



Cochran Recovery Services Program Overview*



Cochran
Recovery Services, Inc.

- ✓ Medium Intensity Program (20 clinical contact hours per week – located in Hastings, MN)
 - Cochran Recovery Services serves adult men and transgender individuals
- ✓ 48 beds
- ✓ Clients accessing Cochran Recovery Services residential program are often:
 - Stepping down from higher levels of care
 - Needing extended time to strengthen their foundation in recovery
 - Needing a higher level of care coming from IOP
- ✓ Length of stay is individualized (average is ~45 days)
- ✓ 24-hour awake staff/support
- ✓ On-site nursing (non-prescribing)
- ✓ Trauma informed care
- ✓ LGBTQIA+ friendly and safe
- ✓ MAT friendly (no prescriber onsite, community access)
- ✓ Clinical hours: 8:30am to 2:00pm (with breaks)
- ✓ Medical/Therapy appointments outside of Cochran Recovery Services – encouraged to do them after clinical programming hours and approval by counselor is needed. Cochran staff will help get a client set up with telehealth services if needed (laptop or desktop)
- ✓ No employment while in treatment
- ✓ Cell Phones allowed
- ✓ Clients eligible for passes after 72 hours, with approval of counselor

What to bring to Cochran Recovery Services Residential Treatment

- **Clothing-** we ask that you limit to about a week's worth of clothing- storage space is limited in the bedrooms and anything you can't put away neatly in your room will be asked to pack up so we can put it in our basement storage- where you will not have regular access. Washer and dryer are available onsite for you to use.
- **Personal Hygiene items-** (nothing containing alcohol) shampoo, conditioner, body wash, toothpaste, deodorant, washcloth, and towel.
- **No candles, incense, etc.-** "no lighting things on fire in the building" For clients who smudge for cultural/religious reasons, staff stores the sage and other supplies in the office and the client checks those things out, uses them outside, and returns them to staff.
- **Perfume, nail polish, personal needs items that contain alcohol-** these are treated in the same way as the sage/smudging supplies. Staff will store it in labeled bags in a locked office. Clients ask for their item when they need them, use it briefly, and then return it. Client's cannot dye their hair in the house. No perfume or cologne is allowed.
- **Medications-** any current prescribed medication still in clearly labeled pharmacy containers, OTC meds still in packaging that contains instructions. All medications, including vitamins and supplements, are counted in, stored in the med cart, and dispensed by staff.
- **Car-** you can bring a car and use onsite parking lot. We will ask for current license and proof of insurance. If you can't provide that, we will ask you to turn in the car keys to be locked up or have friend/family move the vehicle out of the area.
- **Phone-** you may have and use your cell phones.
- **Electronics-** small electronics (laptops, iPods) are okay. No TVs, stereos, extension cords, etc. Even small ones I caution against- you never know how committed your roommates/housemates are to their own honesty/recovery.
- **No "torch" lighters-** these and anything that could be construed as a weapon are confiscated, labeled, stored, returned at discharge.
- **No paraphernalia-** obvious but important to note that we destroy it- it is not stored, and it will not be returned.
- **Smoking-** you can smoke cigarettes, e-cigarettes and vapes outside the building in designated smoking areas.
- **Food-** you can bring a small number of snacks (the meals at Cochran are very good and clients do have access to cereal, toast, water, tea, and coffee provided by Cochran in the dining room until curfew, when the kitchen is closed). Each client is assigned a 15x10x10 storage bin that you can store personal foods in while at Cochran. This is left in the dining room on a shelf. You are only allowed to eat in the dining room. Fridge space is very limited for clients so no perishable items.

***Due to COVID – 19, some aspects of residential programming have been altered to keep clients and staff safe.**

Cochran Recovery Services is managed by the NUWAY Alliance



Cochran Sample Schedule*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:20am	Up & Out Of Bed	Up & Out Of Bed	Up & Out Of Bed	Up & Out Of Bed	Up & Out Of Bed	Up & Out Of Bed	9:00am Up & Out Of Bed
7-7:45am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
7:45-8:15am	Therapeutic Duties	Therapeutic Duties	Therapeutic Duties	Therapeutic Duties	Therapeutic Duties	Therapeutic Duties Super Clean 7:45-8:45	Therapeutic Duties
8:30-9:15am	Community Meeting	Lecture	Lecture	Lecture	Lecture	9:00-10:30 Lecture	Free Time Passes: 5am-9pm
9:30-9:50am	Meditation	Meditation	Meditation	Meditation	Meditation	Lecture	Free Time
10-12pm	MI/CD Group Process Group	MI/CD Group Process Group	MI/CD Group Process Group	MI/CD Group Process Group	MI/CD Group Process Group	Passes: 10:30am-9pm	
12-12:45pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
1-2:00 pm	Small Group Treatment Plan Focus	Small Group Treatment Plan Focus	Small Group Treatment Plan Focus	Small Group Treatment Plan Focus	Small Group Treatment Plan Focus	Linen Exchange	Free Time
2-5pm	Individual sessions, assignments, appointments Passes (2-9)	Individual sessions, assignments, appointments Passes (2-9)	Individual sessions, assignments, appointments Passes (2-9) Visiting: (2-4)	Individual sessions, assignments, appointments Passes (2-9)	Individual sessions, assignments, appointments Passes (2-9)	Free Time	Free Time Support Meetings Visiting: (2-4)
5-5:30pm	Supper	Supper	Supper	Supper	Supper	Supper	Supper
9:00pm	CURFEW	CURFEW	CURFEW	CURFEW	CURFEW	CURFEW	CURFEW
10 pm	Quiet time	Quiet time	Quiet time	Quiet time	Quiet time	Quiet time	Quiet time
11-12am	11 PM Lights Out	11 PM Lights Out	11 PM Lights Out	11 PM Lights Out	12am Lights Out	12am Lights Out	11 PM Lights Out

Note:

Schedule subject to change due to COVID-19

*Medication administration **does not** occur during shift reports; Med times: 7:15-8:15am, 2:00-2:45pm, 8:00-9:30pm*

****Due to COVID – 19, some aspects of residential programming have been altered to keep clients and staff safe.***

Cochran Recovery Services is managed by the NUWAY Alliance