



CooperRiis Community Program

Recognizing that recovery is not always linear, CooperRiis provides a multi-level Healing Community within which the resident feels a sense of belonging and experiences kindness and respect as his or her Recovery Journey moves forwards, side-ways, and sometimes backwards.

As the resident experiences restored relationships, a sense of purpose, empowerment, and optimal health at the Farm or 85Z (Level 1), he or she may choose to use the CooperRiis Community Program for continued growth.

The first part of this document lists Community Program Level 2 Objectives and Readiness Indicators for Transition to Levels 3, 4 and beyond

The second part lists the services available at each Level along with costs.

1) Consistent Commitment to Community Engagement:

- Maintain 30 hours of structured activity each week consistently for 1 month. "Structured activity" usually consists of school enrollment, work (paid or volunteer), internship, and/or other creative ways of pursuing one's dream or contributing to the well-being of one's community.
- Keep track of hours of Community Engagement and report them to one's Recovery Coordinator weekly.
- Practice effective time management and organization (such as keeping calendar of appointments, arriving at appointments on time).
- Practice accountability: For example, if you are unable to show up in a timely fashion for regularly scheduled work, you would call your supervisor or boss or volunteer coordinator to report that you are sick and won't be in.
- Demonstrate adaptability to new situations, learn new skills, and grow in new environments by getting to know new people.

2) If you are taking medications, collaborate actively with your psychiatrist so that you and your doctor are optimizing your medication regimen.

- Demonstrate responsible self-administration of your medication optimization program
- Successfully organize and take all medications as mutually agreed upon by you and your psychiatrist and be able to articulate an understanding of all medications taken for at least one month (in terms of symptoms targeted and side effects). Never abuse your medication.
- Demonstrate ability to anticipate and refill prescriptions and complete associated lab work for one month.
- Have one month of successful weekly medication check-ins with your House Advisor.

3) Honor the Importance of Sustaining Physical Wellness and Optimal Health:

- Exercise regularly (recommend 2-3 x a week for ½ hour).

- Maintain healthy sleep patterns.
- Maintain healthy eating habits.
- Maintain personal hygiene.

4) Effectively Use Clinical Treatment to Improve One's Ability to Cope with Mental Health Challenges

- Demonstrate consistent use of individual therapy, goal-setting process w/ Recovery Coordinators and Recovery Coaches.
- Optimize use of substance abuse therapy when it is part of your program.
- Consistently attend appointments with your psychiatrist
 - Optimize the use of other therapies, including: group therapy when it is part of your program (1x a week, consistently for 1 month; this might include AA/NA meetings), actively pursuing your dreams and goals both independently and with the assistance of your recovery and peer support or staff team,
 - your WRAP or crisis plan,
 - identifying, understanding and managing personal challenges through developing and using self-tailored coping skills (such as self-soothing, distress tolerance, or emotional regulation, relaxation, or other stress-reduction strategies).

5) Build and Sustain Positive Relationships with the Community Program:

- Demonstrate ability to address peer, roommate and staff conflicts appropriately and constructively.
- Attend and participate in House Meetings.
- Participate in house cleaning and chores, according to cleaning system of house.
- Build and sustain relationships and connections with self, friends, family, and the broader community.
- Attend and participate in Community Meeting each week.
- Participate in one Community Program social activity a week consistently for a month.
- Build greater community supports: be able to list 3 people outside of CR staff to whom you would go to for support (friends, teachers, mentors, classmates, etc).

6) Other Transition Guidelines for Achieving Greater Independence:

- Create and maintain budget reflecting income and expense; review budget monthly with your Recovery Coordinator; adapt budget before moving to next level of program, as additional personal expenses are usually required at Level 3 or 4 (such as groceries, and/or rent/utilities/etc).
- Independently coordinate all transportation outside of CR staff for one month before transition (biking, bus, taxi, personal vehicle).
- Maintain safe living space.
- Consistently plan a weekly menu, create a grocery list, attend weekly grocery shopping trip, and independently prepare meals.
- Demonstrate knowledge of nutritional impact on wellness and make informed decisions while respecting structure of CR wellness program values.
- Consistently maintain cleanliness of room and community space.

7) No policy infractions within at least a month of Transition to Level 3 or 4.

8) Consideration of your Post-Transition Plan: When transition guidelines are met, the resident's Recovery Team will have transition meetings with the resident to discuss desire to

move to Level 3, 4 or out of the program, in order to assess readiness and to plan for appropriate supports and steps for the transition.

**The intent of these guidelines is to support a resident's forward movement in his or her recovery, while also understanding that everyone's journey is individual, and that at times it might be appropriate to make exceptions or adaptations to these guidelines (which can be discussed with the resident's Recovery Team).

** Most typically, if a resident hopes to transition from level 2 to 3, he or she should demonstrate an ability to maintain these guidelines for 1 month.

