will be applied to your first bill.
- Your house manager will sit down with you to review rules and expectations

If you don't have means to purchase food or toiletries, we have care packages that we can provide you. If you need clothing, we have second hand clothing at the Farm and in the clothing closet at 2208 Packard. Your house manager can help with these matters.

## Transitional Housing Rules

### Keep it safe

Keeping your living environment safe is our highest priority. By safe, we mean physically safe (free from violence or threats of violence) and emotionally safe (free from verbal abuse, bullying, manipulation, etc.).

- Threatening or violent behavior toward staff or other residents will result in immediate discharge.
- No weapons are allowed on the property.
- Removal of smoke detector batteries is not allowed and will result in discharge.

### Sexually safe

Early recovery is a time when many people are struggling to learn and set boundaries. Some people cross boundaries and others don't know when and how to say, "no". Due to this and other reasons, we have some rules around the kinds of relationships we have with each other and the ways we interact with each other.

- Developing a romantic relationship with neighbors or residents of Dawn Farm (which includes the Farm, Dawn Farm Downtown Spera, Aftercare, and Transitional Housing) is not allowed and may result in immediate discharge.
- Sexual activity on Dawn Farm property is prohibited.

### Recovery safe

Safe doesn't just mean physically and emotionally safe, it also means being *recovery* safe--free of drugs and alcohol, free of people under the influence and free of some other common triggers. The goal is to maintain a culture of recovery in the house.

- Any use, possession, or distribution of any illegal drugs, alcohol or drug paraphernalia is prohibited and will lead to immediate discharge.
- House managers must approve any prescription drugs, over the counter drugs, or supplements taken by residents. Any unauthorized prescription or over the counter drugs use is prohibited and may lead to immediate discharge.

- Residents must cooperate with drug/alcohol screens upon request. Failure to do so and/or positive test results may lead to discharge.
- No gambling is allowed on the premises.

### **Maintain structure**

In our addiction, our lives tend to get chaotic and out of balance. Establishing and maintaining structure and routine are important elements of early recovery.

- CURFEW:
  - Sunday – Thursday 11 PM
  - Friday – Saturday 1 AM
    - All visitors must be off the premises no later than:
      - 10:30pm Sun – Thurs
      - 12:30am Fri - Sat
- No overnights for the first (60) sixty days, unless a 12-step function and approved by the house manager. Residents get two overnights per month.
- Residents are to attend all house meetings and arrive on time. Any absence or late arrival must be preapproved by the house manager.

### **Be a considerate roommate and community member**

We all want to have good roommates and to be a good roommate. Several rules address this area.

- Repeated disruptive behavior may result in discharge.
- All residents are expected to do daily chores and to keep their rooms clean. Dirty laundry must be kept in plastic bags or hamper
- Personal belongings are not to be tampered with or borrowed at any time. Theft of another resident's property will result in discharge.
- All residents are to respect the confidentiality of all other residents at all times.
- Please report any needed repairs or other facility problems to manager immediately.
- Throwing away Dawn Farm property without permission will result in discharge.
- No smoking, vaping or chewing in the house! This behavior results in immediate discharge.

### **Visitors**

Everyone wants some norms about who comes and goes in their home, right?

- The only overnight visitors allowed are Dawn Farm residents (Farm clients, Dawn Farm Downtown ). The House Manager prior to arrival must clear all overnights.
- All visitors must stay in the common areas
- All visitors must be pre-approved by the house manager

### **Work a program**

If we could do it on our own, we wouldn't be here, right? Everyone is expected to work a pretty rigorous recovery program to help set a strong foundation for your long term recovery.

- All residents must attend the required number of AA meetings a week. (see list)
- No other residents from your house (or any other Dawn Farm facility) can sign your sheet.
- Your sheets are to be brought to the weekly house meetings.

### **Be a good citizen**

For many of us, part of getting sober means learning to be a contributing member of the community (again, or for the first time). So, some of the rules set expectations around being a good member of the community.

