



## NUWAY® Residential Programs Overview

### NUWAY® I, II & III – Extended Care Treatment\*

- ✓ Medium Intensity Program (20 clinical contact hours per week – located in S. Minneapolis)
  - NUWAY I & II serves adult men and transgender individuals
  - NUWAY III serves adult women and transgender individuals
- ✓ NUWAY I = 30 beds, NUWAY II = 31 beds, NUWAY III = 31 beds
- ✓ Clients accessing NUWAY’s residential programs 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
- ✓ Treatment Coordination and Peer support access
- ✓ MAT friendly (no prescriber onsite, community access)
- ✓ Joint Commission Accredited
- ✓ Clinical hours: 8:30am to 1:45pm (with breaks)
- ✓ Clients eligible for passes after 72 hours (therapeutic duty completed prior to leaving on pass)
- ✓ Medical/Therapy appointments outside of NUWAY – encouraged to do them after clinical programming hours and a pass is not needed. NUWAY staff will help get a client set up with telehealth services if needed (laptop or desktop)
- ✓ No employment while in treatment
- ✓ Cell phones allowed

## What to bring to NUWAY® 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. Clients cannot dye their hair in the house.
- **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 nearby street parking. We make every effort to share info about snow emergencies but that’s all at your own risk. 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.
- **Food-** you can purchase your own snacks, etc. (the meals at NUWAY are really good and clients do have access to cereal, toast, water, tea, and coffee provided by NUWAY in the dining room until curfew, when the kitchen is closed).
- **Smoking-** you can smoke cigarettes outside the building in the designated smoking areas.

*At NUWAY III, each client is assigned a 15x10x10 storage bin that you can store personal foods in while at NUWAY. 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.*



# NUWAY<sup>®</sup> I, II & III – 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
7-7:30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
7:45-8:15am	Therapeutic Duties	Therapeutic Duties	Therapeutic Duties	Therapeutic Duties	Therapeutic Duties	Therapeutic Duties	Therapeutic Duties
8:30-9:30am	Community Meeting	Lecture	Lecture	Lecture	Lecture	8-9 Super Clean	<b>Free Time</b> <b>Passes: 5am-9pm</b>
9:30-9:50am	Meditation	Meditation	Meditation	Meditation	Meditation	9:00-10:30 Lecture	
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	<b>Free Time</b>
12-12:30pm	Lunch	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	Free Time	<b>Free Time</b>
2-5pm	Individual sessions, assignments, appointments <b>Passes (2-9)</b>	Individual sessions, assignments, appointments <b>Passes (2-9)</b>	Individual sessions, assignments, appointments <b>Passes (2-9)</b> <b>Visiting: (2-4)</b>	Individual sessions, assignments, appointments <b>Passes (2-9)</b>	Individual sessions, assignments, appointments <b>Passes (2-9)</b>	Free Time	<b>Free Time</b> <b>Visiting: (2-4)</b>
5-5:30pm	Supper	Supper	Supper	Supper	Supper	Supper	Supper
9:00pm	9:00 CURFEW	9:00 CURFEW	9:00 CURFEW	9:00 CURFEW	9:00 CURFEW	9:00 CURFEW	9:00 CURFEW
11 pm Quiet time	11:00 pm Quiet time	11:00 pm Quiet time	11:00 pm Quiet time	11:00 pm Quiet time	12:00am Quiet time	12:00am Quiet time	11:00 pm Quiet time

Note:

\*Schedule subject to change due to COVID-19\*

\*Medication administration **does not** occur during shift reports; 7:15-8:15am, 3:15-4:15pm, 11:15pm-12:15am\*