

Men's Second Chance Living

MSCL PROGRAMS



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Countless studies show that to achieve lasting sobriety, an individual with substance use disorder must have long-term support. A SAMHSA report from 2016 affirms that, "For individuals with behavioral health conditions, embracing wellness can improve quality and years of life." This study defines eight dimensions of wellness: Emotional, Financial, Social, Spiritual, Occupational, Intellectual, Physical, and Environmental. MSCL addresses this by providing programs which support residents' sobriety. Programs include sober living, access to and funding for medical, dental, and behavioral health services, exercise and recreation, nutrition assistance, financial education and matched savings accounts, and education and vocational training. Residents who arrive at MSCL House typically have lacked access and funding to preventative and continuing care in the past. Once they commit to sober living, we make these programs available to them to support them in their recovery journey.

MSCL has established program-specific funds to give donors the option to designate to programs and services offered.

SOBER LIVING FUND – Covers expenses associated with the day-to-day running of the sober home, home management and supervision, and home maintenance and repair.

WELLNESS FUND – Supports preventative wellness activities that promote healthy living, including access to medical, dental and behavioral health service providers, outdoor, exercise and wellness activities, and nutrition assistance.

M\$A PROGRAM FUND – Supports the Matching Savings Account (M\$A) Program: A 12-month, dollar-for-dollar savings program paired with financial education classes available to all residents.

COMPASSION FUND – Supports continued education and vocational training, develops skills for improved employability, provides family law legal assistance and resources, provides rental assistance in the case of an emergency, and accommodates residents to address their urgent needs.

Sober Living Program

Transitioning back into social situations is one of the biggest challenges facing people in substance abuse recovery. MSCL's sober living program addresses this by offering two sober living homes located in residential areas in the heart of Hailey. These sober living homes allow individuals to transition from substance abuse treatment or incarceration to regular everyday life.

Our homes are structured as a community-based residential program where shelter, guidance, and access to recovery services are provided in a supportive environment. Each home can accommodate up to eight individuals at once and is overseen by a House Manager with support from MSCL staff.



"There were so many opportunities in the house and there was always help when I needed it. I got a job within the first 10 hours I was there. I also used the Wellness Fund. But the most helpful part of living in the house was being around my peers--all these different people trying to be sober and help each other out. That made it easier to bond." - MSCL Resident, 2020

Medical, Dental and Behavioral Health Program

MSCL's wellness programs, available to all residents, include access to doctors, dentists, and behavioral health counselors not only for urgent visits, but to establish routine appointments, focusing on long term health.



MSCL provides funding and referrals to service providers to allow residents to take care of existing health concerns, establish consistent relationships with the medical care system, and be ready to move forward in focusing on their recovery. Addiction takes a tremendous toll on the body and proper medical care is tantamount to recovery. At MSCL, we continue to build on our collaborations with service providers with whom our residents can establish trusting relationships and we negotiate reduced rates for services for our residents.

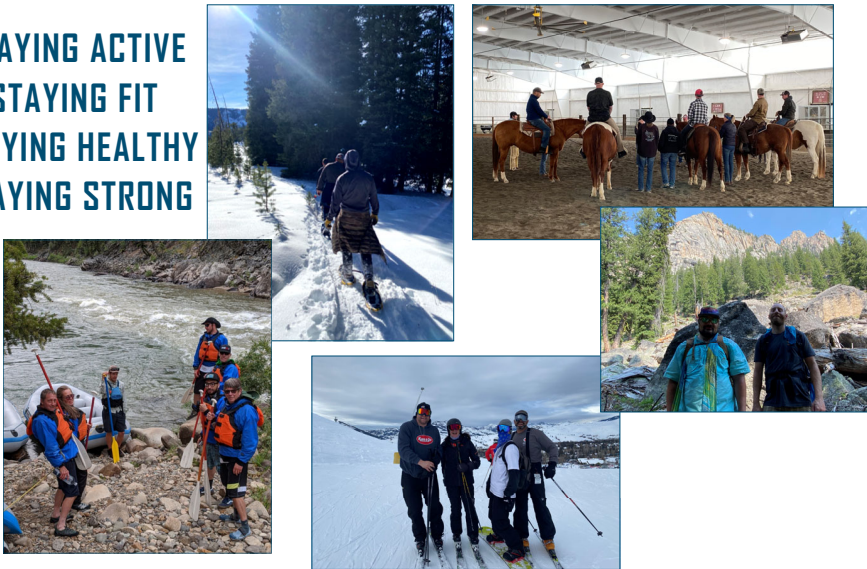
"The dental program helped me by offering dental care at no cost when I really needed it. Just starting out in life again, I didn't have insurance or any money to pay for dental and worried about losing more teeth and having to get dentures in my twenties. It gave me back confidence in my smile." - MSCL House Resident, 2022