- Residents are expected to abide by all local, state, and federal laws. Any infractions should be reported to the house manager.

- Residents are expected to abide by all laws related to driving and vehicle ownership. Driving is limited to residents with a valid license and vehicles should have valid plates, insurance and registration.
- AA service work AND community service work is required of each resident each week.
- All residents must make themselves available to volunteer at the annual Jamboree and Dawn Farm/Dawn Farm Alumni Association events that are assigned to your location.

### **Be accountable**

Establishing and maintaining accountable relationships is important for anyone in recovery. It's also critical for maintaining a sober house with a strong culture of recovery.

- Rooms and resident property are subject to search and inspection at any time at staff discretion.
- Personal belongings may be held for up to 72 hours after discharge or premature departure. Personal belongings will be disposed of if not removed by this time.
- Residents must return their key upon discharge. Failure to do so will result in a \$50 charge on account for lock replacement.

### **Work toward becoming self-supporting**

Dawn Farm's housing program is considered "transitional" housing. The goal is to help people establish a foundation in recovery and transition into independent living.

- Failure to find work within 2 weeks may result in discharge.
- Housing program fees are due on the 1st of each month. Failure to pay housing fees may result in immediate discharge. Anticipated late payments should be discussed with the housing coordinator. (Program fees are refundable if you are discharged or leave prematurely.)
- Residents must work DAY shift. House managers may approve one evening shift per week at their discretion, and two evening shifts at businesses who participate in *Recovery is Good Business*.
- No lending or borrowing of money between transitional housing residents is permitted.

We want everyone to succeed, but we also want everyone to have a safe and recovery-oriented home. Failure to comply with the rules may result in discharge.

### **Why do we have to go to particular meetings?**

We attribute our success with clients to our ability to connect them with the recovering community. Research is finally confirming what we've known for 30 years. That 12 step involvement is a great predictor of how well people will do after treatment and that 12 step involvement is more important than 12 step attendance in predicting how well people do in their recovery from addiction.

What do we mean by involvement versus attendance? 12 Step attendance can be achieved by ordering the person to attend meetings and get an attendance sheet signed. We know that this may be good, but nowhere near good enough. We know that "How many meetings have you attended this week?" will only get you part of the story. To get the rest of the story you have to ask questions like:

- Do you have a home group?
- Do you have a sponsor?
- How often do you talk with your sponsor?
- Do you have a service commitment in your home group?
- How often do you talk with another recovering alcoholic?
- Do you sponsor anyone?
- Are you doing any 12th step work?
- Are you working the steps? How?
- How often do you socialize with other 12 step members?
- How often do you read program literature?

- Do you consider yourself a member of the 12 step group? Why?

These questions will tell how involved the person is in the 12 step group. Why does this matter? 12 step involvement predicts lower rates of 12 step drop out, higher rates of abstinence, lower rates of depression, better relationships, improved coping skills, improved self-esteem, decreased anxiety, improved psychosocial functioning, etc.

You may be asking what all of this has to do with requiring clients to attend certain meetings. The answer is that every 12 step meeting doesn't have a strong sense of community that offer opportunities for involvement. It has been said by 12 step members that there are *meetings* and there are *groups*. At meetings, people show up just before the meeting begins and leave right after the meeting ends. Groups, on the other hand, tend to have members showing up early to socialize and help set up for the meeting, anniversaries are celebrated, service commitments are available, the topic for the meeting stays close to program literature, there is lots of laughter, newcomers are greeted and welcomed, sponsors are available to any newcomer who expresses interest, there is a group conscience or steering committee, members tend to socialize after the meeting, etc. Groups may be big or small, they may be an AA, NA, CA or HA meeting, they may target a specific gender, profession, age group, racial minority or sexual minority. *The characteristic that they all have in common is a strong sense of community that is committed to helping members achieve and maintain recovery.* The meetings that we require our clients to attend are meetings that we know to be groups.

All of our clients and residents are welcome to suggest additions to this list of meetings.

