

Hope House

Social Model Recovery Transitional Living Center

Client Guide



A Non-Profit 501 (c) (3) Corporation

316 N 11th Way
Phoenix, AZ 85006
Office Phone (602) 254-5434

Revised: May 2016

Hope House

Owned and Operated by:

5A

A Non-Profit 501 (c) (3) Corporation

About Our Program

Hope House is a social model transitional living center for recovering adult addicts and alcoholics. We provide a sober living environment to give motivated, newly sober adult addicts and alcoholics a chance to change their lives. Our facility has the least restrictive environment possible. We wish to take only clients who are able to handle the responsibility, which comes with this degree of freedom.

Hope House is self-supporting through client fees and is not funded by any outside organization. Our program is based entirely on the 12 steps. We do not offer "treatment" in the traditional sense of the word. We expect clients to find their own recovery in the 12-step program of their choice. We provide a safe, sober environment where problems may be discussed openly. Occasionally we have clients who may require additional help, which we refer to outside sources.

Our Facility

Hope House is a clean, 1920s vintage house, has 32 beds for male clients only. A meeting area, porch and patio area and meditation garden are available for all to use. Coin-operated washers and dryers are located on the premises.

To The Potential Client

You alone are responsible for becoming and remaining a resident of Hope House. Willingness to commit to working the 12 steps, going to meetings, and getting a sponsor are absolutely essential. If you are not ready to indicate **through your actions** a willingness to change your old ideas, attitudes, and behaviors, we suggest you seek help elsewhere.

Admission to Hope House is based upon staff acceptance after a personal interview. All clients must be physically detoxed, prior to admission. We require a minimum commitment of ninety (90) days. Our program is specifically designed to assist adult men and women recovering from alcoholism and addiction; however, an effort will be made to assist in locating appropriate care for anyone who demonstrates a need for it. Curfew for new clients is 9:00 pm the first seven days of residency.

Readmissions

The staff will consider each situation regarding a client's readmission on an individual basis. The terms of a client's readmission will be based upon the circumstances surrounding their discharge. Payment of any past due fees are required prior to readmission. Curfew for readmitted clients will again be 9:00 pm the first seven days of residency.

When you are discharged, you have 72 hours to pick up your belongings, after that it becomes the property of Hope House

WE ARE NOT A STORAGE FACILITY

Mandatory House Meeting Every Sunday at 8:00am

House meeting is restricted to only clients and staff of Hope House

Phase Policy

Hope House is set up as a two-phase program. Privileges and responsibilities increase with advancement to the next phase. In order to advance to the subsequent phase, clients must have completed all the requirements of the preceding phase and client fees must be up to date.

Phase I Client guidelines

The first (90) ninety days of residency at Hope House. Clients must complete all the requirements of this phase, in addition to obtaining the recommendation of the resident manager before moving to Phase II.

Phase I Requirements:

1. Clients must attend one 12 step meeting per day for a minimum of (90) days. At least three of these meeting must be attended off site.
2. Clients must use the daily sign-in and sign-out sheet located in the courtyard.
3. Client is subject to regular curfew hours of 11:00 pm during the week, 1:00 am on the weekends unless client has been placed on earlier curfew.
4. No overnight passes are permitted for clients in the first (30) thirty days of residency.
5. Client fees must be paid in advance in adherence to policies.

Phase II Client Guidelines

Clients will be advanced to Phase II upon approval of the resident manager and the completion of all the requirements of Phase I. Client will remain in Phase II until discharge unless placed back into Phase I at the discretion of the manager.

Phase II Requirements:

1. Clients must adhere to all Phase I requirement except that Phase II clients must attend a minimum of six (6) 12 step meetings per week.

Meals

Meals are included in your client fee. The kitchen is restricted to staff and those assigned to dishwashing and/or kitchen cleanup. Food is available in the client refrigerators and on the bread and pastry shelves in the main dining area weekdays until 11:00 pm, 1:00 am on weekends. Meal times are as follows:

Breakfast.....	Weekdays 5:00 am – 6:00 am Saturday 6:00 am – 7:00 am Sunday 9:00 am – 10:00 am
Dinner.....	Weekdays 5:00 pm - 6:00 pm Saturday 3:00 pm – 4:00 pm Sunday 4:00 pm – 5:00 pm

Program Guidelines

Our program is based on the principles underlying the 12-step recovery process. Your commitment to living clean and sober and your willingness to accept responsibility for your actions are essential in order to remain a resident at Hope House. Noncompliance with the following guidelines will result in disciplinary action or discharge.

