



WAI-IAM, Inc. & RISE Recovery Community
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WAI-IAM, INC. and RISE RECOVERY COMMUNITY

WAI-IAM, Inc., (Who Am I, I Am Me!) and the RISE Recovery Community (RISE), is a non-profit organization with a mission to provide prevention, awareness and post-treatment services in the area of substance abuse.

PROGRAM PHILOSOPHY

At WAI-IAM, Inc. (Who Am I, I Am Me!) recovery is personal. WAI-IAM, Inc. was founded in 2013 by a mother and son who had personally struggled through the world of addiction and recovery to develop a Lansing-based nonprofit with a mission to change the face of recovery and combat the growing epidemic of drug and alcohol abuse. WAI-IAM's RISE Recovery Community (RISE) offers 10 well-maintained, structured living homes to serve 69 members, along with Club RISE, a 4,200-sq.-ft. facility for sober-living community activities. RISE helps individuals overcome barriers, meet basic needs and gain support for health, home, purpose and a community. RISE has a strict Diversity and Inclusion Policy and has served over 2,000 individuals since inception and continues to include BIPOC, women, persons with disabilities, veterans, LGBTQ+, and economically disadvantaged.

RISE Recovery Community (RISE) serves post-alcohol and drug rehab patients and is conveniently located in the heart of downtown Lansing, Michigan. RISE provides a much-needed structure for those in recovery to transition back into society as drug- and alcohol-free, productive citizens, all while living by our motto, "We insist on enjoying life!"

GOALS & OBJECTIVES

SAMHSA has delineated four major dimensions that support a life in recovery: **Health**—Overcoming or managing one's disease(s) or symptoms—for example, abstaining from alcohol, illicit drugs, and non-prescribed medications—and making informed, healthy choices that support physical and emotional well-being. **Home**—Having a stable and safe place to live. **Purpose**—Conducting meaningful daily activities, such as holding a job, attending school, volunteering, family caretaking, and having creative endeavors; and the independence, income, and resources to participate in society. **Community**—Having relationships and social networks that provide support, friendship, love, and hope.

The RISE Recovery Community provides a new, current way for recovering addicts to live in society drug- and alcohol-free. RISE is an innovative way to meet the basic needs of recovering addicts by providing health, home, purpose, and community. WAI-IAM's RISE Program offers 11 facilities with 63 beds. A key component of the RISE program is Club RISE, a sober engagement center. The home-like environment of Club RISE offers a large activity room with billiards, flat-screen TVs, and hip music for a "club-like" feel. The main floor also provides additional meeting space, a computer station, and the RISE Support Specialists office. The second-floor houses WAI-IAM, Inc. and RISE staff offices and the third-floor houses the Care Coordinators offices. The well-maintained, NARR Certified structured living homes, along with the 4,200 sq. ft. Club RISE for sober community activities, make up the RISE Recovery Community. Welcome to the future of recovery!

RISE SERVICE DELIVERY GOALS

GOAL #1: Individuals Gain Health – An addict learns to live substance-free and regains physical well-being while discontinuing the destructive behaviors that have impacted them, their families and loved ones, and society as a whole. With the help of caring, supportive staff, RISE members learn to care for themselves both physically and emotionally.

GOAL #2: Provide a Stable Home - There is a huge gap in stable housing for individuals coming out of treatment. They either return to the same environment they lived in while using or they are out on the streets. The few transitional homes that are available in this area have little supervision and often are filled with daily drug users. The RISE Program offers individuals ages 18 and up a place to live with accountability that includes daily monitoring for possible drug or alcohol use. The RISE Program also prides itself on the level at which we care for these transitional homes.

GOAL #3: Regain a Purpose in Life – Every addict has lost sight of their purpose in life. After gaining sobriety, it is imperative that those in recovery regain a sense of purpose in their life. At RISE, the involvement in our program allows all members to find and reconnect with a positive purpose in life.

GOAL #4: Provide Community – The RISE Program is about belonging. Addiction is full of shame and few people are willing to talk about their issues. When they walk in the door at Club RISE, they are in the surroundings of a lovely, home-like environment where nearly everyone they meet is in recovery. On a daily basis 70+ people use Club RISE, where a recovering addict is never alone and is always considered a part of the community.

GOAL #5: Maintain a Life in Recovery – The four major dimensions that SAMSHA indicates to support a life in recovery come together for sustainable life changes through the RISE Program.

