

STRONG Program Recovery Pod Participant Handbook

Our mission is to empower individuals in the criminal justice system to overcome their addiction and reclaim their lives through comprehensive, compassionate recovery services.

- **Recovery Pod** – a program designed for inmates who will be incarcerated for 90 days or longer. Assistance with case management, peer support, SMART Recovery through Three Bridges Recovery and discharge planning. Participants will also be exposed to other programming provided by our community partners.

Recovery Pod Eligible Applicants

- 18 years of age or older.
- Screened appropriate based off Substance Use History
- Incarcerated for 90 days or more in the Wood County Jail.
- Minimum or Medium classification within the jail

Termination From Recovery Pod Programming

- Failure to sign necessary forms.
- Refusal to participate in programming or case management appointments.
- Failure to follow the rules and expectations set forth in the program, the Wood County Jail or by Three Bridges Recovery.

Keep in mind that eligibility does not equate to automatic enrollment. You may be eligible for this programming, but that does not always mean that you are the most appropriate fit.

All participants are expected to adhere to the rules and regulations of the Wood County Jail.

Failure to comply with these rules may have the following consequences:

- Denial of program application
- Termination Recovery Pod
- Loss of programming privileges

Recovery Pod Rules and Expectations

- 1) HELP TO ENSURE THE PHYSICAL, EMOTIONAL, AND MENTAL SAFETY AND SECURITY OF FELLOW PARTICIPANTS.
 - a) This rule is broken when a participant:
 - i) Violates Confidentiality.
 - ii) Refuses to participate in meetings or program activities.
 - iii) Disrespects or threatens any team member, staff member, program participant, or jail inmate.
 - iv) Acts out in physical violence or intimidation.
 - v) Sexually acts out.
 - vi) Possession, use, trade, or distribution of alcohol, drugs (including over the counter and prescription medications), and drug paraphernalia.
 - vii) Submit falsified or tampered urine analysis specimens. Additionally, failure to give a requested specimen.
 - viii) Possesses a weapon of any kind.
 - ix) Tamper or destroys program materials.
- 2) TREAT ALL PROGRAM STAFF, TEAM MEMBERS, PARTICIPANTS, AND INMATES WITH RESPECT.
 - a) This rule is broken when a participant:
 - i) Impulsively reacts.
 - ii) Gossips.
 - iii) Lies.
 - iv) Forms cliques.
 - v) Manipulates.
 - vi) Eavesdrops.
 - vii) Curses or uses profane language towards others.
 - viii) Use of racist or discriminatory language.
 - ix) Discrimination against a participant for sexual identity, gender identity, religion, age, crime, disability, or other belief systems.
- 3) BE AWAKE, PREPARED, AND PRESENT DURING ALL MEETINGS, APPOINTMENTS, AND PROGRAMMING.
- 4) DO NOT GLORIFY SUBSTANCE/ALCOHOL USE OR ILLEGAL ACTIVITIES.
- 5) DO NOT BEHAVE IN A DISRUPTIVE MANNER.
- 6) PARTICIPATE IN CASE MANAGEMENT SESSIONS, WHICH INCLUDES POST-RELEASE APPOINTMENTS.
- 7) SIGN NECESSARY CONSENT FORMS AND RELEASES OF INFORMATION
- 8) CONSENT TO PARTICIPATE IN PROGRAM SCREENERS

- 9) ENGAGE WITH THE STRONG PROGRAM CASE MANAGER THROUGHOUT THE DURATION OF ENROLLMENT
- 10) MAKE CONTACT WITH YOUR CASE MANAGER POST-RELEASE FOR A MINIMUM OF 90 DAYS
- 11) COLLABORATE IN THE DEVELOPMENT, IMPLEMENTATION, AND EXECUTION OF YOUR PERSONALIZED CASE PLAN

Service Breakdown

Three Bridges Recovery:

- **Recovery Coaching:** Individual meetings with a Certified Peer Support Specialist regarding recovery navigation.
- **SMART Recovery Group:** Facilitates 24 modules of SMART Recovery Inside-Out programming. Facilitators will support participants in applying group themes to their recovery journey.
- Connect with participant upon graduation from Recovery Pod and/or jail discharge to facilitate recovery in the community.

Case Management:

- **Community Referrals:** Connections to relevant community resources, such as Medication Assisted Treatment, counseling services and resources deemed appropriate for specific needs.
- **Transportation Assistance:** Support in arranging transportation to appointments.
- **Recovery Coach Referral:** Connection to a Recovery Coach for ongoing peer support.
- **Harm Reduction Kit:** includes life-saving resources that individuals in recovery may find helpful. These resources are packaged in a non-descript toiletry bag and include: Narcan, testing strips, condoms, sharps container, saline, first aid kit, and STI Information.

Other programming:

Several our county and community partners offer programming in our recovery pods. These offerings change on a regular basis, but at any given time there could be programming related to employment, education, relationships, fitness, finances, recovery, trauma, wellness, or religion. Everyone's recovery journey looks different, so we try to provide as many perspectives on wellness and recovery as we can.