### **What's the deal with the rules about relationships in housing?**

You've probably heard the suggestion that newly recovering people stay out of relationships for their first year. We think it's good advice, but that's not what this policy is about.

There are several reasons for this policy but the most important is that we want this program to be as safe as possible. We want residents to live in an environment where they don't have to worry about other program members and neighbors hitting on them or other similar awkward situations.

If residents wish to date each other, don't keep it a secret and be dishonest about it. Just move out and date each other.

### **Program Fees**

Transitional program fees are \$475 per month.

Program fees are due on the first of each month and can be paid online ([dawnfarm.org](http://dawnfarm.org)), by mail (6633 Stony Creek Road, Ypsilanti, MI 48197) or at the drop box at Spera (502 W Huron, Ann Arbor, MI 48103).

All residents are responsible for program fees from the day of their admission. Residents who are able to pay fees are expected to do so at the time of admission. Residents who are unable to pay at the time of admission can pay once they start receiving a paycheck. These residents are expected to attend Workin' It (see below) and aggressively search for a job.

If you leave, or are discharged before the end of the month, we will refund the unused portion of your program fees within 14 calendar days. If you do not return your house key, you will be charged \$50 for the necessary lock replacement.

## Maintenance Issues

When there is a maintenance issue, you can report it to your house manager and/or send an email to [housing@dawnfarm.org](mailto:housing@dawnfarm.org).

## Employment

Dawn Farm expects all transitional housing residents to get a job within 2 weeks and maintain full time employment while living in the program.

If you are a student, you can arrange for a combination of work and school. If you are unable to work, you can arrange for a plan that includes volunteer activities.

This emphasis on employment is not just about paying program fees, it's about taking responsibility for one's self as a part of living recovery.

## Employment Group

### What is it?

Employment Group is a supportive group to meet with other job searchers to share information and resources and to practice skills. Finding work can be a full-time job! Employment Group can help you with things like building a resume, practicing interviews, choosing the right job, etc. It can also help you be accountable to others during your job search. All are welcome, and **residents who are in Dawn Farm transitional housing who are not yet working MUST come to employment group until they are employed.**

### When is it?

Employment Group takes place from 9am-10:30am on Mondays and Fridays.

### Where is it?

Employment Group takes place at 2208 Packard Rd, Ann Arbor. It is located on the West side of Packard between Stadium and Stone School, right next to the Lake Trust Credit Union. The AATA #5 bus can get you there.



2208 Packard Rd. Ann Arbor MI

## Medical Issues

### Sign up for Coverage

If you don't already have health insurance, sign up for a policy. See if you qualify for a free Healthy Michigan plan at <http://www.michigan.gov/healthymiplan>.

You can use a computer at 2208 Packard during Employment Group times.

### Medication Use While in Services With Dawn Farm

People in recovery must be especially careful when taking any kind of over-the-counter (OTC) or prescription medications. Many OTC meds contain alcohol or other ingredients that could endanger your sobriety by triggering a relapse. Even physicians not familiar with addiction may prescribe meds that are not safe for the addict/alcoholic. People in recovery must be vigilant in protecting their sobriety. They must read ingredients, ask questions, and use much caution in using any kind of medication. It's important to keep in mind that a medication being prescribed, legal, or OTC does not mean it's safe for people in recovery.

You are encouraged to utilize *Dawn Farm's Safe Drug Use* book to aid in any questions that you have regarding medications. If in doubt about a specific medication, contact Dawn Farm staff for guidance.

Dawn Farm is not anti-medication, but we are cautious. For this reason we have procedures in all of our programs for dealing with medications. Here's what you can expect from us.

### Transitional Housing

Dawn Farm will ask for information about all of the prescription drugs and OTC drugs you are taking. This will help staff assess whether they pose any risk to your recovery and prevent drug testing errors. If you start or stop any medications, you should let us know about it. **House Managers must approve any prescription drugs or over the counter drugs taken by residents.**

### Elective Surgery

Elective surgery during early recovery is dangerous and by definition, it is not a medical necessity at the present time. The risk of relapse is high. We recommend waiting one or two years before having an elective procedure done.

