



BEYOND BRINK A NONPROFIT ORGANIZATION

314 Chestnut Street
Mankato, MN 56001
507-779-7091 office
507-799-7092 fax
wecovery@beyondbrink.com
www.beyondbrink.com

PRE-TREATMENT Recovery Housing

314 CHESTNUT STREET

Chestnut House is an establishment of Beyond Brink, a nonprofit organization located in Mankato, Minnesota. The mission of Beyond Brink is to assist individuals seeking to improve their lives through the process of recovery. The purpose of Beyond Brink is to empower individuals who desire to maintain long-term recovery by creating avenues to support recovery. The vision of Beyond Brink is to provide tools to promote whole wellness.

The mission of the Chestnut Pre-Treatment Recovery House is to provide safe, and supportive recovery housing utilizing Peer Recovery Support Services, for those who are seeking to improve their lives through the process of recovery. Our goal in pre-treatment housing is to offer support to those who are awaiting bed availability at a treatment facility, for individuals to gain support in a safe environment during the “in-between” time. This program will provide support in a connection to recovery prior to admission to a residential treatment program.

This program includes 13 pre-treatment beds for both adult male and female participants. Chestnut house offers communal living space, a telephone for local calls, and WiFi. Residents of this program will cook for themselves with food provided. Residents are to clean up after themselves, and participate in the upkeep of the house by participating in daily chores. Chores will be posted everyday and will change for the upcoming day. Residents with their own cell phones will have access to using their phones between 5:00am and 11:00pm. Due to limited space residents are asked to only bring two bags of clothing with them. Beyond Brink is not responsible for lost or damaged property. Residents store items at their own risk and discretion. TV's, furniture, small appliances and extension cords are prohibited.



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WHAT IS PRE-TREATMENT HOUSING?

Pre-treatment housing is a safe and supportive recovery housing option for persons waiting to enter a substance use disorder treatment program.

This housing option is meant for persons with a treatment plan in place, who are waiting for bed availability **OR** for persons who need a place to go while they get a chemical dependency assessment to begin the process of finding a treatment program.

Admission Requirements

- Residents will need a qualifying diagnosis for Housing Support and treatment services prior to admission or within 24 hours upon admission to the program (Professional Statement of Need) - Residents will need a Rule 25 Assessment indicating Treatment Services AND peer recovery support services
- Residents may be admitted from Detox, hospital or jail, who have been detoxed and medically cleared, or may enter from the community. Residents entering the program from the community **may be** asked to obtain medical services if withdrawal symptoms are present. Staff will help and assist with all persons in need of additional services.
- Residents without a chemical dependency assessment may be accepted into the program while we work with them directly to obtain a treatment recommendation when needed
- Residents will need to complete paperwork for Housing Support, Medical Assistance or CCTFF (County Consolidated Treatment Financial Fund) if they have not done so prior to admission.
- Self admission of a person with substance use disorder and self motivated for recovery. - Must be at least 18 years of age or older.
- Following all recommendations from treatment providers and/or probation, social services and/or health care providers to obtain and maintain complete whole health.



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OVERVIEW OF HOUSING PROGRAM

1. Beyond Brink is staffed by Certified Peer Recovery Specialists and Recovery Advocates.
2. Residents are not to leave the premises while in this program unless they need to leave for necessities. Residents must only leave with someone from Post-Treatment. They may attend support meetings as a group, attend medical appointments as needed but are not to leave for personal matters while waiting for their next step treatment bed.
3. Residents are required to follow all recommendations of Rule 25 assessment, treatment plan/summary, court orders, child protection case, probation/parole and/or health care professionals. Beyond Brink will hold all residents to these requirements and require Releases of Information to coordinate continuum of care.
4. All residents are required to meet all expectations outlined in this agreement.
5. All food, basic needs (toilet paper, paper towel, laundry supplies) and utilities are included in the Program Fee is covered by GRH/Housing Support or Self Pay Fee. Utilities include electric, heat, water, garbage, a resident house phone and wifi. Cell phones are allowed but will not be provided.
6. All Residents have a shared bedroom. No resident is allowed to enter any other bedroom besides their own. No Guest will be allowed in any bedroom at any time, for any reason.
7. Residents are expected to keep their rooms clean and clear of clutter. Beds should be made every morning. No clothing should be found on the floor but should be neatly put away. Residents are asked to only bring what can be stored in their assigned living space.
8. Personal belongings should be limited to what can neatly be stored in the assigned living area. (2 bags of personal belongings are allowed)



