**][**

**IRON-ON-IRON RECOVERY PROGRAM**

**Awareness Phase**

383 Poplar Avenue ▪ Memphis, TN 38105

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[www.memphisunionmission.org](http://www.memphisunionmission.org)

**Program Purpose**

The purpose of the Iron-on-Iron Recovery Program is to train men to pattern their lives after the example of Jesus Christ, growing in body, soul and spirit.

**Objective**

* To present the Way, the Truth and the Life in Christ as the only foundation for a transformed way of life.
* To remove distractions and obstacles so that you can focus on a continually changing lifestyle.
* To develop work ethics, sleep patterns and Biblical disciplines necessary to develop and maintain a transformed life.

**Polices & Procedures**

**There are three phases to the Iron-on-Iron program**.

* The Awareness phase lasts for **10-15 days** and is held at Memphis Union Mission’s Opportunity Center located at 383 Poplar Avenue, Memphis, TN 38105.
* On completion of the Awareness Phase, the client will be transferred to the Therapy Phase which is conducted at the Mission’s Calvary Colony facility located on 160 acres at 4535 Benjestown Road, Memphis, TN 38127. The phase of the program lasts approximately **six-seven months** and is intended to give our clients the skills to live a drug-free life.
* **Note: Men who have completed our program and have entered the Wright Transitional House may or may not be able to re-enter the Wright Transitional House again. A determination will be made based on space at the Wright Transitional House.**
* Upon graduation from the Iron-on-Iron program the client will be eligible to be admitted to the Wright Transition House where preparations can be made for a gradual beginning of his new life. If you have income, you will not be eligible to be admitted to the Wright Transitional House, but you may apply to enter the Extended Stay Center.

**Restricted access:** During the Awareness Phase clients are issued a key designed to restrict their interaction with the Mission’s other clients. You will be assigned a bed in the **10-bed** Awareness Dorm. You are not allowed in the common area where our homeless guests are unless you are doing a chore.

**Drug testing: At the end of the Awareness Program,** clients will be subject to a drug and nicotine test. Failure to pass these tests, except for THC, will result in their expulsion from the program.

**Tobacco-free program:** Every phase of the Iron-on-Iron program is tobacco-free. Because nicotine is highly addictive, we do not allow our clients to use tobacco products. You will sign an agreement that you will stop all nicotine products.

**Cell phones prohibited:** Cellular telephones are a distraction to the program’s purpose and our clients are not allowed to possess them. On admission to the program cell phones will be confiscated and held until the client completes the Therapy phase of the program. During the program clients will be offered limited access to the Mission’s office telephones. Clients are highly encouraged to take care of outstanding personal business before admission to the program.

**Medical Care:** Memphis Union works in close collaboration with Christ Community Clinic and Memphis Health Center. Before admission to our recovery program, we recommend that clients at their own expense receive medical clearance to participate.

**Medications:** Clients are allowed to continue to take prescribed medications while enrolled in the Mission’s programs, and their use of prescription drugs will be closely monitored. Before admission to the program is granted, clients must have a month’s supply of prescribed medications with them.

**Clothing and hygiene supplies:** Program clients will be provided with clothing and hygiene items. Because of limited storage space for these items, restrictions will be imposed on what will be allowed.

**Money:** It is recommended that clients not carry more than twenty dollars on their person. Arrangements can be made for amounts more than this to be held and distributed to clients upon request. The lending and borrowing of money are prohibited.

**Mail:** Clients are allowed and encouraged to write and receive mail. The Mission will provide postage to all outgoing mail.

**Personal safety:** Memphis Union Mission’s recovery program is designed to provide safe spaces. Clients are therefore prohibited from the possession of items considered to be dangerous. These include guns, knives, box cutters, screwdrivers, etc. Possession of these items will result in the client’s dismissal.

**Personal vehicles** are not allowed and must be stored away from Memphis Union Mission premises. Clients in the Wright Transition House or the Extended Stay programs are allowed to have registered, insured vehicles.

**Program supervision:** Each phase of the Iron-on-Iron program is under the direction of its program pastor. The pastor is assisted in administering his program by supervisors charged with the responsibility of keeping order and discipline within that phase of the program.

**PERSONAL ITEMS**

Residents are allowed to have those items staff deems conducive to recovery and Christian growth.

No food or drink is allowed in the Awareness area.

Residents should bring as many of these items as possible but not do exceed limits. Excess items will not be stored.

Permissible items include:

• One sport coat

• Five pairs of pants

• Five shirts

• Five undershirts/T-shirts

• Five pairs of underwear

• Five pairs of socks

• Two pairs of shoes

• One jacket

• One laundry bag

• One book bag

• One alarm clock

• Bible, pens, pencils, paper, and notebooks

• Personal hygiene items (not containing alcohol)

• One Zip-Loc bag for miscellaneous personal effects or Recreational items that are conducive to recovery and Christian growth.