RISE SERVICE DELIVERY OBJECTIVES

The RISE Program includes 5 service objects for Staff to measure growth in the program.

Objective #1: Each individual will assess their needs by working with RISE Care Coordinator to uncover individual barriers to recovery and gain a solid foundation in the RISE Community. Each member will have an individualized set schedule of mandatory meetings to learn accountability as well as tools necessary to aid them in their recovery process. Additionally, each member will be enrolled and attending outpatient therapy.

Objective #2: Each member will continue a set schedule of individualized mandatory meetings while they gain employment, enroll in school and care for personal needs, all with the help of RISE Staff. While continuing outpatient counseling, each member will continue to be held accountable for all daily activities while adhering to RISE Guidelines.

Objective #3: Learn to plan by gaining employment or attending school while maintaining a solid recovery program. These may include outpatient groups or individual therapy. Furthermore, each member will continue to meet with their Care Coordinator weekly to update their personal recovery plan.

Objective #4: Implement all tools acquired to maintain sobriety. Be gainfully employed and/or in school. Maintain a solid recovery program by following individualized recovery plan. Additionally, at this point in their program, each member should be working on exit planning with their Care Coordinator.

Objective #5: Continue to evaluate daily balance in a life of recovery. Work with Care Coordinator for a smooth transition out of the RISE Program and into a successful life in recovery. Individuals can choose to continue in recovery support services after they leave recovery housing.

TARGET POPULATION

The RISE Recovery Community serves individuals from all over Michigan and has brought people in from Florida, California, and Texas. RISE currently works directly with over 30 district and circuit courts across Michigan and 40% of people that entered the RISE program in 2021 were either court ordered to RISE or still had court oversight. RISE provides extensive coordination of care between RISE, courts, physicians, counseling providers, etc. to provide the most comprehensive level of care for a recovery housing structure.

The RISE Program serves men and women ages 18 and up coming out of detox, treatment, hospital, jail, or prison, including veterans. RISE not only serves those accepted into the program but Club RISE provides anyone in recovery a sober engagement center with support meetings throughout the day and a sober place to hang out. Club RISE offers a vulnerable population the feeling of a club, with billiards, big screen TVs, and music. -Anyone in recovery can proudly say “Hey, I’m heading to the Club,” and wear their recovery with pride.

METHODOLOGY

The RISE Recovery Community is a peer recovery support program. Most of the employees (82%) have completed the RISE program and have been hired on because of their desire to make a difference in the world of addiction. RISE currently has 10 houses with 69 beds for people in recovery. When someone joins the RISE Recovery Community, an intake is completed to understand the nature of their substance abuse and medical history to determine the best house

for their placement. Staff reviews all RISE Guidelines, the RISE Program Agreement, and the RISE Community Waiver Form. All belongings are placed in a Hot Box to eliminate bedbugs and belongings are then thoroughly searched by staff. All prescription medication is verified, counted, and sent with them to their house to be stored inside of a locked locker. All controlled medication will be stored inside of a lock box, within a locked locker.

The new member is assigned a bed in a RISE house and assigned a RISE Care Coordinator. The Care Coordinator meets with each member of their team at least once a week. Members are welcome to talk to any staff member, however having an assigned Care Coordinator helps them maintain consistency throughout their stay at RISE.

All aspects of this process serve the member to transition from a life of addiction to a life of health. Each RISE home has a House Leader, who has a desire to take on additional, volunteer responsibilities. House Leaders sign a House Leader Agreement, which spells out the expectations of this position. The RISE House Leaders meet weekly with staff to discuss how the houses are running. (Members must sign chore sheets and laundry sheets when they complete expected assignments.) House Leaders report on the cleanliness of the house, the laundry status, and update staff on behavior issues that may not be evident when a member is at Club RISE. Any concerning behaviors will be addressed by a Peer Recovery Coach and if warranted, a safety plan will be created.

RISE members are required to attend outpatient treatment and RISE staff offers a list of providers in the area and assists members to get signed up. Support is also provided to create resumes, apply for jobs, get health care coverage, apply for food assistance, enroll in GED programs or college (including applying for financial aid), and to learn to manage finances. RISE Care Coordinators meet with members one-on-one weekly to provide continuing support as each member moves through the phases and gains more responsibility and becomes accountable.