It is our experience that people in early recovery often underestimate the risk involved. Common mistaken assumptions include:

- "Opiates are not my drug of choice, so I'm not at high risk for a relapse."
- "Doctors are really tight with opiates. They'll only prescribe them if I really need them."
- "If I tell the doctor I'm in recovery, they'll be appropriately conservative with pain meds."

If you are considering elective surgery, here are steps we **recommend**:

- Tell your doctor that you are in early recovery and explore postponing surgery.
- Any decision to have elective surgery should include serious discussion with your:
  - Sponsor
  - Support system
  - Counselor or group (if you're in treatment)
  - Roommate/housemate
- Discuss pain management options with your doctor. Explore non-opiate options and consider involving a physician who specializes in addiction medicine.



If you are considering elective surgery while in transitional housing, you **must**:

- Discuss it with your House Manager and Transitional Housing Coordinator.
- Discuss it with a Dawn Farm physician.
- If a prescription for opiates is expected, you must develop a written agreement with your House Manager and/or Transitional Housing Coordinator. This agreement might include provisions such as the following:
  - Sign a release to allow Dawn Farm physicians to contact your doctor to discuss your use of post-op pain meds.
  - Depending on the surgery, ask your doctor to prescribe only one or two days worth of opiates.
  - Identify a safe place to stay (like family or friends) while receiving opioids.
  - Agree to NOT fill the prescription alone, but with a support person who you authorize to help you bring the medication to that safe place.
  - Have a trusted person administer the medication
  - If you decide to have elective surgery, but do not agree to these provisions, you will not be allowed to remain in transitional housing.

### **Accidents and Unplanned Medical Events**

If you have an accident, and are sent home from the ER/hospital with opiates, you must:

- Immediately notify your House Manager and/or Transitional Housing Coordinator.
- If mood altering medications are to be prescribed, please follow the directions above.
- Agree to meet ASAP with a Dawn Farm physician for evaluation.

## Transportation

### **AATA Bus System**

Most people who move into housing do not have a vehicle. Fortunately, Ann Arbor has a good bus system and bike lanes throughout the city.

You can get a bus map at 2208 Packard. More info on the bus system is available at [theride.org](http://theride.org). We can also help you apply for a Fare Deal card that would give you reduced bus fares.

### **Your own vehicle**

You are welcome to use your own vehicle.

- Some sites only have a few parking spots. You may have to park on the street.
- This program requires all residents to comply with the law. This means that your cars must be properly registered and insured, and drivers must have a valid license.

## Personal Finances & Program Fees

Managing fees and money is one of the most stressful things for many people in their first weeks and months in housing.

Your program fees are \$475 per month, depending on where you live. As far as we know, Dawn Farm is the only sober housing program that does not require money up front to move in. However, you are responsible for program fees from the day you move in. (If you are able to pay at the time of admission, you are expected to pay.)

For example, if you move in on January 1st, you owe \$475 for the month of January on the day you move in. If you still have not made a payment on February 1st, you will then owe \$950.

As you can see, balances can get pretty big pretty fast.

Say you came in without a job and you immediately got busy looking for work. You find a job and start working on January 15th. You might not get your first paycheck until something like February 7th. If you make \$9/hour and work 40 hours per week, your paycheck might be something like \$540 after taxes. (\$720 before taxes.)

That might be pretty discouraging to owe \$950 and only make \$540. Don't panic! If you pay \$300 toward your balance every paycheck, you'll completely catch up and start having more money in your pocket by June.

