

## LIMEN RECOVERY + WELLNESS

### Sober Living Residence for People Recovering from Alcoholism and Drug Dependency

*Our mission is to offer a threshold to recovery and break the cycle of addiction in service to our community.*

#### CURRENT PROGRAMS AT LIMEN RECOVERY + WELLNESS

January 2022

Our main objective at Limen Recovery + Wellness is to help residents recover from substance abuse and start the process of living life drug & alcohol free. We work with each individual to develop a personalized recovery plan to help restore their life with family and community as sober men and women. Our program for long term recovery includes the following:

#### PEER GROUP AND RECOVERY BASED PROGRAMS

- Weekly Large Group 12-Step Peer Sessions led by Case Managers
- Weekly Education Group i.e., Relapse Regression, Conflict Resolution, Spirituality & 12-step workshops and other various topics.
- Big Book Study – either weekly (Women’s program) or as part of Big Book Breakdown (i.e., Joe & Charlie tapes, etc.)
- Weekly Alumni Support Group Meeting. We have a strong alumni program, and they are a big part of our program.
- 2 AA Meetings per day (am/pm) 7 days a week - 1 hour
- Days of Hope Program:

Women’s program - Program based on Brené Brown’s book *The Gifts of Imperfection: 10 Guideposts for Wholehearted Living*. Includes: 1x monthly 2 1/2-3 hours & 1 weekend retreat & 1 Day retreat

Men’s program – Program offers residents time to find holistic connections with mind, body, spirit through activities, reflections and sharing. Include: twice a month outing to re-engage society on social contact levels.

- Daily Mindfulness Meditations for both the Men’s program and the Women’s program.
- Sponsorship: Residents work with their sponsors at least once a week (review step work which cultivates opportunities to get to know one another), go out for coffee, and go to an AA meeting together at least once every week
- Volunteer/ Service Partnership with other community-based organizations
- Life coaching – 30-60 minutes per week, or as needed. We provide comprehensive case management and help residents process early recovery issues.

## **HEALTH/WELLNESS PROGRAMS:**

- Engage (or re-engage) with Medicaid and United Healthcare for existing health needs and preventative care
- Connect with a Primary Care Physician (PCP) in the Wilmington area for history, physical, blood work, and possibly setting up appointments with specialists
- Connect with our mental health providers for weekly therapy and monthly medication compliance and changes if necessary.
- Connect with Outpatient Drug and Alcohol Treatment provider for additional counseling services.
- Connect with Delaware Vocational Rehabilitation for help with eye exams & glasses as needed
- Connect with a dentist -- dental care as needed
- All appointments for residents are initially attended with case manager, and then residents go with one another working on negotiation/communication skills, self-will, accountability, & responsibility.
- Connect with Food Bank on nutrition workshops
- Physical Fitness - YMCA passes so residents can incorporate physical fitness in their personal care plan
- Residents attend weekly yoga
- CPR, first aid and infectious disease & precautionary control training.
- Special Outings:
  - Longwood Gardens at Christmas
  - Autumn Hayride-Fright land outing
  - Gratitude Service in November at St. Joseph's on the Brandywine
  - Labor Day Picnic at Bellevue State Park
  - Seasonal Sporting Events like softball, etc.
  - Hagley Tour
- Each resident celebrates their birthday & notable milestones in sobriety
- Personal Time: In addition to activities, residents are encouraged to take time for personal growth and reflection

## **EDUCATION AND VOCATIONAL PROGRAMS: NO RESIDENT COMPLETES THE PROGRAM WITHOUT EMPLOYMENT OR ENROLLMENT TO CONTINUE EDUCATION**

- General Education Development (G.E.D.) – obtain High School equivalency credentials
- Delaware Vocational Rehabilitation:
  - Sign up with DVR (for help in seeking employment) where an assessment & treatment plan is developed.

- When residents are ready for job search, they work with an Employment Specialist (through DVR) for help in finding employment

- Year Up Program (Provides hands on skill development and corporate internship with stipend for individuals eligible for the program)
- Weekly visits to Wilmington Public Library for job search and books
- No one completes our program or leaves Limen Recovery + Wellness without a job or enrollment to continue education

**LEGAL COMPLIANCE PROGRAMS (AS NECESSARY):**

- Supporting residents as they work through conditions of Probation if applicable
- TASC (Treatment Accountability for Safer Communities) – integrating criminal justice and substance abuse treatment systems with resident specific case management
- Assist residents in keeping any legal obligations or court appointments

**COMMUNITY OUTREACH PROGRAMS:**

- Artisans bank for savings account assistance.
- On-going sober agencies special events in partnership.
- Addiction related to families in partnership with TRIAD (2019)

**PROGRAMS IN DEVELOPMENT:**

- Family Education Program to support the families and residents to develop a healthy relationship and enhance personal recovery for all
- Interview and Resume workshops.