



NFI Evolutions

Worcester
Recovery
Center

309 Belmont Street
Worcester, MA 01604

508 368-3734 (D1)
508 368-3712 (D2)

Find what
makes your



happy!

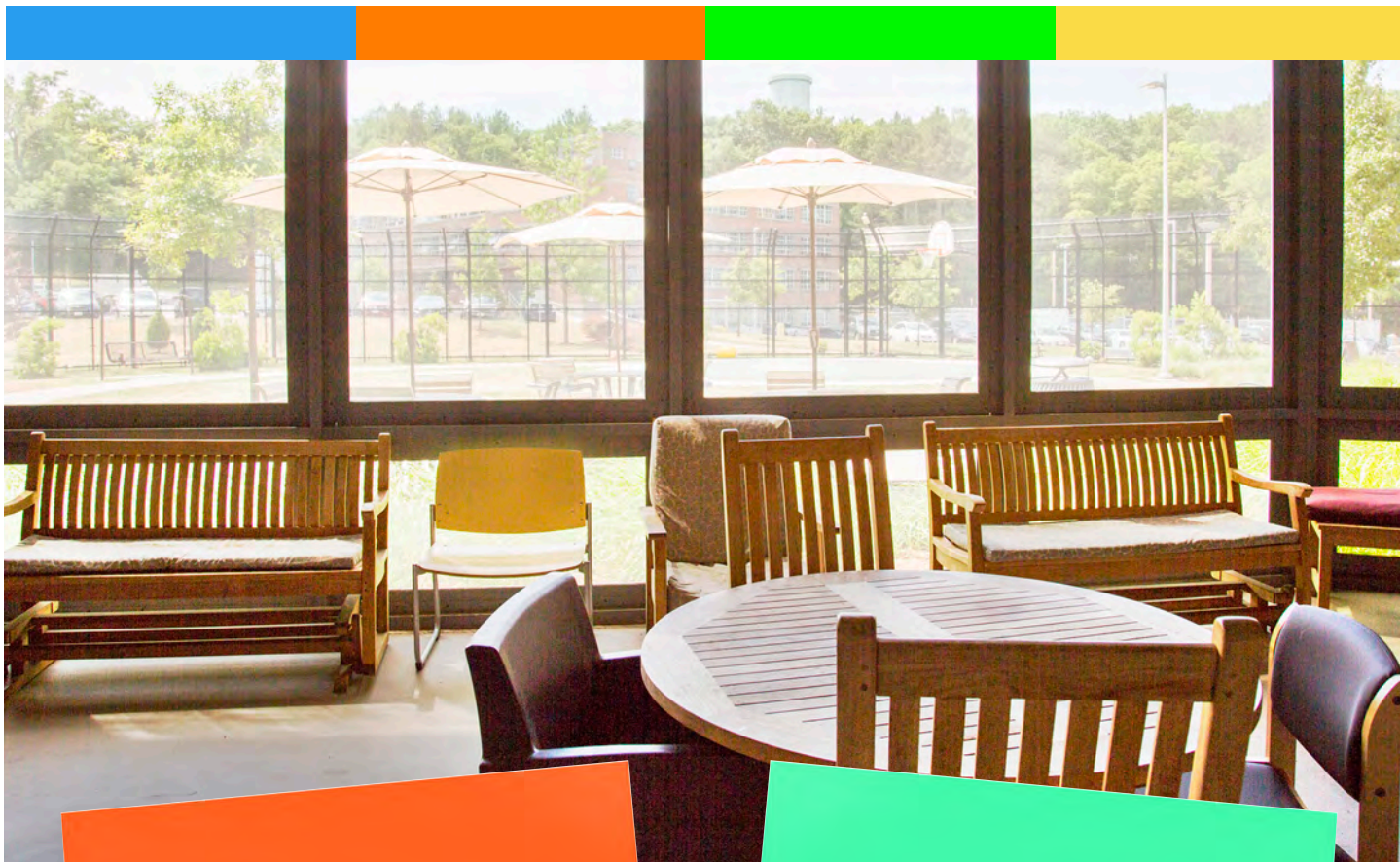


Welcome!

This introduction is intended to give you information about the program and to answer some common questions that many people have. Additional information can be found in the Youth and Family Handbook.

We hope you enjoy this quick program tour. Welcome to NFI Evolutions!

Evolution 1 & 2
will support you
to advocate for
yourself!



We will
support you
to find your
voice!

We will
encourage
you to take
risks!