The goals of Home, Health, Purpose and Community are the foundation of the RISE Recovery Community. It is our desire to restore an individual's desire to live a full life and provide tools to avoid the world of addiction.

COMMUNITY OFFERINGS

The RISE Recovery Community (RISE) is not just another half-way house where you pay a fee and fight to stay clean and sober. At RISE, we feel strongly that an individual needs time in a safe, supportive and structured environment where they can learn to live a sober life, and learn life skills, in order to become productive members of society. RISE provides the necessary structure to learn to live in society as a drug and alcohol free, productive citizen, all while living by our motto, "We insist on enjoying life!" Through RISE, individuals receive additional support through proven addiction-recovery programs, learn how to bring back goals and dreams into their life, become self-reliant and learn life skills. Club RISE provides a community for sober fun and creates a feeling of "belonging" for the person in recovery.

Fees for the RISE Recovery Community include the following:

- A bed in a RISE Sober Living house
- A house with a minimum of 50 sq. ft. per bed
 - ✓ All furnishings (including standardized beds, couches, TV, dishes, pots and pans, etc.)
 - ✓ Pillows, sheets, comforters, alarm clocks, lamps and towels
 - ✓ Cleaning supplies (dish soap, hand soap, laundry soap, kitchen and bathroom cleaner, etc.)
 - ✓ Paper supplies (paper towel, toilet paper, etc.)
 - ✓ TV, internet, a land-line phone, all utilities, and trash pick-up
- A house leader in each home
 - ✓ Monitors all members and reports any suspicious behavior to RISE staff
 - ✓ Conducts weekly house meeting with RISE staff present
 - ✓ Monitors chores list, laundry sheet, and daily sign in/out sheet
 - ✓ Attends the weekly house leader meeting with RISE staff
- Club RISE Community Center
 - ✓ 4,200 square foot sober activity center open to the public
 - ✓ In walking distance from all RISE homes
 - ✓ Open 8am – 10pm Sunday-Friday, Saturday 8am – 12am
 - ✓ Club staff available all hours of operation

- ✓ WAI-IAM and RISE staff offices on 2nd and 3rd floors
- ✓ Meeting space for self-help groups, 12-step meetings, staff meetings and RISE program groups
- ✓ Activities available throughout the day (TV, billiards, music, art, etc.)

WAI-IAM and RISE Staff provide the following services for members:

- Transportation
- Monthly progress reports and care coordination to all agents and counseling (including reporting of any non-compliance, etc.)
- A “hot box” to sanitize all belongings coming into RISE
- Staff does thorough search of all belongings (past users are the best at searches)
- Intake & Service Coordinator to overcome barriers to recovery
 - ✓ Health Care – Medicaid, Healthy MI, etc.
 - ✓ Food – Food banks, Bridge Cards, etc.
 - ✓ Clothing – Clothing banks, RISE clothing donations, etc.
 - ✓ Counseling – Outpatient groups, individual, psychiatric, etc.
 - ✓ Employment – Michigan Works, local shops, etc.
 - ✓ Service Work – Community based to give back
 - ✓ Education – GED, Lansing Community College, FAFSA assistance, etc.
 - ✓ Transportation – Bus passes, or Staff to probation, court dates, etc.
 - ✓ Financial – Startup banking, Financial Empowerment, etc.
 - ✓ Legal – Advocate for members in RISE, reports to probation agents, letter of support, etc.
 - ✓ Housing – HUD, Section 8, etc.
 - ✓ Daily Planning – support with calendars, schedules, budgeting, etc.
- Care Coordinators meet weekly with each RISE member
 - ✓ Develop and update Recovery Plans
 - ✓ Provide structure and hold each member accountable
 - ✓ Provide guidance with daily activity, adherence to guidelines and balancing outside appointments
 - ✓ Help with goal setting and meaningful activities for a productive life
 - ✓ Assistance with removal of all barriers to recovery
- Staff Availability and Member Services
 - ✓ Staff available from 8am – 10pm Sunday-Friday, Saturday 8am – 12am at Club RISE
 - ✓ 24/7/365 Phone number for on-call staff
 - ✓ Daily tracking of member activity (am & pm shift)
 - ✓ Tracking of member meeting attendance at required meetings
 - ✓ Techs in field throughout the day to check-in on members and provide peer support as needed