	<b>Fees</b>	<b>New Balance</b>	<b>Income</b>	<b>Payments</b>
January 1	\$475	\$475		
February 1	\$475	\$950		
February 7		\$650	\$540	\$300
February 21		\$350	\$540	\$300
March 1	\$475	\$825		
March 6		\$525	\$540	\$300
March 20		\$225	\$540	\$300
April 1	\$475	\$700		
April 3		\$400	\$540	\$300
April 17		\$100	\$540	\$300
May 1	\$475	\$575		
May 1		\$275	\$540	\$300
May 15		+\$25	\$540	\$300
May 29		+\$325	\$540	\$300
June 1	\$475	\$150		
June 12		+\$150	\$540	\$300
June 26		+\$450	\$540	\$300
July 1	\$475	\$25		
July 10		+\$275	\$540	300
July 24		+\$475	\$540	\$200

August 1	\$475	\$0		
----------	-------	-----	--	--

## Budgeting

The payment plan above would leave this person \$240 per paycheck for other expenses until they were caught up. (\$310 per paycheck after you're caught up.)

Your biggest monthly expense is likely to be food. The USDA estimates bi-weekly food costs as follows.

	Thrifty	Low Cost	Moderate	Liberal
Male aged 19-50	\$86.60	\$111.60	\$140.00	\$172.00
Female aged 19-50	\$77.00	\$96.80	\$119.60	\$152.80

This food estimate does not include toiletries, laundry, etc.

## Sample Monthly budget

As shown above, if you make \$9/hour and work 40 hours per week and you're paid every other week, your paychecks are likely to be around \$540, or about \$1080 per month. (Keep in mind that you'll have 26 pay periods a year, so you'll have 2 extra checks.)

Expense	Amount
Program Fees	\$475
Catch-up payments (if you have a balance)	\$140
Food	\$260
Haircuts	\$20
Toiletries	\$20
Phone	\$30 (unlimited talk/text & 1gb of high speed data)
Transportation	\$29
<b>Subtotal</b>	<b>\$959</b> (Leaving you \$121)
Debt	
Child support	
Entertainment	
<b>Total</b>	<b>\$</b>

Note that this does not leave much room for a fancy phone, a high data phone plan, cable, a car, etc.

It's also worth noting that, with this income and budget, working a full 80 hours is pretty important.

## **What about my basic needs until paychecks start rolling in?**

We have care packages of food and toiletries that we can provide until you start getting paychecks.

### **Banking**

Once you start receiving a paycheck, you are strongly encouraged to open a bank account. A lot of people avoid this out of fears of credit rejection, debt collection, etc.

We have a relationship with Lake Trust Credit Union next to 2208 Packard. The manager at the credit union will be happy to discuss your individual situation. They can tell you whether you'd be eligible for a checking account and debit card. And, if not, how long it will take for you to establish a credit history that will allow a checking account.

For residents who have no financial experience or bad financial experiences, this can be an important step toward a lifestyle of recovery.

Please feel free to discuss your questions or concerns with your house manager or Ross.

## Code of Ethics for Dawn Farm House Managers

In order to maintain the best possible services for you Dawn Farm has a Code of Ethics that applies to all of our staff. This document is meant to give you an idea of what you can expect from our staff. Dawn Farm staff will:

- Not have sexual contact of any kind with you.
- Not have conversations of a sexual nature with you, except when they relate directly to your treatment.
- Not use any form of physical restraint or seclusion.
- Not physically, emotionally or verbally abuse you.
- Not have social relationships with you or your family for at least one year after you stop receiving services from Dawn Farm. (This doesn't prohibit being at the same social event, or a house manager attending an important event, like a graduation. However this relationship is a service and mentoring relationship rather than a friendship where they hang out in the free time and support goes two ways.)
- Not discuss their personal lives with you, other than their experience, strength and hope and a fellow recovering person.
- Not give you money or ask you for money.
- Not engage in a person-to-person business transaction with you for at least one year after you stop receiving services from Dawn Farm.
- Not give anyone any information about you or your treatment to anyone without your permission. (The only exception to this is when a court orders us to give information, if a medical emergency requires we give doctors or paramedics information about you, if a qualified researcher is given permission to use Dawn Farm records or if our files are audited by an organization like a funding source or accreditation organization.)
- Not lie to you.
- Dawn Farm staff will talk with you and your family in a professional way and treat you with respect.