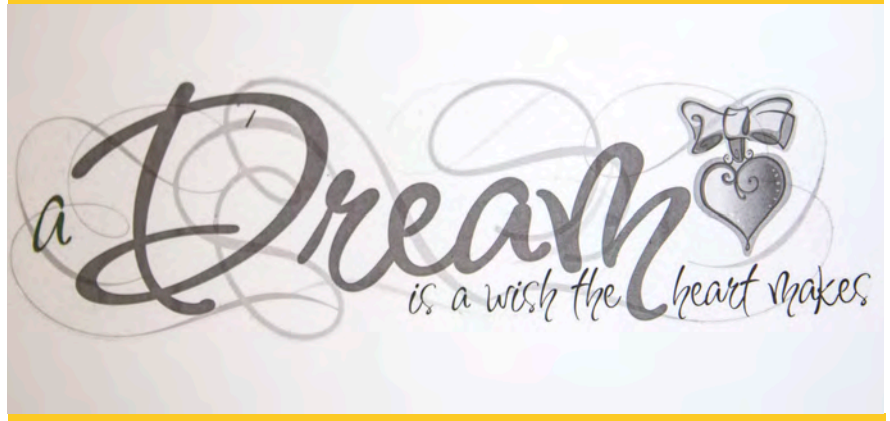
The Porch

The porch is located off of our main program area. It is a peaceful place to sit and rock in a rocking chair and get some fresh air. It is also a great place to have an art group or visits with family and friends.

Bedrooms

This is a picture of a typical single bedroom. You can decorate your room any way you choose and even have a fish as a pet! We have single bedrooms so you can make the space your own. You will have your own bed, bureau, desk and chair. Feel free to bring items that make you feel most comfortable.

Some days
can be tough;
just breathe!





Our belief is
everyone can
make
changes!

Encouragement
is the
key!

Be proud of
who you
are!

Bathrooms

Our bathrooms are semi-private, so you will only share yours with one other peer.

School

School is in session from 9:00 am-3:00 pm. Classes have between 3-6 students and are divided by grade level. Subjects include math, English language arts, social studies, science, and vocational programming. The room pictured is used for experiments and science labs.

The Summer Program at Evolutions takes place after school ends. It includes fun and educational activities as well as many trips, such as Douglas State Park, and volunteering on a working farm.

*"I am making
and working
toward my own
goals with a large
support system."*

Evolutions IRTP student





Be
yourself!

Others will
see you
shine!

Set your
goals!

Reach for
what you
want!

Common Areas

There are comfortable community spaces where we spend time together for activities and recreational groups. The rooms have TVs, Wii game systems, DVD players, VCRs, computers (no internet), books and board games. They also have comfortable chairs and small areas for crafts.

Family Partner

We have a Family Partner to support parents and families while you are at Evolutions. Family Partners have lived-experience with a child in residential care. Our Family Partner is available by phone or in person, either at the program or in-home. Our Family Partner will assist families with any challenges that arise during treatment.

We look forward to working with the important people in your life!

A Family Partner provides emotional support and can also help with more practical matters such as transportation to and from Evolutions. Our Family Partner may attend treatment team meetings, communicates regularly with families, and is available to help after you leave.



Peer Mentors

Evolutions also has Peer Mentors! Peer Mentors are young people who have received services through the Department of Mental Health and can relate to some of your experiences. Peer Mentors attend treatment team meetings, participate in program activities and school, and they can spend one on one time with you if you wish. Peer mentors also share their own experiences and offer hope that recovery is possible!

Recovery
is
possible!



