

FREQUENTLY ASKED QUESTIONS

UGM Men's LIFE Recovery Program



Click on the links in the answers for further information.

“Who is this program for?”

UGM Men's Recovery is for men seeking freedom from addictions of all kinds. It's for people who know they need to change – who are willing to delve deep to find the roots of their problems and deal with them.

“How does it work?”

“This place had Christlikeness. All those other places, they don't have any of that. So there was no way to find any peace of mind other than to just medicate with alcohol.”
– Lupe Granados, LIFE Recovery alumnus

The LIFE Recovery Program is built on four pillars of life transformation: Identity in Christ, Christ-likeness, Total Accountability, and Self-Evaluation.

We unapologetically base our process around faith in Jesus Christ and reliance on the Bible as God's Word. **Lasting transformation** takes place at the heart level, and only God has the power to change a heart.

You aren't required to share our Christian faith to enter the program, but you must be willing to re-examine your beliefs and be open to what the Bible has to say.

“Where will I live?”

The LIFE Recovery Program is residential. In order to seek admission into the program, you must check into the Union Gospel Mission Men's Shelter at 1224 E Trent, Spokane, Washington.

If you're admitted into the program, you'll become eligible for a single-occupant room, based on availability. Before that, you'll be sleeping in dormitory arrangements.

“How long is the program?”

The program consists of a 30-day Evaluation Phase, **four phases of four months each**, and a fifth phase in which you'll find a permanent residence and transition out of UGM. Depending on when they apply for the program and how quickly they transition out, participants who complete the program usually stay at UGM from 18 to 24 months.



“Why do I have to live there?”

Community living is key to success in the program, from start to finish. Most addicts end up isolated, but the road to healing and a satisfying life is in healthy relationships with others.

Accountability within the safe and healing environment of UGM is essential to the structure and effectiveness of the program.

“The most important thing to staying in recovery is the people you hang out with. If you don't want change, you're going to go back to the old people. But if you want change, you're going to find healthy people that believe in the same thing you believe in.”
– Charlie Guthrie, LIFE Recovery alumnus

“What does UGM provide?”

UGM provides meals, shelter, showers, clothing, laundry, medical care and other basic necessities at no cost to you. If admitted to the program, you'll also receive individual counseling and group therapy, classes, seminars, vocational training and a number of other services to support your recovery.

“What should I bring?”

The program only “works” for people who are ready for recovery. UGM provides good resources and tools, but these are absolute essentials that only you can bring:

- A teachable attitude and willingness to learn. If you don't accept input from others, you'll stay trapped in your old patterns. Be prepared to admit the solutions you've tried didn't work, and be open to receiving **help from staff and peers**.

- Openness to examining your past experiences and choices. We get it – there may be a lot of ugly, painful stuff back there. But that's why it needs to be looked at and dealt with, so that you can be free.

“In the past, everybody was out to get me. I didn't let anybody get close to me. I didn't even get close to myself. I did everything I could to stay out of my own head. And through the program and the people here, I've done a 180 in my relationships. I have friends, and I tell people I love them. We look out for each other.”
– Jeff LeBlanc, LIFE Recovery alumnus

“Can I hold a job while I'm in the program?”

The program is rigorous, and you must prioritize your recovery to be successful. That's why you won't be working outside jobs on weekdays. Weekend work is OK as long as it doesn't interfere with program work. Work elements are integrated throughout the program, with permanent gainful employment as an end goal.

“What kind of work is part of the program?”

Residents contribute to community life at UGM by **working** in a variety of areas: kitchen, dining room, warehouse, housekeeping, groundskeeping, front desk, etc. You'll also work in the Vocational Education Center to move toward academic and vocational goals that we'll help you set early in the program.

In Phase 4 of the program, you'll complete a 240-hour, unpaid **Business Practicum** with a local employer that fits your career interests, and/or addresses your ongoing recovery issues.

“Why do I have to work?”

Work plays many roles in the recovery process. These are just a few of the reasons it's important:

- During your stay, UGM is your home. Being a contributor in your home is a first step toward being a contributor in society. Our hope is that you'll take ownership of and pride in the condition and amenities of your home while you're here.

- Working together is part of community living. If you can't work well alongside others, you'll miss out on this important element of the recovery process.

- Work situations have been a trigger for many who struggle with addiction. Working on site is a chance to practice positive ways to address the challenges of a work environment without turning to their addictions.

“I started working on the front desk and being able to talk to guys coming in and help point them in a good direction. That kinda helped me get outside myself and communicate, talk to people. That was a big step for me.”
– Rex Reishus, LIFE Recovery alumnus

“How do I start?”

This flyer outlines the process of admission into UGM Men's Recovery. If you still have questions after reading through it, contact the Men's Recovery director.