**Bridge Inc. Sober Living**

**Program Phases and Requirements**

The Bridge Incorporated offers a structured, phase-based approach to support residents in their recovery journey. The program is designed to meet each individual at the stage of recovery immediately following an inpatient program and provide the necessary tools and support to reach their personal goals. This document outlines the three phases of the program, detailing the tasks, limitations, and requirements for each phase.

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**Phase 1: Orientation and Initial Progress (Up to 4 Weeks)**

**Duration:**

- Begins with orientation and lasts until all initial goals are completed and approved.
- Must be completed within **4 weeks** of entering the program.

**Tasks:**

- Complete orientation program.
- Meet with doctor for health evaluation.
- Meet with mental health professional for assessment.
- Meet with a pastor or spiritual director for guidance.
- Obtain a 12-step sponsor (NA AA CR etc).
- Begin **Intensive Outpatient Program (IOP)** and attend **all weekly sessions** (if applicable)
- Set up Medicaid (if applicable).
- Set up food stamps (if applicable).
- Complete physical and mental health evaluations.
- Set individual goals for time in The Bridge, based on recommendations from the meetings and evaluations.

**Limitations:**

- No full-time employment.
- No social media use.

- Only engage in program-related activities.
- No significant others allowed during this phase.

**Requirements:**

- Attend **7 recovery meetings per week** (minimum), including all required house meetings.
- Begin the attendance of 90 meetings in 90 days (90 in 90)
- Meet with your sponsor weekly for a minimum of **1 hour**.
- If no or partial entry fee is paid, **50% of any income** goes to The Bridge, up to **$175 per week** until fees are up to date
- Use food stamps to contribute **$35/week** toward cooking your weekly meal for the house.
- Complete **weekly budget sheet** and **transaction register** as soon as income or funds are received.

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**Phase 2: Full Participation and Employment (13 Weeks)**

**Duration:**

- Begins when goals from Phase 1 are approved and lasts for **13 weeks**.
- Residents must meet all program requirements during this phase.

**Tasks:**

- Complete **3 months of IOP** (when applicable)
- Complete 90 in 90 meeting requirement.
- Achieve **full-time employment**.
- Make progress on personal goals set in Phase 1.

**Limitations:**

- Must receive permission from the **House Manager** for any non-program-related activities.
- No significant others allowed during this phase.

**Requirements:**

- Attend **5 meetings per week**, including IOP (if applicable) and all required house meetings.
- Meet with sponsor weekly for a minimum of **1 hour**.
- Pay **$700/mo or $350** every 2 weeks for rental fees.
- Contribute **$35/week** for food (food stamps can be used).
- Complete **weekly budget sheet** and **transaction register**.
- Meet with your mental health professional regularly based on professional recommendations.
- Continue to work on personal goals as determined in your treatment program.

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**Phase 3: Completion and Graduation (Duration as Needed)**

**Duration:**

- Begins after completion of all Phase 2 requirements.
- The duration of Phase 3 is **as long as needed**, depending on individual progress.

**Tasks:**

- Complete working **12 Step step work** with the sponsor.
- Complete or make a plan for ongoing counseling, based on the recommendations of mental health professionals.
- Save a minimum of **$1,000** for personal use.
- Complete all personal goals set for time in The Bridge.
- Develop and finalize an **Exit Plan**.
- Request graduation and receive director approval for readiness to graduate.

**Limitations:**

- Must inform the **House Manager** of all activities.
- Any other specified restrictions as determined by the treatment team.

**Requirements:**

- Attend **3 meetings per week**, including required house meetings.
- Meet with sponsor weekly for a minimum of **1 hour**.
- Complete **weekly budget sheet** and **transaction register**.
- Regular counseling sessions until your mental health professional recommends completion.
- Pay **$175/week** for house fees and **$35/week** for food (food stamps can be used).
- Maintain ongoing progress toward the goals in the Exit Plan.

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**Conclusion**

The Bridge Incorporated's phase-based program is designed to ensure that each resident has the support and structure necessary for long-term recovery and personal growth. Residents are expected to complete each phase in accordance with the requirements, limitations, and tasks outlined above. Successful completion of each phase leads to greater independence and, ultimately, graduation from the program.