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9. Shared washer and dryer, as well as laundry detergent and dryer sheets are provided on site for all residents. Residents are expected to be aware and considerate of time when using. All residents are expected to finish any laundry they start without leaving clothes in the washer or dryer.
10. All Residents will be assigned a house chore to be completed daily.
11. All Residents are expected to clean up after themselves in common areas. No personal items can be left in any other area besides a bedroom. Items found outside of your room may be confiscated.
12. Residents are to attend peer lead support meetings daily and all speaker meetings.
13. Residents who leave the program will be discharged and may be placed back on the waiting list after a 3 day period, given there is bed availability. Residents who leave the program a second time may be placed on the waiting list after a 30 day period.

Resident Program Expectations

1. A program fee

A. **GRH/ Housing Support Funding**: Beyond Brink accepts GRH / Housing Support. If you need additional information on GRH/Housing Support please reach out to our staff. A Professional Statement of need is required prior to admission. This form is completed at admission and must be signed by both the resident and a qualifying professional indicating need. It is at the responsibility of the resident to ensure they have been approved, their financial worker has proper paperwork and contact information for the resident. Residents are expected to contact their funding county within 24 hours of admission to ensure funding. Failure to do so will result in the resident's responsibility to cover GRH cost. If a resident is receiving housing support, and has a portion to pay, it is their responsibility to know what that amount is and make that payment on time. Failure to do so may result in immediate discharge from the program.



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B. **Self Pay:** Residents who do not qualify for GRH funding (typically those on Social Security or with full time employment) will work with Beyond Brink staff to establish program fee. Amount will be based on 30% of a resident's income. This program fee covers rent, utilities, food.

*Program Fee is due on the 1st of every month. Every day the portion of the program fee is late after the 5th of the month one dollar per day will be added to the amount due.

*If a resident is unable to provide their entire portion of the fee they may make a written request for payment plan, outlining a proposed schedule for review. If the request is granted, residents will enter into a separate agreement for payments.

*All residents will sign a separate agreement regarding GRH. Self Pay Rate is calculated at \$31.13 per day/ \$233.50 per week / \$934 per month.

2. Drug and Alcohol Use: This house is drug and alcohol free, both on the property or while a resident in the program. This includes **all prescription medications not prescribed by a doctor, Kratom, and CBD with THC**. If a resident uses alcohol or other drugs, is in possession of alcohol or other drugs, they will be asked to leave the program immediately. By signing this agreement, a resident acknowledges if found to be breaking this rule, they will be asked to leave at once. All residents are expected to report any use of drugs or alcohol to Beyond Brink staff.

3. Drug and Alcohol Testing: All residents are required to submit to random drug testing upon request by Beyond Brink. If a resident refuses to submit to a test upon request they will be asked to leave the program. Residents will have one hour from the time they are asked to provide a sample. Failure to do so may result in discharge unless there is a significant reason they are unable to provide. Residents will remain in eyesight and ear shot of the staff that has requested the sample until collected. Residents asked to leave the program will have one hour to do so.



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4. Medication: All Residents will enter an agreement as outlined in our Medication Watch List Program.

A. Beyond Brink does not dispense medication. Residents are responsible for their own medication, expected to take their medication as prescribed by a doctor, follow all doctors orders and recommendations. Beyond Brink promises to hold all residents to this agreement for the protection and health of all residents.

B. There is absolutely no medication sharing

C. Residents are required to keep their prescribed medications in their designated lock box in the medication closet. No medications are to be in any other area of the house. If a resident has to take medications out with them for an appointment they are to return those medications to the lock box immediately upon return to the house. *Having medication outside of the designated area may result in a write up or immediate discharge.*

D. A list of prescribed medications must be provided to Beyond Brink to be kept on file. Failure to report medications prescribed or a change in medication, may result in termination from the program. E. Residents should not discuss the medications they take, the side affects or reasons with other residents. This is for the protection of all residents.

5. Daily Peer Lead Meeting: All residents are required to attend daily peer lead meetings to participate in the program. These meetings will be held every morning.

