

Phase I

Phase I is designed to help you build the habits for a healthy foundation in recovery. During our years of active addiction, we did as we pleased without thought to consequences. Now is a time for you to develop habits involving your recovery as well as learning how to be a functioning member of society. There are a great many expectations and requirements of you during the first phase, but if you can accomplish these goals, then you will be well on your way toward the ultimate goal: a healthy, happy, and successful life in recovery. The habits you build during this phase will help you in the following phases and beyond. Below you will find what is expected of you during the first phase here:

- Attend an Intensive Outpatient Program (this is typically with Northwoods Health Systems or Lee Day Report Center, but another provider may be considered if you prefer an alternative).
- Attend 5 mutual aid support groups per week (Narcotics Anonymous, Alcoholics Anonymous, Celebrate Recovery, SMART Recovery, etc.) and document proof of attendance.
- Attend the Life Skills program.
- Perform community service every week.
- Complete weekly meal plans if it is your turn to cook with PRSS
- Establish long-term goals and the steps you will take weekly to achieve them with PRSS
- Turn in weekly paperwork on Sunday night to be picked up by staff on Monday morning.
- Meet with the transition agent from Jobs & Hope WV
- Obtain health insurance
- Enroll in the Supplemental Nutrition Assistance Program (SNAP)
- Establish a primary care doctor, a dentist, and visit an eye doctor, if appropriate.
- Attend case management once every 2 weeks.
- Contribute 75% of SNAP benefits to support the household.
- Attend community dinners
- Attend group weekly
- Obtain vital documents (Birth Certificate, Social Security Card, and State-issued Identification card or Driver's license).
- Identify fines owed and where, if applicable
- Develop a relapse prevention plan with PRSS
- Familiarize yourself with public transportation options available.

While this list may seem extensive, dozens of people before you have accomplished these and more during the first phase of the program. Staff commit to helping you navigate these and assisting you in meeting the expectations of the program. We will not ask you to do something you do not know how to do without showing you how to do it, which means you have a responsibility to ask for help when you need it.

To graduate from Phase I, you will meet the following criteria, which is possible if you meet the expectations outlined previously:

- Complete I.O.P.
- Attend a minimum of 30 mutual aid support groups
- Have a sponsor and a home group (or equivalent)
- Complete the Life Skills curriculum
- Perform 120 hours of SUD education/community service
- Obtain vital documents
- See a primary care doctor, dentist, and eye doctor if applicable
- Attend 3 case management sessions
- Provide 6 urine specimens free from the presence of illicit substances
- Complete the Recovery Homes Pilot intake and discharge paperwork
- Complete at least one Recovery Capital (RECCAP) Assessment with PRSS
- Attend 16 (for Mark's House) or 10 (for Mary & Martha House) community dinners
- Complete 6 goals and objectives work sheets with PRSS
- Take public transportation 3 times (including Modivcare or Ohio Valley Regional Transit Authority)
- Get a bus pass from a local provider
- Receive 1 food box from a local provider
- Attend 3 one-on-one therapy sessions
- Turn in a minimum of 2 receipts indicating that you have spent 75% of SNAP benefits on the house.
- Turn in a copy of fines owed and where, if applicable
- Complete a relapse prevention plan with PRSS

Phase II

Phase II is an opportunity to exercise more independence, while continuing to build your recovery capital. During this Phase, it is expected that residents will begin working, as they were not previously permitted to. At this point, the training wheels are coming off and you will be transitioning toward more independence, preparing for independent living. Staff are still available and willing to assist you, but you are also expected to have developed an outside support system that you can also rely on. The expectations of Phase II are:

- Attend 3 mutual aid support groups per week
- 30 hours of each week will be dedicated to work, school, community service, and/or vocational/career training (if you are pursuing education, 1 credit hour = 3 hours, see staff for an explanation).
- You will begin paying the Household Opportunity fee on the first Friday of the month for the preceding month. This will be 30% of your monthly income, but never more than \$300 per month.
- Begin paying on fines
- Identify outstanding balances on utilities or rent and where, if applicable.
- Update your relapse prevention plan
- Continue participating in RECCAP assessment
- Continuing providing 75% of SNAP benefits for the house where applicable.
- If SNAP benefits are lost, provide \$100 toward house necessities.
- Continuing providing urine samples without the presence of illicit substances

In order to graduate from Phase II, the following requirements must be met:

- Maintain follow-up appointments with your primary care physician and other doctors as identified by your primary care doctor.
- Attend a total of 90 mutual aid support meetings.
- Maintained contact with sponsor and participation in home group
- Perform 720 hours of work/community service/education/training (cumulative from Phase I).
- Turn in an application for public housing assistance
- 90 days of sustained employment (meaning you have not had any periods of unemployment for 90 days, you can change jobs, but may not quit a job without having another one).
- Be current on the Household Opportunity fee
- Develop a budget with staff
- Turn in 4 receipts you have paid toward fines (where applicable)
- Turn in copies of outstanding utilities or rent (where applicable)
- Participate in 3 RECCAP assessments
- Have completed 2 relapse prevention plans
- Turn in 3 receipts indicating you have provided 75% of SNAP benefits for the house.
- Provide 9 urine sample free from the presence of illicit substances
- Phase III readiness essay

Phase III

The goal of Phase III is to move into independent living, whatever that looks like for you. It may mean living solo, or moving in with another member of the recovery community, or reunification with your children and family. Whatever the goal is, we have been supporting you in your journey and you have accomplished much during your time here. A simple review of the requirements to get here will show you how much you have accomplished that you may have never thought was possible. Phase III is defined by greater independence and more of a focus on spreading your wings and beginning your own journey, while remembering the community you have come from and that we are always here to support you. The expectations of Phase III are as follows:

- Attend 3 mutual aid support groups per week
- Work and/or school for 40 hours per week (1 credit hour in school = 3 hours of work).
- Maintain employment for 180 days
- Follow-up with public housing applications or rental applications
- Pay-off any outstanding balances on utilities or rent
- Remain current on the Household Opportunity fee
- Complete an updated budget with staff
- Request assistance from local organizations to help you prepare for your own home
- Complete a relapse prevention plan with staff
- Continue to provide urine specimens without the presence of illicit substances

In order to graduate from Phase III, and thus the program, you will have completed the following during your time with us:

- Attend a total of 129 mutual aid support groups
- Worked for a total of 1500 hours at a job/education/community service/SUD education
- Maintained employment for a total of 270 days
- Requested assistance from local organizations to help you prepare for your own home
- Completed 3 budgets
- Completed 3 relapse prevention plans
- Remained current with the Household Opportunity fee
- Provided 12 urine specimens without the presence of illicit substances.
- Maintained contact with sponsor and participation with home group.

If you satisfy all of these requirements, then you will have successfully completed the program. At that point, you will be eligible for a refund of half of all Household Opportunity fees you have paid to the program. Additionally, you will have the satisfaction of looking at all that you dreamed of accomplishing when you first applied to enter the recovery homes. Remember when we asked you what this community could help you achieve?