**Passing over Level 3 (and going straight to Level 4) requires endorsement from the resident's Recovery Team (which most often includes the resident's family) that the resident can maintain the above guidelines, with the minimal support offered at Level 4, which is basically weekly meetings with a Therapist and Recovery Coordinator or Coach). Most typically, if a resident hopes to transition from Level 2 to Level 4, then he or she is likely not only meeting the above guidelines, but also excelling by maintaining these guidelines for at least 2 months and utilizing minimal staff support to meet them.

** To transition from Level 3 to 4, the resident is meeting the same above guidelines, but is using minimal staff support to maintain the guidelines. The resident and team assess that the resident can carry on the same responsibilities at Level 4, with less staff support as described above. At Level 3, the resident can gage with their Therapist if group therapy is still valuable to participate in weekly; also, at Level 3 the resident assumes responsibility for buying his or her own groceries and doing grocery shopping without staff support.

Description of Services Provided and Costs at Each Level of CooperRiis Community Program

CooperRiis Transitional Community Programs

Level 2 \$7,500/ per month (Or Reduced Rate)

CooperRiis Community Program will provide or support:

Furnished residence w/ utilities

Daily contact with staff

Continuity of Dream Statement and Core Goals

Continuity of 7 domains model of recovery

Creation and maintenance of individual daily structure

To include daily self-care and meaningful activity such as school, work or volunteering

Also includes facilitating connections to outside resources

Social and creative activities

Wellness activities and awareness

Food budgeting (meal cost included)

Meal planning, co- shopping, preparation and clean up

Support and monitoring for Dual Recovery

To include continuing recovery group, relapse prevention, and assessment

Individual therapy (weekly)

Recovery coordination (weekly)
 System integrated psychiatry
 Group therapy
 Nicotine education resource
 Interpersonal Growth Opportunities
 To include community meetings and supported conflict resolution
 Overall budgeting support
 Transportation support
 Ongoing team meetings and progress reviews
 Recovery coaching several times a week
 Establishing third-party benefits
 System integrated psychiatry
 Supervised self-administration
 Evening residential support
 24/7 on call access
 Communication with family 2x per month
 2 days a month respite at the Farm or 85Z if needed and with team approval
 Note: Use of a Half or Full Day Program at the Farm or 85Z carries an additional charge

CooperRiis Supported Living Community Program

Level 3 \$3900/ per month (Or Reduced Rate)

CooperRiis Community Program will provide or support:

Provision of furnished residence without some utilities
 Face to face contact with staff a minimum of 3x per week
 Continuity of Dream Statement and Core Goals
 Continuity of 7 domains model of recovery
 Maintaining individual daily structure
 Social and creative activities
 Wellness activities
 Nutritional support
 Support and monitoring for Dual Recovery
 To include continuing recovery group, relapse prevention, and assessment
 Individual therapy (weekly)
 Recovery coordination (weekly)
 System integrated psychiatry
 Available group therapy Recovery
 Nicotine education resource
 Interpersonal Growth Opportunities
 To include community meetings and supported conflict resolution
 Budgeting support
 Ongoing team meetings and progress reviews
 Recovery coaching (assumed to be less time than needed in level II)
 Self-Administration (additional support available at added cost)
 24/7 on call access
 Communication with family 2x per month
 2 days a month respite at the Farm or 8Z if needed and with team approval
 Support of community integration
 Extra immediate support is available, billed additionally.
 Assistance for creating a lifestyle, which is independently consistent and stable enough to be sustained in
 Level 4

CooperRiis Extended Community Program

Level 4 \$1,000/ per month (No Reduced Rate)

CooperRiis Community Program will provide or support:

Sustaining the recovery lifestyle attained in previous levels
Weekly review of 7 Domains foundation
Continuity of Dream Statement and Core Goals
Continued availability of recovery oriented community social activities
Individual therapy (weekly)
1 hr. of Recovery coordination or 2 hours of coaching at least weekly
System integrated psychiatry
Nicotine education resource
Team meetings as needed
Self-Administration
24/7 on call access
Communication with family up to 2x per month
2 days/month at residential level with team approval
Extra immediate support is available, billed additionally

CooperRiis non-bundled services

CooperRiis can coordinate and provide some special arrangements for residents who would benefit from extra support. Specific types of support that can be offered along with the hourly fee for those services are listed below:

Extra Therapy	\$125 an hour
Extra Recovery Coordination	\$100 an hour
Extra Coaching support	\$ 50 an hour

Group rates included in fee of active ECS involvement

Moving can be charged at coaching rate

Extended Crisis Intervention which could include one on one support will be charged at coaching rate after the first 24 hours of crisis support.

CP social respite – free up to 2 days, then daily residential rate (minus their current monthly fee)

“Special” Transportation (at designated per mile charge)