



Mission: Nick's Place was founded in 1999. We provide a clean, safe, sober, **affordable** home to young men 20-26 years of age recovering from the disease of addiction.

Our Focus: Recovery Support, Life Management, Moral Development, Relapse Prevention, Accountability, Positive Peer Relationships, Self Confidence, Self-Worth, Employment Preparation, Reintegration With Society, and Independence.

Weekly One-on-One Sessions: Each resident meets with our Program Director or Program Coordinator to discuss his personal goals, achievements, and status of residency. The following is an overview of topics that are discussed:

- **Recovery** – 12-step progress, sponsor relationship, network, homegroup commitment and service work.
- **Personal Relationships** – Status of relationships with housemates, co-workers, employers, family, and sponsorship family
- **Finances** – Program fee, budgeting, money management, expense tracking, bank account statements, establishing, reviewing or repairing credit
- **MISC** – doctor appointments, legal obligations, weekend visits and passes

Weekly Formal Relapse Prevention Education Program: Professionals and volunteers provide a well rounded program

- Building Self-Esteem, Self-Confidence, & Self-Discipline
- Family Dynamics In The Addicted Family and Anger And Impulse Control
- Stress Management Through Meditation, Yoga, and Fitness Training
- Art Therapy, Music Therapy, and Storytelling
- Team-Building and Goal-Setting

Family Dinner Program: Residents, staff, and visiting alumni eat a family-style meal together Monday through Thursday

- **Monday: Where You At?** – Residents share where they are in their lives and in their recovery
- **Tuesday: Grateful Tuesday** (GratiTuesday) – Focusing on gratitude and the positive aspects of recovery
- **Wednesday: Be the Teacher** - Residents research and present a recovery topic that is discussed in length
- **Thursday: Get It Out! / Team Building** – Residents hold each other accountable by bringing up behaviors

Spiritual Development: Based on the 12 Steps of Narcotics or Alcoholics Anonymous, residents are required to attend daily Narcotics or Alcoholics Anonymous (AA/NA) meetings, get a sponsor, do step work, build a network, call sponsor and network, obtain a homegroup and service positions.

Practical Life Skills: Our life skills program is tailored to each young man's specific needs and includes; employment preparation, cooking, team building, cleaning, budgeting, goal setting, social interactions, washing clothes and linens, restoring, building and maintaining good credit.

Our Goals:

- Residents to remain drug and alcohol free to build a strong foundation for long-term recovery through actively participating in a 12-step fellowship and our programs.
- Prepare residents through life-management discussion and counseling to make good, sound decisions regarding employment, saving money, budgeting, and improving credit.
- Prepare residents to deal with issues surrounding the workplace, family and other relationships
- Assist residents in managing expectations regarding family and other relationships.
- Demonstrate how new, healthy friendships will help them sustain recovery and lead healthier, happier lives.

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A 501 (c) 3 charitable non-profit organization

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