

Exodus District Zuilen - The Netherlands

Introduction

Exodus District Zuilen (from now on "Exodus Zuilen") is located in Utrecht. The facility is part of an NGO called "Stichting Exodus Nederland". This organization, established in 1979, is dedicated to the vision of creating a safe society where individuals construct meaningful lives with new opportunities. Within the range of forensic care services, Exodus offers forensic-protected living, ambulatory guidance, and daytime activities. In terms of forensic-protected living, Exodus has eleven houses throughout the Netherlands.



Compared to the other Exodus houses, Exodus Zuilen has a different operation. A stakeholder survey by



Exodus revealed a greater need for specialization in areas such as mild intellectual impairment, youth and addiction. Following these results, Exodus in cooperation with another organization, Inforsa, started a new project in 2020, named Exodus Zuilen. The difference with other houses is that this one focuses on people in detention or people who have been in detention who have an addiction and are mostly still actively using.

Scale

Exodus Zuilen is a small-scale facility with a maximum capacity of nine residents.

RESCALED-principles in practice:

- Small-scale
- Differentiated
- Community-integrated

Differentiation

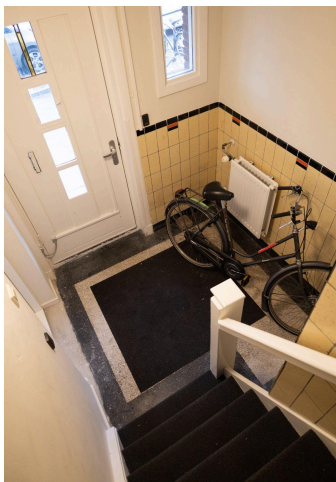
Target group:

Exodus Zuilen caters to adult men, with limited exceptions for individuals convicted under adult law at a younger age. These individuals must have a (forensic) care need regarding aspects such as housing, employment, relationships and discovering purpose during or after their period of detention. In addition, there is an addiction problem with active use. The person possesses a valid ID or has the right to obtain

one. A crucial condition is a commitment to stop criminal behaviour. Applicants must also not have a predominant aggression problem.

Prospective residents are expected to be motivated to actively participate in the program. This commitment is demonstrated by their willingness to comply with mandatory program elements, be punctual on appointments and adhere to program rules. They must demonstrate that they are capable to some degree of consultation and open to self-improvement, behaviour modification and learning new skills when necessary. It is also essential that they are willing to accept guidance and support during their pathway. A contraindication for stay in Exodus Zuilen is the presence of addiction to the drug GHB.

Forms of security:



Security measures at Exodus Zuilen encompass relational, static, and procedural elements, focusing primarily on relational security. Staff members are consistently available during the day for residents to approach them for discussions or assistance. Informal interactions through activities like cooking or sports foster ongoing contact between residents and staff.

The static security setup includes continuous 24-hour camera surveillance and staff equipped with an emergency button that can be used to contact a security company's alarm center in the event of an incident. Participants have their own keys for day and night access. In addition, measures such as urine checks and room inspections are used as routine measures or when criminal activity is suspected. These means may also be part of conditions imposed by the probation department.

Procedural security is maintained through established rules, including active participation in daily activities, the pursuit of individual goals and mandatory participation in both room checks and urine tests. Exodus Zuilen maintains special house rules tailored to the specific target group that allow the use of controlled substances, although ideally limited to outdoor activities.

Activities:

Exodus Zuilen uses the "Your Power" methodology, which focuses on leveraging each participant's strengths. An assessment is conducted at the beginning of the program to identify these strengths, which form the basis for guiding individuals on their path to recovery. The approach cultivates commitment and

motivation, empowering participants to rebuild their lives. Integral to this process is the central role of the mentor, who provides guidance and assistance as needed. Unlike traditional Exodus houses that focus primarily on housing and guidance on reintegration into society, this program also integrates addiction treatment into the weekly program, in partnership with Inforsa.

A crucial aspect of successful social reintegration is establishing a purposeful daily routine. This may include finding work, pursuing an education or doing volunteer work. For those without such a routine, Exodus provides support to help participants recognize their unique qualities and interests so they can strive to live a more fulfilling and meaningful life.



Community-integration

Location and architecture:

Exodus Zuilen is located in the Zuilen district, in the western part of the city of Utrecht. Situated in the center of the Netherlands, Utrecht is known for its large number of students. The city has about 368 000 inhabitants (2023).¹ The center is located in a residential area and near two squares. Several stores and other services are within walking distance. Exodus Zuilen is accessible by public transportation.

Exodus Zuilen looks like an average family house from the outside. The house is divided into four floors. Each resident has their own bedroom. In addition, the house has a shared living room, kitchen and toilet. On the first floor is an office for the staff.

Interaction with the community:

There are plenty of opportunities for interaction between residents and the community. The active involvement of residents in work or outside commitments provides a constant interaction with the community, with them regularly leaving the facility. Throughout the day, residents have the opportunity to participate in activities within the community. They can move freely within the community and have access to various services, including education, employment, health care, counseling and shopping.

Exodus Zuilen

Founded 2020

Capacity: 9

Security level: Low

Nearest city/town: Utrecht

Nature of interaction:

Visited by RJN

(17/05/2022)

¹Utrecht (Municipality, Utrecht, Netherlands) - Population Statistics, Charts, Map and Location. (2023). *City Population*. Retrieved November 1st, 2023, from https://www.citypopulation.de/en/netherlands/admin/utrecht/0344__utrecht/

Publicity/ read more

- About Stichting Exodus Nederland at the official website of Exodus:

Exodus hulp na detentie. (n.d.). *Exodus*. Retrieved June 14th, 2023, from <https://www.exodus.nl/>

- Document about the houses of Exodus and how they work (in dutch):

Informatieboekje voor (ex-) gedetineerden. (2023). *Exodus*. Retrieved June 21th, 2023, from <https://files.enflow.nl/6ffbb417-1260-4c26-83de-726071701f4b/ae735d93-b6b0-4e31-8967-22cfb77b9e0a/promotiemateriaal/exodus-nederland-infoboekje-def.pdf>