

Specialized Programming

Fire Path: For individuals who want to return to living successfully and independently in the community:

- The Fire Path focuses on monthly income, housing needs, and financial planning; employment goals, transportation needs, and community support; physical and mental health needs and follow-up after discharge, and relationship-building skills.
- The Fire Path provides a supportive environment that encourages Residents to work toward achieving their individual personal goals of independence and self-sufficiency.
- The Fire Path offers programs that support different areas of independence that may include resume writing, interviewing skills, computer skills, living on a budget, financial planning, cooking and shopping on a budget and resources available in the community.

Water Path: For individuals in need of mental health and/or chemical dependency support:

- The Water Path focuses on supportive services, medication management, coordination of care, and crisis management. Residents choose programs that are relevant to their unique situation and specific goals, including coordinating with mental health and chemical dependency providers.
- The Water Path helps individuals discover what is important to help them thrive every day, ensuring there is active engagement in the care plan and encouraging their personal wellness.
- Programs may include a variety of treatment options like recreation therapy, vocational rehabilitation, ARS clinic, psychiatry, integrative dual disorders groups, community self-support groups, SMART recovery, walking group and recovery recognition day.

Earth Path: For individuals who choose to make the Domiciliary Program their long-term home:

- The Earth Path focuses on holistic health, community support, socialization and activities, supportive programming and groups, volunteer work and financial wellness.
- The Earth Path ensures all individuals who choose to age in place are getting the most out of life, while working with them to coordinate future milestones.
- Programs may include wellness groups, meditation groups, recreational activities, socialization groups, journaling and bird watching.

Sobriety Program

The Domiciliary Program offers a chemical and alcohol-free campus and our team is here to support Residents in their sobriety and to maintain a clean and sober environment. The Sobriety Program was implemented in September 2019 and the Domiciliary Program has seen a dramatic 78% decrease in relapses since the program's inception.

Mental Health Program

The Domiciliary Team is developing a Mental Health program with a goal of creating an inclusive environment that emphasizes mental health awareness and professional guidance for each individual's journey. All staff are being trained in mental health first aid.

Recreation Therapy

The Domiciliary Program offers structured, activity-based interventions to address individual needs by enhancing physical, cognitive, emotional, social and leisure skills. There are opportunities to use these skills in the facility (cooking groups, volunteer run tournaments (cribbage/bags) and holiday programs). We also offer off-campus trips (Twins games, movie outings, Big Marine, Superior fishing trip, and various museums) – trips follow guidance by the Minnesota Departments of Health and Public Safety.

Work Therapy Program

This voluntary program is offered to Residents at both campuses. Currently 95% of all Residents participate in the program. This income does not impact their monthly care fee and provides additional spending money. Participants work either on or off campus.

- The on-campus program is often used as the first step in helping individuals of working age return to competitive part-time employment. On-campus workers average 6-20 hours per pay period and support facility operations including switchboard operator, dishwasher, woodshop worker, canteen and coffee shop counter, housekeeper, groundskeeper, production crew, recreation assistant, and the American Legion Poppy Program. On-campus work pays minimum wage.
- When a participant expresses interest and feels ready to work in the community, we provide assistance with resumes, applications, senior employment training, education opportunities, computer assistance, and exploring local job opportunities. Off-campus work includes Fort Snelling Cemetery crew and other opportunities in the community.

Questions?

Contact the Domiciliary Program at **651-539-2500**.