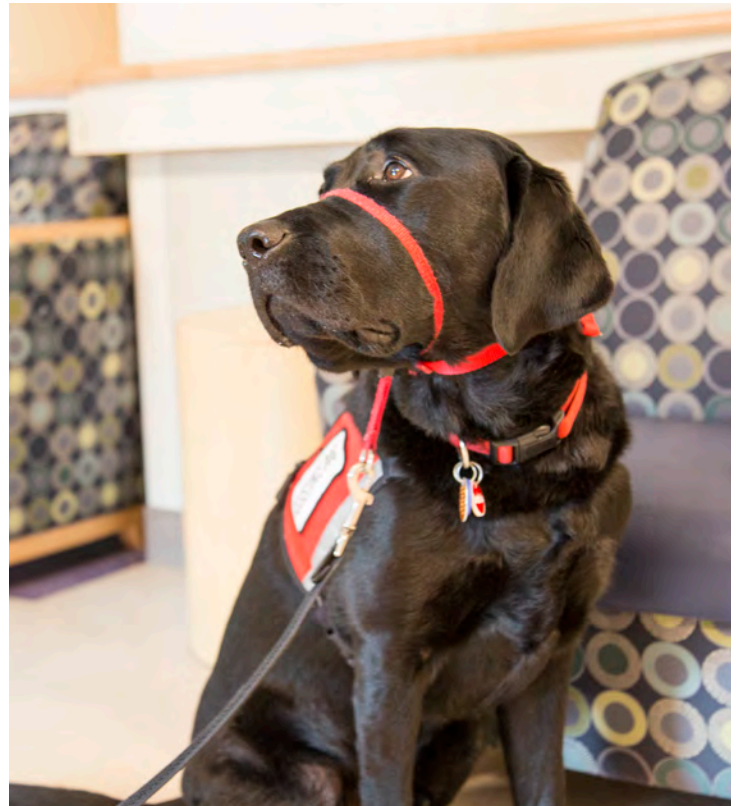
Therapy Dogs

A therapy dog is a dog that is trained to provide affection and comfort. We have Tess with us full-time and Riley makes guest appearances! Tess is relaxed, and she loves snuggling. Riley is mischievous!

Find what
makes your



happy!



Comfort Rooms

There are several comfort rooms at Evolutions. They can be used to take a break during school or at other times. They have furry rugs to sit on and touch, beanbag chairs, aerobic balls, binders full of inspirational quotes, chalk walls, and many sensory/tactile items.

"I like that the program helps to get support for after we leave."

Evolutions student



Learn to be a chef
in our cooking
program and
prepare a meal for
your family!



Dining Room

We eat lunch and dinner in the dining room, and we have a full-time kitchen manager who is a real chef! Our menu is designed by a nutritionist. You can plan and help cook homemade meals for your friends at the program. We do baking activities on the weekends.



The OT Room

The OT Room is a great place to come and let your creativity shine! We have lots of supplies for you to create your own projects. Some of our supplies include: paint, canvases and easels, scrapbook supplies, sand art, markers, crayons and colored pencils.

Feel free to
express what is
in your





"Consistent support from staff and excellent communication are two wonderful things about this program."

Evolutions IRTP parent



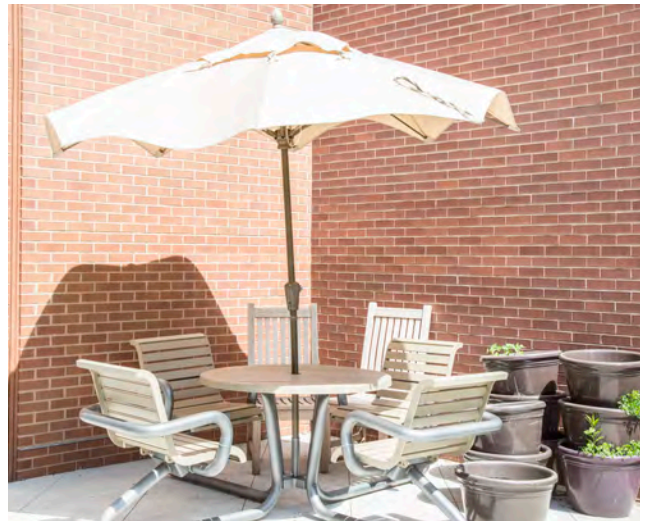
Transition Coaches

Our Transition Coaches will work with you and your family at Evolutions, in the community, and in your home. They will provide outreach when you and your family need it as well as aftercare support. Our Transition Coaches will focus on next steps and on helping you and your family at home or in the community.



"It has been most helpful to know that our child is safe and well cared for in the program."

Evolutions IRTP parent



Labyrinth and Courtyard

The courtyard is used for basketball, volleyball and other outdoor events like BBQs, games, getting sun and swinging on the swings!

The Labyrinth is a smaller, quieter outdoor space that has a swing, tables and a walking path!



Exercise Equipment

We have an elliptical machine, a bike and a treadmill in our Common Areas. We can also use the fitness room at the Worcester Recovery Center, and it has different fitness equipment.

You owe it
to yourself
to find
happiness!

Your speed
doesn't
matter!

Keep
moving
forward!





Recovery
Takes
Time

You are
amazing,
you are brave,
you are
strong!



Kudos

We have Kudos boxes!
Consider writing some kind words
to someone at the program!