Physical Health Program

Effective recovery from addiction must heal the mind, body, and spirit and provide the confidence and skills to return to independent, substance-free living. MSCL provides access to and funding for outdoor activities, fitness, and exercise programs in collaboration with local gyms, fitness and wellness specialists, and outdoor adventure companies. MSCL's physical health program includes gym memberships, sport equipment rentals, outdoor recreation, and wellness classes. These activities are designed to get the residents 'back' in their bodies and to take advantage of our beautiful natural surroundings.

"Staying at MSCL house I got to engage in a healthier way of living. I have been able to take advantage of fun outdoor activities that the Wood River Valley has to offer, such as skiing and hiking. Having access to Gravity Fitness has also played a role in my physical health. Until now living an active lifestyle was just a hope that would've never come to fruition." - MSCL House Resident, 2022

**STAYING ACTIVE
STAYING FIT
STAYING HEALTHY
STAYING STRONG**

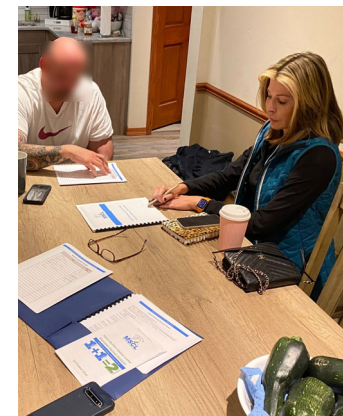


Nutrition Assistance Program

Healthy food choices enhance the recovery process, during which the body and brain are newly sober and healing from the heavy toll of substance abuse. Good nutrition contributes to improved mood and brain function. MSCL provides residents with nutrition assistance in the form of monthly cooking classes, organized group house meals, and holiday meals.



Matched Savings Account (M\$A) Program



The M\$A program is a special savings account that helps residents establish a pattern of regular savings and realize their asset goal. The M\$A program, using matching deposits and the residents' participation in the three mandatory financial education classes, helps our residents acquire both the capital and skills they need toward self-sufficiency.

"It is an amazing opportunity you give to the men. Knowing that the money was available at the end was a relief. It was a security to have the money so that when I was ready to do what I needed to do, I could. I am proud that I was able to save and learn. I used the money to buy a car that helped me get to and from work in the winter months." - MSCL Resident, 2021

Education and Vocational Training Program

"I am going to be given the opportunity to start an electrical apprenticeship and start going to college. I have never been given the opportunity and since I have been living here at MSCL House, I have changed my life for the best. Nothing has ever worked for me, and my life now is better than it has ever been. I believe a lot of it has to do with the people that I have around and the support we get from MSCL staff." - MSCL Resident, 2021

MSCL provides education and vocational training support to residents throughout their stay. The program offers funding and guidance to residents who are attempting to receive their high school diploma, begin college, attend vocational school, or continue earning credits toward a college degree. Continuing education helps build self-confidence and improves marketability and future employment opportunities. The program enables residents to obtain the financial assistance they require to meet their educational and living expenses while residing at MSCL House.



Education expenses include the cost of tuition and tuition-related fees, textbooks, purchase of necessary equipment or supplies, rent assistance, college meal plans, tutoring services, and transportation assistance.



**EVERY
DAY IS A
SECOND
CHANCE**

MSCL House
P.O. Box 2398
Hailey, Idaho 83333
(208) 481-0182
info@MSCLhouse.org
MSCLhouse.org

501(c)3 Nonprofit #82-4647969

Sonya Wilander
Executive Director