If you feel that any of our staff have violated any of these expectations please tell any staff member, the Recipient Rights Advisor, the Clinical Coordinator or the President (734-485-8725), so that we can address your concern.

If you have any questions about this, please ask any staff member.

## Relapse In Transitional Housing

It's our hope for everyone in transitional housing that they achieve stable recovery from the day they move in and never have a relapse. It's our experience that some of the most important things we can do to minimize relapses are maintain high expectations of housing residents and keep your living environment safe. An important part of "safe" means keeping it free of drugs, alcohol and people who have been using.

Unfortunately, relapses do happen and we want you to know what to expect if you or one of your housemates relapses.

First, we'd rather avoid relapses in the first place. If you are concerned about yourself or someone else in housing, talk with your house manager. If you can't get hold of your house manager, don't stop there! Give Ross a call at Spera (734.669.8265).

When relapses do happen, you need to help us keep the house safe by notifying us ASAP. Tell your house manager right away. If you can't get hold of your house manager, give Ross a call. Failing to notify us of a relapse (or suspected relapse) is grounds for discharge.

Residents who relapse will be asked to leave immediately. We will offer detox\*, if a bed is available. If there is no bed available, we can try to get the resident into the engagement center. If neither are available, we will explore options for staying with family and friends.

(\* Even when we are able to get the resident into a detox bed, please note that they will be able to stay for a brief detox period [usually a day or two], not their entire waiting period.)

### Readmission Waiting Periods

Readmission is not guaranteed and these waiting periods are the *minimum* amount of time the applicant may have to wait. Wait times may be longer due to scheduling issues or a decision on our part to extend the wait time..

If the resident relapsed while living in housing, **you can expect a wait of at least 7 days** before being allowed to move back in. Beds *may* be held if the resident is actively taking steps toward readmission.

If the resident brought drugs or alcohol into housing, involved other residents in your use or concealed your relapse for more than a day or two, **you can expect a wait of at least 30 days** before being allowed to move back in. Beds will not be held under these circumstances. [Please note that there is no waiting period for readmission to residential, detox, outpatient, RSS, etc.]

Dawn Farm will not be responsible for finding a safe place to stay during the waiting period. We'll try to help, but the options are often very limited and it will be the responsibility of the resident to find their own place to stay.

### Readmission

If you've relapsed and you want to get back into housing, the first question you and Dawn Farm need to ask is whether readmission is the best option. We don't want to keep doing the same thing over and over again and expect different results.

Factors to be considered include:

- How long you were in housing before. (Was it a few days? Was it months?)

- The circumstances of your relapse. (Were drugs brought on the premises? Were other residents involved? How disruptive were you with housemates?)
- How we learned of your relapse.
- Your support system.
- What you've been doing for your recovery since you left housing.
- Any outstanding balance to be paid.

This is a good time explore whether you should get more treatment before going back into housing. **This process should not wait until you're eligible for readmission.**

# What You Should Know About Overdose

## Why is this important?

- Overdose has become the leading cause of accidental death, surpassing car accidents.
- Overdose rates have more than quadrupled over the last 8 years.

## Risk factors for overdose

- Using after a period of abstinence
- Mixing drugs
- Injection use
- Previous overdoses
- Other health problems
- Using alone

## Signs of overdose

- Loss of consciousness
- Unresponsive to outside stimulus
- Awake, but unable to talk
- Breathing is very slow and shallow, erratic, or has stopped
- For lighter skinned people, the skin tone turns bluish purple, for darker skinned people, it turns grayish or ashen.
- Choking sounds, or a snore-like gurgling noise
- Vomiting
- Body is very limp
- Face is very pale or clammy
- Fingernails and lips turn blue or purplish black
- Pulse (heartbeat) is slow, erratic, or not there at all

### WHAT'S NALOXONE?

Naloxone reverses opioid overdoses and can save a life.

