

Long Term Program Guide

A structured residential recovery program focused on stability, accountability, work readiness, and lasting change.

Program at a Glance

Program Length 12-month Long Term Program	Setting Structured residential recovery environment
Initial Entry Fee Nominal initial entry fee of \$275	Core Supports Self-improvement classes, recovery-focused groups, and 12-step meetings
Vocational Model Internal work crews or vocational training partner assignments	After Graduation Eligible graduates may apply for transitional housing

Overview

The Long Term Program at FIRST at Blue Ridge provides a structured residential recovery environment for individuals who need time, accountability, and support to rebuild stability. Residents participate in recovery-focused groups, self-improvement classes, 12-step meetings, daily responsibilities, and vocational preparedness while living in a supportive peer community.

The program is designed to remain accessible, with a nominal initial entry fee of \$275. After admission, Long Term residents participate in vocational assignments either through FIRST at Blue Ridge internal work crews or with one of our vocational training partners. This model helps support the cost of the program while giving residents the opportunity to build work habits, responsibility, confidence, and real-world job readiness.

The Long Term Program is not simply a place to stay. It is a structured process that helps residents practice recovery, responsibility, and accountability in daily life. The goal is to help residents build a stronger foundation for independence, employment, healthy relationships, and sustained recovery.

Who the Program Is Designed For

The Long Term Program is intended for individuals who are ready to make meaningful changes and who may benefit from a longer period of structure, guidance, accountability, and peer support.

- Need a structured residential recovery environment
- Benefit from accountability, routine, and peer support
- Are ready to participate in recovery-focused groups and self-improvement classes
- Can benefit from work readiness and vocational preparedness
- Need time to build stability before returning to fully independent living

How the Long Term Program Works

The Long Term Program is organized into phases. Each phase helps residents build stability, responsibility, recovery habits, and readiness for life beyond the program.

Phase One: Orientation and Stabilization

All new residents participate in Phase One. Residents attend clinical groups, self-help meetings, and participate in household responsibilities. This phase helps residents become familiar with the structure, expectations, and daily rhythm of the program. During this phase, a resident may be assigned to a Vocational Training Partner or placed on one of FIRST at Blue Ridge internal work crews, depending on readiness and skills.

Phase Two: Recovery Practice and Responsibility

Phase Two includes job assignments, self-help meetings such as AA, NA, and Celebrate Recovery, and evening clinical groups. Group topics may include 12-Step Study, Relationships in Recovery, Anger Management, and Relapse Prevention. Residents continue building consistency, accountability, and recovery-focused habits.

Phase Three: Leadership and Work Readiness

In Phase Three, residents begin putting the skills they have learned into practice. They are expected to model responsibility, follow direction, and set a positive example for newer residents. This phase also emphasizes work skills development through internal crews and vocational training sites, helping residents prepare for productive real-life transitions.

Phase Four: Graduation and Transition

After graduation from the 12-month Long Term Program, eligible individuals may apply for transitional housing. If accepted, a graduate may remain for up to one additional year while saving money, building resources, strengthening recovery, and preparing for fully independent living in the community.

Vocational Preparedness and Work Accountability

Vocational preparedness is a central part of the Long Term Program. FIRST at Blue Ridge works with local employers who serve as Vocational Training Partners. Residents may also participate in FIRST at Blue Ridge internal work crews. These assignments help residents build job readiness, reliability, work ethic, and accountability in a real-world setting.

Through vocational participation, residents have the opportunity to:

- Practice showing up consistently and following direction
- Develop work habits and job readiness skills
- Build confidence through responsibility and contribution
- Demonstrate the ability to maintain productive work routines
- Support the cost structure of the program through vocational participation

Graduation and Completion Expectations

Residents may become eligible for graduation after completing the required program expectations established by FIRST at Blue Ridge and clinical staff.

- Completion of 12 months in the Long Term Program
- Completion of core curriculum, assignments, and required clinical activities
- Active participation in recovery support meetings
- A working knowledge of Narcotics Anonymous, Alcoholics Anonymous, or similar recovery supports
- Continuous gainful employment, college enrollment, or trade school enrollment, as applicable
- Demonstrated responsibility, accountability, and readiness for next steps

Transitional Housing After Graduation

Upon graduation from the 12-month Long Term Program, eligible individuals may apply to move into one of FIRST at Blue Ridge transitional houses. If accepted, the graduate may remain for up to one additional year. Transitional housing offers a familiar and supportive environment while graduates continue strengthening recovery, saving money, building resources, and preparing for completely independent living in the community.

Admissions and Referrals

FIRST at Blue Ridge strives to admit individuals who are committed to making positive changes in their lives. Residents come from many backgrounds and may be referred by family members, friends, former graduates, other treatment programs, the judicial system, probation and parole, or community partners. What matters most is a willingness to begin the recovery process and a desire for help.

Taking the FIRST Step

Recovery begins with a willingness to change and the support to begin. The Long Term Program is designed to help residents build structure, responsibility, recovery habits, and readiness for the next chapter of life.

To begin the admissions process, visit the [Apply page](#) or contact FIRST at Blue Ridge admissions.