

Overview of trial visit

Welcome to FortySeven Main Street, Inc. We are happy to have you here for the next few days. I am writing this brief summary to give you an overview of what you might encounter on your visit here.

Why are you here? People come to FortySeven Main Street, Inc. for a variety of reasons. But, whatever the reasons, our goal is to help someone have the option to make his life better. What is better? Maybe less stress, fewer bad days, more good days, more independence, maybe a job, or volunteer job or college. It all depends on what you want, but we want to give you the life skills necessary to improve the quality of your life.

Our Community. A big part of FortySeven Main Street, Inc. is the community aspect of our program. We live together, eat together, work together. We help each other when times are difficult and we encourage each other when things are going well. Our community is a therapeutic community. When you come to FortySeven Main Street, you are part of this community and you are part of the energy and the ambiance. We ask that you keep your own room clean, and help with general upkeep of the rest of the house. We ask that your music and the TV (or CD) you watch is uplifting and is not demeaning to women.

Your part in this. We ask of everyone to be the best person that you can be. We ask that you treat everyone here with kindness and patience. We ask that you participate to the best of your ability. We ask that you put your best foot forward, as much as you possibly can.

What does that all mean? What specifically are you asking of residents? We see a big part of becoming healthier in the ability to take care of basic things. We expect you to take care of your health. Eat healthy meals, exercise daily, cut down on candy and soda. Brush your teeth every morning and before going to bed. Meals are an important aspect of our program. We grow much of our food and staff and residents work hard to put healthy meals on the table. We try to make meals special—we have candles—we ask that people come to the table washed and in clean clothes. We ask that you not wear coats or hats at the table. We ask that you observe table manners. We believe that this is important because we want your life to be better than it was. When you leave FortySeven Main Street, either permanently, or because you are going down the street, we want you to make a good impression. We want you to be able to find a job, or go to school, we want you to be able to find friends and build healthy relationships. All these things are easier when others are not taken aback because someone is unshaven, your clothes are not clean and your hygiene needs attention.

Our program teaches life skills. We ask each resident to come to the morning meeting at 9:00 a.m. At this meeting, we divide the tasks that need doing each day. Depending on the day, there is cooking, cleaning, animals, carpentry and maintenance, gardening, the greenhouse, hiking, swimming, etc. We often give people choices what he would like to do. In the afternoon, at 1:00 p.m. we have a similar meeting to plan the afternoon.