



### PURPOSE

The purpose of the Restore House program is to provide the means for our clients to become productive, sober members of society. Further it is our purpose to benefit society by identifying, developing and supporting each client's innate talents and abilities.

### TARGET POPULATION

The target population for Restore House are individuals who have completed a Rule 25 and are recommended for high (30 hours per/week) or medium (15 hours per/week) intensity residential chemical dependency treatment.



He has sent us to bind up the brokenhearted, to proclaim freedom for the captives, & release from darkness for the prisoners.

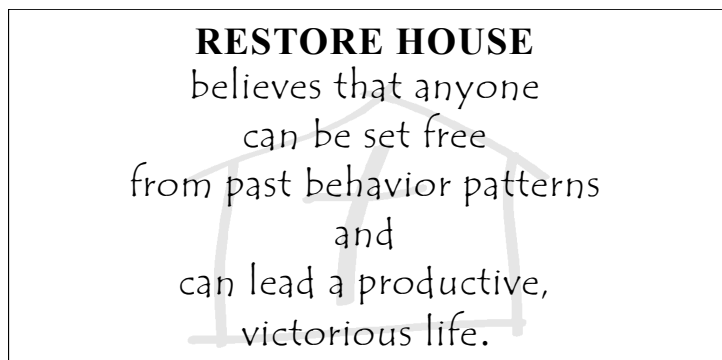
Isaiah 61: 1b

Restore House Inc is licensed by the Minnesota Department of Human Services as a Rule 31 Residential Chemical Dependency Treatment Program. As such, Restore House Inc offers two levels of treatment. High Intensity (commonly known as in-patient) with 30 treatment hours per week per resident and Medium Intensity with 15 treatment hours per week per resident.



### GOALS

1. To improve the quality of life for chemically dependent individuals by assisting them in the ability to make appropriate decisions regarding chemical use.
2. To expand network of referrals with Restore House Inc. to other community based provider's that may benefit clients.
3. To provide a comfortable, chemical and harassment free environment for clients and staff.
4. To keep program goals, services, and objectives consistent with client needs.



**Restore House Inc utilizes a progressive, 3-phase program. While some components of the program are common to all levels, the basic principle is to teach that with increased freedom comes increased responsibility and accountability. The goal is for clients to be prepared to live a sober, productive lifestyle upon completion of the program.**

## TYPES OF SERVICES

The overall program of treatment at Restore House Inc. is both structured enough to keep clients focused on their goals and flexible enough to take the needs of the individual into consideration. Restore House Inc. treatment policies consider cultural difference when working with clients

### **Individual Counseling** *(mandatory for all clients)*

- ☑ provided at least once a week
- ☑ identifies and addresses problems related to chemical use;
- ☑ uses an Individual Treatment Plan (ITP) that is updated weekly

### **Group Therapy** *(mandatory for all clients)*

- ☑ provided at least 4 days per week
- ☑ is valuable due to the feedback, sharing, and honesty
- ☑ encourages constructive confrontation and self-disclosure
- ☑ is facilitated or supervised by an Licensed Alcohol and Drug Counselor (LADC)

### **Client Education** *(mandatory for all clients)*

- ☑ classes are held at least two times a week
- ☑ topics are based on the Individualized Treatment Plan

### **Community House Meeting** *(mandatory for all clients)*

- ☑ scheduled at least twice a week
- ☑ clients & staff can air their concerns & appreciations

### **Therapeutic Recreation/Leisure Activities**

- ☑ teach ways to have healthy and wholesome fun
- ☑ may include: crafts, weight lifting, group walks, fishing, basketball, bike riding, bowling, nature activities, etc

### **Health and Monitored Medical Services**

- ☑ a Registered Nurse monitors the client's medications, weight, and blood pressure as needed
- ☑ help with scheduling doctor/mental health appointments, etc. is also provided on an as needed basis

### **Living Skills Development**

- ☑ social and living skills development is used as a primary tool to bring about the changes needed to live a healthy lifestyle

### **Transition Services**

- ☑ are utilized to assist the client integrate gains during treatment into daily living to reduce reliance on Restore House Inc. staff for support

### **Employment and Education Services**

- ☑ seeking part-time employment or school opportunities is encouraged as soon as it is safe to do so
- ☑ getting a GED is encouraged for those who do not have a high school diploma

### **Spiritual Aspects**

- ☑ 12-Step program of Alcoholics Anonymous
- ☑ Bible study
- ☑ real life applications of the materials covered are emphasized
- ☑ regular church attendance is encouraged for all clients

### **Family/Couples/Relationship Education**

- ☑ needs in these areas are assessed and addressed on each client's Individual Treatment Plan
- ☑ referrals made to other community resources as needed

### **Coordination with Community Ancillary Services**

- ☑ communication and coordination is provided with other agencies that the client may be working with [i.e.: county case managers, corrections agents, other doctors/therapists, and possible referral agencies.]

### **Co-occurring Mental Illness Services**

- ☑ basic information about mental health issues is provided
- ☑ Restore House Inc. coordinates with the client's mental health care provider when developing the client's Individual Treatment Plan, if needed,

### **Client Follow-up Services**

- ☑ Restore House Inc. staff remains in contact with our clients for at least one year following completion of the program to encourage continued growth and provide additional services as needed.

**For I can do everything through Christ who gives me strength.**

(Philippians 4:13 NLT)

## RESTORE HOUSE

provides a supportive atmosphere, that encourages residents to put their past behind them and to create a new future.

**RESTORE HOUSE**  
is a non-denominational  
501(c)3 facility.

**For more information  
or an application please contact:**



## RESTORE HOUSE INC

### **Men's Facility:**

51756 229th Avenue NW, Bemidji, MN 56601  
Phone: 218-444-9420

### **Women's Facility:**

1001 Mississippi Avenue NW, Bemidji, MN 56601  
Phone: 218-444-9102

Mary Greer, Program Director  
218-760-4209  
Email: restor@paulbunyan.net