



BURLINGTON RECOVERY HOMES

Independent Living for those in Substance Use Disorder Recovery

What is a "Recovery Home"?

Recovery homes are one piece of the larger picture of recovery.

They aren't treatment programs or halfway houses; rather the residents enter Recovery Homes to **sustain** their recovery.

BRH understands the journey of recovery is different for everyone. Residents are independent to attend programs if they need/desire to maintain sobriety such as: support group meetings, outpatient CD treatment, church, etc.

With the BRH team members and tenants, the homes create **support and accountability** in recovery.

There are not staff on site 24/7, however, team members regularly stop by and are on call 24/7.

Our Team

The house managers are regularly at the homes and support the residents in a variety of ways: **We're here as an extended family, ready to listen, encourage, and offer support.**

On call seven days a week, 24 hours a day.

We provide mentoring and friendship, support with identifying community resources including employment opportunities, help with basic life skills and other needs unique to each individual resident. We are not licensed addiction counselors and on-site therapy is not provided.

Our Team Members:

Sheila Haverkamp, Gene Haverkamp, Megan Adams, Nate Adams, Travis Elledge, Michaela Hart, Pat Shaw, and Alex Wasnie.

We've either lived it ourselves or have walked with a loved one as they've suffered from substance use disorder.

House Expectations

- Each BRH is a recovery home and intended to be **drug and alcohol free.**
- Periodically the team members will request drug and alcohol tests to be completed by the resident.
- If a resident relapses, they will be evaluated to determine what is the best course of action to help them in their journey in recovery.
- **All residents are expected to report any suspected use to the house manager immediately.**
- **No overnight guests, without permission.**
- Other rules include topics on: house and chore expectations, medications, quiet time, guests, personal belongings, expectations with fellow housemates, searches, release of information, etc.

Our Homes

BRH has seven homes in Brainerd, one in Little Falls, and one in Pine River, all serving men in recovery.

Additionally, BRH has a few apartments a.k.a. "scattered sites" available for couples, families, or two individuals in recovery.

The homes vary in size with anywhere from 9-13 men, with single and shared bedrooms.

The homes are all located in the city limits and close to community services, shopping, government centers, and other resources.

The homes are **fully furnished and stocked** to allow individuals to move in and make it home immediately, even if they have no belongings:

- Well-equipped **kitchens** for preparing and storing their own food.
- Multiple shared living spaces with comfortable furnishings.
- Shared **internet** and a land line telephone is available at each home.
- Smart **TVs** are in the bedrooms and the shared living spaces.
- Linens, pillows, and blankets are provided.
- 2+ **bathrooms** per home with towels, toilet paper, and cleaning supplies.
- **Laundry** on site with 1-2 washer/dryer sets and laundering supplies.
- **Bikes** are available at each home.
- **Recreational activities** available for resident use: fishing equipment, bikes, kayaks, patio areas with fire-pits/grills, books, games, and various events/outings.

Admission Information

Admission Requirements:

- Must be an addict or alcoholic by admission, or be impacted by addiction.
- Must be sober and detoxed.
- Must be a male 18 years of age or older.
- Must have a strong desire to continue a personal journey of moving their life forward in recovery.
- Must be able to live independently.

Admission Process:

- **Call us at 218-330-0249**
- We will set up a 30-minute telephone interview.
- **Referrals** can come from county staff, treatment facilities, social workers, counselors, homeless programs, probation, MN department of corrections, word of mouth, etc.

Facts about Burlington

- **The average length of stay is a little under one year.** For some, BRH is a transitional period while they prepare to return to another living environment. For others, it's a forever home as they continue their path in recovery.
- Our beds are approved for a **MN state program: housing support.** However, several residents are (or become) **self-paid** once they settle in and find work or have other sources of income.
- Residents in BRH vary from limited education to doctorate degrees, lifelong addict to new addict, 18-72 years of age.
- **Recovery takes a village:** Even with treatment and consequences, a resident's ability to recover is based on their individual efforts. It can still be a mountain of great proportions to overcome, and our team works to provide you with access to resources for success.

Testimonies

"These people are Godsend, giving people a place to stay." "I was homeless and on drugs, now I'm reuniting with my kids. They helped bring me to church, doctor appointments, dentist appointments. I consider them family." - Chad B.

"Thank you very much for all your support and devotion to our clients. I'm very impressed and grateful for the service you provide." - Community Partner

"I lived in the BRH for about six months. Allowing me to focus on my recovery and aftercare from treatment. When I was ready to get my own place Joe helped me with resources to furnish my apartment and helped me get moved in. Joe's been a mentor to me through recovery and become my best friend. I'm now a house manager trying to pay it forward and help other men in recovery." - Travis E.

"Rusty and I wouldn't be where we are without the continued support of Megan and Nate, house managers from the Burlington Recovery Homes. They are extremely helpful, kind and patient. We consider them family. Megan is fun to talk to and is always willing to listen. Nate and Rusty enjoy racing RC cars together and Nate is willing to help out with fixing things or getting things done in general." - Rusty and Masa

"Burlington Recovery Homes believed in me and encouraged me to believe in myself. I am forever grateful for the love and support I found there. Thank you." - Steve W.

"We had a CPS case, Alicia was homeless, and I was looking at significantly more prison time when I moved into the BRH. The entire team surrounded both of us with guidance, love and support. They helped us find a home, we now have our children back, and Alicia has started her own company and is providing cleaning services to all the Brainerd Burlington Recovery Homes. They are our friends and we thank God for bringing them into our lives." - Nic and Alicia

"With Gene and Sheila, you get a true sense of belonging. They shower you with love, discipline, and understanding. Without Burlington Recovery Homes, and Gene & Sheila I would not be where I am today - my own apartment, single father to my children, and working full time." - Joe S.