6. Peer Recovery Support: CPRS are available for all residents during the day hours Monday through Friday. Residents are encouraged to utilize a CPRS on a daily basis as they are available to help support and guide all residents. A one on one with a CPRS is available 8am-5pm Monday through Friday. All staff working in this program is a certified peer or a recovery advocate and available throughout the day. Staff's purpose on sight is to provide support, guidance and help navigate early recovery. Residents are expected to be self motivated, self sufficient and are encouraged to self start. CPRS and RA's are not there to "babysit" or "handle" residents. **A RULE 25 INDICATING PEER SUPPORT SERVICES IS REQUESTED FOR THIS PROGRAM.**



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- 7. Personal Belongings:** Each resident is solely responsible and liable for their personal property. Participants are discouraged from keeping large sums of money or items of value in the house. Residents must keep all personal items in their assigned places. Residents may only have items that fit in their assigned living space. Residents may be asked to remove items that overflow this area. Residents are permitted to bring 2 bags of personal items with them at admission.
- 8. Sexual Activity:** No sexual activity or romantic relationships are allowed between residents. Fraternalizing will not be tolerated and may result in restrictions or possible discharge
- 9. Weapons:** No weapons are permitted at any time. This includes pocket knives and utility knives.
- 10. Intimidation/Violence:** There is a zero tolerance for intimidation or violence. These behaviors will result in immediate discharge.
- 11. Animals: No resident will bring in any animals at any time for any reason.**
- 12. Visitation:** Visitation is Wednesday and Friday evenings from 6pm to 9pm and Saturdays from Noon to 7pm. Visitors are allowed in common areas including the living room, kitchen, recreation room, and use of the bathroom. Visitors are not to enter into residents rooms. ***Residents with children may visit at any time, Beyond Brink will ask for a weekly schedule and ask that residents share this schedule with all other residents.**
- 13. Vehicles:** Residents with vehicles on site while in the program will be asked to leave keys with staff while in the program. Vehicles must have valid insurance and the resident must have a valid license to drive. All vehicle information must be reported to the house such as license plate number, make and model. Residents are not permitted to borrow other residents' vehicles while in the program. Residents have to submit a copy of their insurance, id, and have a picture taken of the vehicle to staff upon checking in.
- 14. Smoking:** This is a non smoking residence. Residents may smoke outside the building in designated areas and must discard cigarette butts in the butt can located outside. No resident will vape indoors at any time.
- 15. Personal Belongings upon Discharge:** **Beyond Brink** is not liable for any personal belongings during or after a discharge from the program. Beyond Brink will pack left items and contact the approved person designated on Release of Property form to pick up items, if the resident is unable. **After 15 days all items will be disposed of unless other arrangements have been agreed upon.** Beyond Brink assumes no responsibility for the personal property of residents.



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16. MAIL- Residents are asked not to list this address as a mailing address as this program is short term. If Residents receive mail while in the program they will receive it. Residents mail will be returned to sender upon discharge from the program. No mail will be held or forwarded once a resident has left the program.

17. Walls: Residents will not install anything on the floor, walls, ceiling, windows, doors, or outside the home. Residents will not drill or attach anything to walls. Residents will be allowed to put their own picture frames and personal items on flat surfaces in their rooms with putty.

18. Music: Please be respectful of your roommates by keeping your music at a level that can be heard only by you. Headphones, iPod, etc. are permitted. This includes televisions in common areas.

19. Housekeeping:

A. Bedroom: The following are expectations regarding bedrooms. Failure to comply will result in a request to do so immediately, verbal warning and possible write up if issues continue.

-Bedrooms are to be kept picked up and clear of clutter.

-Beds should be made at the beginning of each day or by 10am at the latest.

-Clothes are to be put away in a neat and clean orderly fashion at all times and not found on the floor.

-Absolutely NO EATING in bedrooms.

-Absolutely NO FOOD is to be stored in bedrooms.

-ALL PERSONAL BELONGINGS ARE TO FIT ON OR IN THE AREA ASSIGNED TO ONE INDIVIDUAL. Residents are not allowed to store their belongings in another peer's space.

-Residents are to be aware of the amount of personal belongings they have to ensure they can maintain a clean and clutter free living environment, and that their belongings remain only in their assigned living area. Residents may be asked to remove excess items from the house if overflow occurs.

