

# LIFE Recovery Program

The Union Gospel Mission LIFE Recovery Program for men is a 16-month residential addiction recovery program consisting of four phases, each four months in duration. The start dates for entering Phase 1 of the recovery program are approximately January 1, May 1 and September 1.

## How to apply

- Check in.** All applicants must be checked in and staying at the UGM Men's Shelter while seeking admission into the program.
- Consider Pre-Program.** UGM Men's Pre-Program is designed for those who wish to enter the LIFE Recovery Program but must wait for the next phase. Pre-Program has rolling entry (approved persons may start at any time). Participation secures a client's spot in line to interview with the Recovery Director but does not guarantee admission into the LIFE Recovery Program. Pre-Program is not a pre-requisite to join the LIFE Recovery Program, but is encouraged. This program runs 2 months prior to the Evaluation Phase (Feb-Mar, Jun-Jul, Oct-Nov).
- Attend an orientation.** Orientation meetings for men interested in the program are held about 45 days in advance of each program start date. This orientation provides more detailed information and allows men to ask questions and discuss unresolved issues that might interfere with their program. These obstacles include:
  - outstanding warrants
  - receiving SSI/SSDI or any type of public financial assistance
  - taking any narcotic medication
  - being in an intimate relationship
  - significant medical issues
  - outstanding debt such as child support or court fines
  - inability to get along with others in a community environment
  - inability to care for oneself or meet the physical requirements of program
  - being on medications that make it difficult to engage mentally, emotionally or verbally
- Go through one-on-one interviews.** If still considered eligible after the orientation, the applicant meets with the Social Services Manager to provide personal history and a general understanding of the issues leading him to seek addiction recovery. If approved to go forward, the applicant meets with the director of the recovery program to discuss details, address any problems and get final approval to enter the evaluation phase.
- Complete a 30-day Evaluation Phase.** When approved by the program director, each applicant receives a schedule of required daily activities and other materials needed to prepare for the program. This begins a required 30-day Evaluation Phase to confirm their personal readiness for the demands of the program. During the Evaluation Phase, each individual is given a work assignment and schedule designed to keep him connected and productive. Work assignments also give staff an opportunity to evaluate how the applicant interacts in the work environment and the community.
- Finalize intake process and counselor assignment.** If the individual completes all Evaluation Phase requirements, demonstrating a teachable spirit and willingness to learn, he is assigned to a program counselor for a full intake process toward the end of the Evaluation Phase. If no other problems are identified to keep the individual from entering the program, he enters Phase 1.