Naloxone is now available without a prescription at Walgreens, CVS, Meijer, and many other pharmacies.

Medicaid covers naloxone 100%, but does require a prescription.

## Save a Life

### Check for OD

- Is the person breathing?
- Is the person responsive?
- Do they answer when you 'shake and shout' their name?
- Can the person speak?
- How is their skin color (especially lips and fingertips)?

If they are not responsive, do a sternum rub. (Rub your knuckles against the bone in the center of their chest.)

### Call 911

- Do not wait and watch. Call 911 right away.
- Michigan has a good Samaritan law that protects you from being charged if you call 911.
- Follow their instructions.

### Naloxone

- Naloxone is a medication that reverses overdose
- It's available over the counter at CVS, Walgreens, Meijer and other pharmacies.
- Medicaid will often cover 100% of the cost with a prescription. Check with other insurers.

### After the OD

- Get them to a hospital, even if they wake up and seem fine. Naloxone only works for 30 to 60 minutes and they can go back into OD.
- Get help for them and yourself.
- Witnessing an overdose can be traumatic. It could be important for you to talk with someone.
- Get treatment for the overdose victim. (And yourself, if you were using with them.)
- We're available to help. Drop by Spera or call 734-669-8265.



## Information About Other Dawn Farm Programs

The goal of Dawn Farm is to assist addicts and alcoholics in achieving long term recovery. Dawn Farm will identify and remove barriers that prevent addicts and alcoholics from joining the recovering community.

Founded on a 63 acre farm in Ypsilanti, the mission and spirit of Dawn Farm have extended far beyond those early roots. With the same basic values, Farm programs now include two residential sites, a detox program, transitional housing, adult and adolescent outpatient services, jail outreach, and a community outreach program for people seeking recovery from addictions.

### **Residential Services**

We offer stays from three to six months in length. Residents can stay at the farm site in Ypsilanti or the downtown site in Ann Arbor. Living with other recovering people offers residents a chance to understand community and ask for help. At our residential sites, we also offer an early intervention program for chemically dependent pregnant women and mothers with young children. Following treatment, residential clients secure employment and join our aftercare program; many enter transitional housing apartments.

### **Spera Recovery Center**

Spera provides a safe, residential detox that averages about five days. Staff monitor symptoms of detoxification, provide education and counseling, and emphasize principles of 12-step recovery. Spera also provides residential outreach services on a case-by-case basis to help bridge gaps between detox and continuing services.

Spera clients attend daily 12-step meetings, participate in multiple daily groups, and develop individualized recovery plans.

### **Outpatient Services**

Dawn Farm Outpatient provides supportive individual and group therapy. Solidly based upon 12-step principles, Outpatient provides accountability and support for the newly-recovering individual, in a less intensive treatment environment. Dawn Farm accepts referrals from individuals, families, health service agencies, courts, and other sources. We offer services Monday through Friday, and are available from 9 A.M. - 9 P.M. The daily schedule depends upon the service schedule.

### **Youth & Family Services**

Dawn Farm provides aggressive recovery support for Washtenaw County's young alcoholics and addicts in our innovative Youth & Family Program. Working with families and offering extensive community supports, this intervention makes a solid difference in young lives. The Youth & Family program provides assessments, case management, individual and group therapy, family therapy and education, parenting support, recovery support, community service opportunities, and an emphasis on AA/NA 12 steps.

### **Jail & Court Outreaches**

Dawn Farm Jail and Court Outreaches provide a therapeutic environment in the Washtenaw County Jail and extensive outpatient services--so that addicts and alcoholics can honestly address their addiction and learn new skills for drug-free living.

### **Recovery Support Services**

Recovery Support Specialists assist drug addicts and alcoholics to achieve and maintain sobriety. This is done through engaging clients in 12-step programs, offering community resources, and helping them stay connected to the recovery community. Services are offered based on the schedule of the Recovery Support Specialist.