-Residents may hang items on the walls using poster board putty ONLY. Staff will supply putty upon request.

-No appliances, tvs, or larger electronics are to be used in bedrooms. Fans are allowed but space heaters are not.

B. House Chores: Each resident is responsible for the upkeep of the residence.

-Each resident will be asked to complete a daily chore seven days a week. These tasks will be in place every day (24 hours), at which time the chores will be rotated between the residents.

-Each daily task is to be completed prior to 10 am.



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C. Dishes: Residents are to wash their dishes immediately after use.

-No dishes are to be left in the sink or dishwasher at any time for any reason. This is the responsibility of each resident and not the responsibility of the resident assigned to the kitchen that week.

-No dishes are to be removed from the property or left in any room outside of the kitchen.

D. Cleanliness:

-Outside of the daily chores assigned each resident is responsible to keep all common areas clear of clutter and picked up.

-Personal items are to be kept and stored (or returned after use) in each resident's room. Items found outside of bedrooms may be confiscated.

-Cleaning supplies will be provided to complete household chores.

-Residents are not to remove household items such as lamps, tables, cleaning supplies, furniture, etc. from one area of the home and put in another. Example: A resident may not take a table from the living room and place it in their bedroom.

20. Food: Is provided to all residents, but are allowed to also bring their own as long as it is labeled with their name.

21. Sleeping: Residents are not allowed to sleep anywhere but their assigned room.

22. Telephones: A house phone is available for local calls only.

23. CELL PHONES: Cell phones will be allowed during specific hours 5am-11pm.

24. Problem Resolution: If there are any problems between residents, staff or with the program it is expected that these will be discussed directly, openly and honestly. Residents will not talk about each other behind backs or call the owner to complain about each other. Residents should not talk about, complain or bad mouth the program, other participants, volunteers, staff, or the house. Problems will be resolved respectfully by each party stating their perspectives and feelings and each party coming to some sort of resolution with the party directly. IF this approach does not solve the problem, it will be discussed with staff and with all individuals involved and a resolution will be agreed upon by all parties.



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25. Notice to Vacate: This is not a standard landlord/tenant agreement; this is a pre-treatment housing contract. Beyond Brink may at any time and for any reason ask any resident to immediately vacate the property. Typical reasons a resident may be asked to leave include use of mood altering chemicals, nonpayment of program fee, lack to follow through on program rules and expectations, violence toward self or others.

26. Second Chances: Residents who have been asked to leave the program for any reason may apply to re-enter the program after a period of 3 days. After 3 days residents will be placed on the bottom of the waitlist and may re-enter the program 30 days after discharge.

Please note Beyond Brink, and/or its Board members reserve the right to modify the above expectations and requirements at any time for whatever reason without notice.

I _____ understand and agree to the following:

_____ I will attend all required groups, I will be on time and participate.

_____ I agree to work with a Certified Peer Recovery Specialist

_____ I will maintain my recovery by staying abstinent from all drugs and alcohol while in this program.

_____ I understand that I will not be permitted to leave while participating in this program other than for court, medical, or approved appointments and for necessities with a post-treatment approved individual. I understand I am entering this facility as a safe place for me to wait for a treatment bed.



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_____ I will pay my portion of the program fee on time (if any)

_____ I will do my part to keep utility cost down and participate in the Reduce, Reuse, Recycle
mato.

_____ I will sign and participate in the Medication Watch Program and follow all the expectations
outlined within that agreement.

_____ I will follow all recommendations for treatment services, mental health services, and
counseling services and understand that failure to do so may result in discharge from this program.

_____ I understand my rights and responsibilities to this program

_____ I understand that Beyond Brink may add, alter, or change the house rules and expectations,
requirements for participation in the program at any time, and that I will be notified of these changes
by changes being posted in the house.

_____ (Signature)

_____ (Date)

I have read and understand the Resident Agreement for the Mankato Recovery House, an
establishment of Beyond Brink, a nonprofit organization, its policies, procedures, rules, and
expectations and I am hereby making a commitment to follow them for the purpose of housing and
recovery.

Printed Name of Resident: _____

Move in Date: _____

Signature of Resident: _____

Date: _____

Signature of Staff: _____

Date: _____