**DISCIPLINE PROCEDURE**

As stated earlier there are seven reasons the rules of our program require your dismissal from the Iron-on-Iron program. Violation of some of these rules may even result in your removal from our premises. They include:

* The use of alcohol or drugs after entry into our program. You fail a drug test, you’re dismissed.
* Tampering with the integrity of our drug testing procedures.
* Theft or Mission or other’s property.
* Threats or acts of violence.
* Acting inappropriately toward volunteers or other clients.
* Involvement in romantic relationships other than a legally married spouse.

There are other infractions which are of a minor nature, but those rules are just as important to the safety and operation of our programs. Repeated violations of these rules are grounds for discipline of dismissal from the program.

**NICOTINE-FREE PROGRAM**

Nicotine is the most addictive substance on the planet! More so than marijuana, cocaine, methamphetamine, opiates, or fentanyl. It attacks parts of our brain that gives us self-control, an ability that is essential in the struggle to become drug-free. Therefore, the use of nicotine is not allowed on any of the properties controlled by Memphis Union Mission. This means that you will not be allowed to have cigarettes, cigars, smokeless tobacco, nicotine patches or nicotine gum. You will be required to test negative for nicotine in our random and regular drug tests.

* Each program pastor has access to smoking secession material published by the American Cancer Society and the American Lung Association, both of whom recommend that the most effective way to quit smoking is to do it “cold turkey”.
* Continuing to smoke after being admitted to our programs will place you under a unique disciplinary procedure.
* To move from the Awareness Phase of our program to the Iron-on-Iron phase, you must be nicotine-free.
* To move from Awareness to our Calvary Colony program you must be drug/alcohol and nicotine free except for THC.

**REMEMBER, throughout our program:**

 **You can’t smoke**

**You can’t chew**

**You can’t dip**

**You can’t vape**

**You can’t chew nicotine gum**

**You can’t use nicotine patches**

**Each of these will cause you to come up ‘hot’ for nicotine.**

**Permission for Counseling**

You have signed a document that gives the Memphis Union Mission consent to receive alcohol and drug counseling services from Memphis Union Mission. These services may include individual counseling as well as group counseling.

**What is counseling all about?** Counseling can take different possible forms (including walking outside or doing art). In the end we hope it serves your needs to connect better to yourself, other and God, to feel less isolated or down, and to connect to your own capacity to change your experience. Sometimes it is about coming to see reality as it is and finding ways to be more at peace with it all. We encourage you to try to be open and honest with yourself. All for times when things might not be so comfortable. You might face aspects of reality more directly and possible choices that you have been avoiding, and this might be upsetting or hard to deal with. Perhaps you already know this on some level. Also allow for some time. Sometimes change can happen quickly and sometimes change can take a while. Sometimes what changes is our desire to change things.

**Confidentiality**

Counseling is confidential. Information shared with a counselor will not be disclosed to anyone outside of Memphis Union Mission without your written permission, except when:

1. There is reasonable suspicion of abuse on a child, elderly person, or other vulnerable adult.
2. The client presents as a danger to himself or others.
3. The case file is court-ordered by a judge.

Awareness Program Daily Schedule

5:30 a.m. Wake up/Make beds

6:00-7:00 a.m. Set up lunchroom and serve breakfast

7:00-10:00 a.m. Kitchen Crew…prepare for lunch

Clean lunchroom, set up for lunch

Other duties assigned by building supervisor

10:00-11:00 a.m. See program Pastor for room inspection and cleaning

11:00-11:45 a.m. Morning Chapel. **Bring your Bible.**

11:45 a.m.-2:30 p.m. Serve lunch/clean lunchroom until released…other chores

3:00-4:00 p.m. Bible Study in classroom. **Attendance is mandatory.**

4:15-5:00 p.m. Report to Kitchen Manager for duties

5:00-5:45 p.m. Serve Dinner/clean lunchroom

6:00-7:00 p.m. Evening Chapel

7:00-7:15 p.m. Shutdown Lunchroom

7:15-lights-out Free Time

9:30 p.m. Lights out (Sun.-Thur.)

10:30 p.m. Lights out (Fri.-Sat.)

* No one is to be in bed during the day unless ill or with permission. Free time is to be spent in the Awareness Lounge.
* Be available to help unload trucks and donations at any time.
* If you are not assigned to kitchen duty, you are not allowed in the food prep area.
* Coffee for those not working in the kitchen will be available in the lunchroom. There is no food or drink allowed on the second floor.
* Do not take any clothes, shoes or other items from donations without approval. Theft is cause for dismissal from the program and to be barred from the building.

**Welcome to the program!**

**If you have any questions or concerns, please be see your Program Pastor!**