*If you would like to learn more about any Dawn Farm services, speak with your Counselor, House Manager, RSS or call the Intake Team at 734.669.8265.*

## **Dawn Farm Services Free & Open to Transitional Housing Residents**

Visit our website – [www.dawnfarm.org](http://www.dawnfarm.org) – or call 734-485-8725 for updates, further details, and to confirm locations, days, times, etc.

### **Addiction 101, Dawn Farm 101, Facility Tour, & Dawn Farm Real Stories**

About 2-3 times per month we provide informational sessions to interested members in the community (university level students, medical residents, etc.) to learn about Dawn Farm, the services we provide, addiction, and how individuals can be affected.

*Call Dawn Farm @ 734-485-8725 to inquire about upcoming presentations.*

### **Big Book Study**

A study of AA literature attended by many members of the community.

*Monday-Friday, 9:30-10:30 am. For more info, contact Spera @ 734.669.8265*

### **Dawn Farm Education Series**

An annual series developed to provide accurate, hopeful, practical and current information about chemical dependency, recovery, family and related issues; and to dispel the myths, misinformation, secrecy, shame and stigma that prevent chemically dependent individuals and their families from getting help and getting well. Currently in its 24th year as a community resource!

*Usually, the LAST two Tuesdays of the month (September-June) from 7:30 p.m.-9 p.m. at St. Joe's Hospital Education Center @ 5305 Elliott Drive, Ypsilanti.*

### **DBT Group**

This group helps develop skills in the areas of mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness. *Monday-Friday, 3:00-4:00 pm.*

*For more info, call Spera @ 734.669.8265*

### **Family Education Program**

Addiction 101, recovery 101, and Dawn Farm 101. Special emphasis on how addiction impacts families. All are welcome.

*Usually, the 4<sup>th</sup> Sunday of each month (except December) from 10 a.m.-12 p.m. in the Community Barn at Dawn Farm @6633 Stony Creek Road, Ypsilanti.*

### **Family Matters**

An ongoing program providing education and support for loved ones of addicts and alcoholics. Topics include addiction 101, treatment & 12 steps, relapse & recovery, communication, family dynamics, and boundaries.

*Wednesdays from 6 p.m.- 7 p.m. at Zion Lutheran Church @ 1501 W. Liberty, Ann Arbor.*

### **Knittervention**

Learn to knit and crochet! All skill levels are welcome and encouraged. Supplies are provided.

*Saturdays, from 2:00 – 3:00 pm. For more info, contact Spera @ 734.669.8265*

### **Teens Using Drugs**

A two part series on teen substance use – part one is what to know, and part two is what to do.

*The FIRST two Tuesdays of the month (September-June) from 7:30 p.m.-9 p.m. at St. Joe's Hospital Education Center @ 5305 Elliott Drive, Ypsilanti.*

### **Strong Roots**

A support group for parents in housing.

*Wednesdays, from 6:00 – 7:00 pm. For more info, call Spera @ 734.669.8265 (Ask for Roxann)*

## Important Phone Numbers

### Emergency Numbers

If you have an emergency, please call **911**

Psychiatric emergencies (CSTS 24/7 Crisis Team) - 734.544.3050

My House Manager: \_\_\_\_\_

Phone: \_\_\_\_\_

Alternate Manager: \_\_\_\_\_

Phone: \_\_\_\_\_

### Dawn Farm Numbers

Ross Zini - 734.669.8265

Dawn Farm (Administrative staff and Rights Advisor) - 734.485.8725

Dawn Farm Downtown - 734.769.7366

Spera - 734.669.8265

### Suggestions

If you have suggestions or ideas regarding Dawn Farm, transitional housing or this handbook, please feel free to tell your house manager, Ross, or email [housing@dawnfarm.org](mailto:housing@dawnfarm.org).

You are in the right place.

You are with others like yourself.

We understand you and the world you come from.

We accept who you are and who you can become.

This is a place where magic (change) can happen.

William L. White

*Pathways from the Culture of Addiction  
to the Culture of Recovery*

