

Aftercare

WHY IS IT IMPORTANT?

Substance Use Disorder (SUD) as a cyclic, chronic condition is no different from other chronic conditions in its response to treatment. There is substantial evidence to suggest that the longer a resident stays connected to treatment via a formal aftercare program the better their chances of maintaining long term sobriety. If you were leaving residential treatment for a heart condition you would undergo regular check ups for AT LEAST a year! Bi-weekly group, access to continuing case management and community referrals- it's our way to check up on you and for you to stay in touch with the JJ sober community!

ABSTINENCE AT 1 YEAR*

No Participation in formal aftercare or AA 30%

Weekly AA attendance with no participation in formal aftercare 69%

Participation in formal aftercare with no AA attendance 77%

Weekly AA attendance and formal aftercare for 1 Year



*Psychiatry Journal (Volume 2014, Article ID 692423, 16 pages)

Community Resources

Everyday Miracles Peer Recovery Center:
(508)799-6221 25 Pleasant St Worcester, MA 01602

OD Prevention:
Narcan Training & Supply
APW: (508)755-3773 85 Green St Worcester, MA 01602

24 Hour Support:
NA Help line : 1(866)624-3578
AA Help line: (508)752-9000
SAMSHA Help line: 1(800)662-435

SMOC: (508) 872-4853 7 Bishop St Framingham, MA 01702

Greater Worcester Housing Connection GWHC:
(508)757-8331 25 Queen St Worcester, MA 01610

CHL Homeless Outreach Advocacy Project HOAP:
(508)860-1080

Friendly House: (508)755-4362 36 Wall St Worcester, MA 01604 Child care, housing, & food

RCAP Solutions: 1(800) 488-1969
Rental Assistance: Ext. 6602

Central MA Housing Alliance: (508) 752-5519
6 Institute Rd Worcester, MA 01609
Housing services, rent & furniture

Mental Health Resources
New Beginnings Wellness Center: (508) 754-1141
1280 Main St Worcester, MA 01603

Enlightened Interventions: (508) 317-2323
25 Union St Worcester, MA 01608

Baker Mental Health: (508) 769-7812
25 Union St Worcester, MA 01608

Physical health Resources
Family Health Center: (508) 860-7700
26 Queen St Worcester, MA 01610

Edward M Kennedy Center: (508) 854- 2122
650 Lincoln St Worcester, MA 01605



AFTERCARE & ALUMNI PROGRAM



Recovery is a Journey;
not a Destination.

Upon completion of the Jeremiah's Inn residential program residents face many challenges transitioning back home or into sober living. Residents have the option to participate in the Aftercare & Alumni program for support, accountability, community referrals, and an opportunity to share their continuing recovery experience with new residents.



WHAT DO I HAVE TO DO?

Just keep coming! Suit up, show up and stay actively involved in your own recovery. We are here to help you every step of the way during this challenging phase into less structured living!

- Attend bi-weekly Alumni meetings on Thursday evenings at 6:30pm. (Exact dates can be found on JI Facebook Events Calender)
- Be willing to share your experience of the social model, the JI way and your aftercare with current brothers.
- Be willing to participate in assessments at 60, 90, 120 days and 1 year.
- Be willing to volunteer at one or more fundraising or advocacy events for JI.
- Maintain compliance with your doctors and therapists and the aftercare plan you set up at completion such as: a 12 step recovery program, therapy or medicated assisted treatment etc.



WHAT ARE THE BENEFITS OF PARTICIPATION?

Along with the 90% increase in the chances of maintaining sobriety upon completion of the Residential Program, those who choose to participate in the Alumni program still enjoy many of the same benefits as current residents such as:

- Invitation to join residents for Evening Meal daily at 4:30p.
- Receive food from the food pantry once a month as needed (See Mary Tambling for eligibility).
- Optional continued participation in any of the holistic activities such as Broga, meditation, co-ed sober softball, deep sea fishing and more.
- Opportunity to join residents at sober events, camp-outs, rallies & advocacy events etc.
- Bi-weekly meeting for support, accountability an opportunity for us to check in with you and you with your peers.
- Access to Case Management services and community referrals.
- Discounted tickets or opportunity to volunteer at CHOPPED! Worcester.
- Opportunities to volunteer at various other organizations throughout the year as service work.
- Opportunity for you to share your experience strength and hope with new brothers as part of your own recovery.



“The only time you look down on a brother is when you are helping him up.”

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HOW DO I GET INVOLVED?

See Alyssa prior to completion to ensure we have all the proper documents and updated contact information for you. Make sure you are connected to the Jeremiah's Inn Sober Community on BAND to get reminders and to get all the latest information on events and opportunities for Alumni. including updates on possible employment opportunities. You can also follow us on social media!

Band Link

**JEREMIAH'S INN RECOVERY COMMUNITY
CONTACT INFO: WWW.JEREMIAHSINN.COM
PO BOX 30035 1059 MAIN ST WORCESTER,
MA 01603 (508) 755-6403**

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Assistant to the Director Alyssa Dancause:
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Communications Coordinator Alyssa Dancause:
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Lead Case Manager Jason Lavallee: Ext. 13 ?
jason@jeremiahsinn.com

Case Manager Jay Daughtry: Ext. 13 ?
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Case Manager Carlos Ojeda: Ext. 13 ?
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Case Manager Terry Hughes: Ext. 13 ?
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Case Manager Kashawn Hampton: Ext. 13 ?
kashawne@jeremiahsinn.com

Intake Coordinator Serina Connor: Ext. 20
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Nutrition Center Coordinator Mary Tambling: Ext. 12??
mary@jeremiahsinn.com