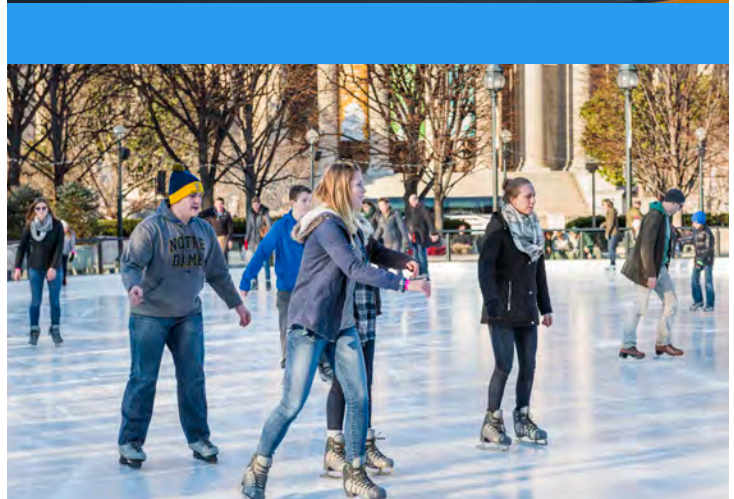
Community Experiences

There are numerous opportunities to participate in community activities.

We enjoy going to the Northborough Public Library, to movies and parks, and to the Teamworks Sports Facility. We also have fun at 5 Wits at Patriot Place, the Douglas water slides, the Worcester art museum, Old Sturbridge Village, and the Worcester Science Museum.

We do seasonal volunteer work at Many Hands Organic Farm picking crops and weeding and at Donations for Dignity sorting items and stocking shelves.

We hope your family will join us for some of our community activities!



We look forward to working with you and your family!
Here is how to find the Worcester Recovery Center!

Directions to NFI Evolutions IRTP I & II

How to
find
Evolutions

From Boston:

Take the Mass Pike West to Exit 106 (Rt 495). Take 495 North to Rt 9 West. Make sure you take WEST toward Westboro and Worcester. Follow Rt 9 through Shrewsbury and over the Lake Quinsigamond Bridge. Stay on Rt 9 straight up the hill through 4 sets of lights. After the 4th set of lights, Worcester Recovery Center and Hospital will be on the right. Continue on this road and follow signs for the main entrance to the hospital. Look for the clock tower and visitor parking.

From the North:

Take Rt 495 South to Rt 290 West to Exit 25 (Lincoln Street/Worcester/ Shrewsbury). Once off the exit ramp turn right. Follow to the second stop light. The Armory will be on your left. Turn left at the light onto Plantation Street. Go past UMASS Medical Center on your left and Worcester Biotech Park on your right. At the stop light at the end of Plantation Street turn right up the hill onto Rt 9 West. Follow straight through the light at the top of the hill. The entrance to the Worcester Recovery Center and Hospital is on the right at the next set of lights. Continue on this road and follow signs for the main entrance to the hospital. Look for the clock tower and visitor parking.

From the West:

Take the Mass Pike East to Exit 90 Auburn. When you get off the exit, follow the signs to Rt 290 East toward Worcester. Get off at exit 21 (Rt 9/ Belmont street) Follow approximately 1.5 miles. The entrance to the Worcester Recovery Center and Hospital is on your left at the set of lights. Continue on this road and follow signs for the main entrance. Look for the clock tower and visitor parking.



We look forward to working with you and your family!
Here is how to find the Worcester Recovery Center!

Directions to NFI Evolutions IRTP I & II

From the South:

Take Rt 395 North to Auburn. It will merge with Rt 290 East. Follow Rt 290 East to exit 21/ Rt 9. Turn right at the top of the exit ramp at the set of lights onto Rt 9 – Belmont Street. Follow approximately 1.5 miles and the entrance to the Worcester Recovery Center and Hospital is on your left at the set of lights. Continue on this road and follow signs for the main entrance. Look for the clock tower and visitor parking.

We look
forward to
seeing
you!



From Fitchburg area:

Take Rt 190 South toward Worcester at the merge of Rt 190 and 290. Take 290 EAST to Plantation Street exit. Take a right off of the exit and follow through three sets of lights. At the fourth set of lights turn right onto Rt 9. Continue on through two sets of lights and at the third turn right. Continue on this road and follow signs for the main entrance of the hospital. Look for the clock tower and visitor parking.

There is also a commuter rail that goes to Worcester from Boston only. We can pick people up at the Worcester commuter rail station.

We are one big team and you are on it!
We will all work together to help meet
your goals.