1. You must remain clean and sober; you will be discharged immediately if you do not. You are expected to stay out of bars, topless clubs, casinos and places where drugs are sold.
2. Client fees must be paid in advance at all times.
3. **You must attend the mandatory house meeting on Sunday morning at 8:00 am or you will be discharged.**
4. You must be gainfully employed, "Gainful employment" means a job, which will enable you to pay all client fees, as well as your miscellaneous living expenses. Working at a bar, topless club, as a taxi driver or on graveyard or swing shift is not permitted.
5. If you are not gainfully employed, you must be actively searching for a job and you must be off property by 9 am and not return before 3 pm.
6. You must obtain a 12-step sponsor, then provide the staff with your sponsor's phone number within seven days of your admission to Hope House. You must call your sponsor every day. Clients are not permitted to sponsor other clients.
7. You must get a 12-step home group within 14 days of admission and provide info to staff. You must attend your home group meeting every week.
8. You must obtain a 12-step service commitment within 14 days of admission and maintain a service commitment throughout your stay.
9. You must submit all medication to staff. Medications will be logged into the system and stored in the office but self-dispensed by client.
10. You must be in the house prior to curfew: Sunday –Thursday 11:00 pm / Friday & Saturday 1:00 am.
11. You are responsible for keeping your sleeping area clean, making your bed and cleaning up after yourself in all area of Hope House. You must be out of bed by 7:00 am each morning. Sleeping on couches is not permitted. You are responsible for your personal hygiene.
12. If you are a new client – or behind on your fees, you must be on the property by 9:00 pm. **9:00 pm means 9:00 pm.**
13. You must be considerate of others at Hope House. You must be mindful of the volume of your stereo or TV and have their expressed approval to use these at later hours.
14. You must submit to any tests requested by the staff to insure you are alcohol and drug free.
15. You must perform your assigned chore as required. (Check with the chore monitor) and participate in the clean up each Sunday at 7:30 am.
16. You **must never bring** weapons of any kind onto the grounds of Hope House.
17. You must immediately make staff aware of anyone using alcohol or other drugs at Hope House. If we find you had knowledge of someone drinking or using drugs and you did not tell the staff, **you will be discharged.**
18. You must immediately make staff aware of any emergency situation, medical or otherwise.
19. If you are discharged or leave, there are no refunds of any client fees.
20. You must sign in and out on the sheet provided.
21. Cell phones must be turned off if you are in the office, kitchen, dining room and meeting hall.
22. **There is no smoking allowed inside Hope House.** Smoking is permitted in designated smoking areas only!

Definitions

12 Step Meetings: Our program is based entirely on the principles of the 12 steps. Attendance at 12 step meetings is required. Failure to make the required number of 12 step meetings is grounds for discharge. These meetings may include Alcoholics Anonymous, Cocaine Anonymous, Narcotics Anonymous, Heroin Anonymous, or Crystal Meth Anonymous. For more information on the number of required meetings, see Phase Policy.

Sponsor: A person who helps you work the 12 steps. Regular contact with your sponsor is expected. You will be required to sign a "Release of Information" so we may check with your sponsor on a weekly basis to make sure you are following their directions.

Home group: A regular 12-step meeting, which meets at least once a week. In most cases, you must sign up with the group secretary to be a member.

Service Commitment: Volunteer work for a 12-step meeting; like making coffee, cleaning up, chairing the meeting, etc.

Meetings

There are several 12 step meetings held each week at our facility. Copies of meeting books are available in the office. The Hope House van goes to an outside meeting every night. Occupancy is on a first come first serve basis. Many clients at Hope House have automobiles, so rides to meetings are usually available. **When you attend 12 step meetings you are expected to arrive on time, stay until the meeting is over, and stay in the meeting. If you leave early, arrive late or spend the time hanging around outside the meeting it will be grounds for discharge.**

Strikes

Breaking any of the rules of Hope House will result in the client receiving a "strike." If you receive a strike you will be given one (1) week to work it off (see a staff member.) If you receive an excessive amount of strikes in one (1) week you will be discharged from Hope House. If you have three (3) or more strikes posted on any day and you do not work them all off that day, you can be discharged.

Overnight Passes

Overnight passes are available to all clients after completing a minimum of thirty (30) days. You must have your client fees paid one week in advance, have your chore covered, and have any and all strikes worked off. Overnight passes must be requested 48 hours in advance of the pass date.

Fees

Our client fees are **\$105** per week and include room and board

Guest Policy

Guests are allowed to visit Hope House up to 15 minutes prior to the curfew of the person being visited. Clients must accompany their guests at all times, and are responsible for their guests' behavior while they are on property. The Manager retains the right to prohibit or restrict the visitation privileges of any client who, in the opinion of the staff, appears to be abusing these privileges.

Overnight guests are not permitted at any time

Fees

Our client fees are **\$105** per week and the fee included room and board.

Telephone

Please be mindful of the anonymity of those you live with when answering the house phone. **Always answer the phone with “Hello” not “Hope House”.** Due to the number of people using the telephone, telephone time is restricted to five minutes. Please make arrangements to make calls, if those calls will take longer than five minutes. **The Client phone is not to be used during meetings.**

Client Resident Phone (602) 283-4611

Mailing Address

If you wish to receive mail, your mailing address is:

**Hope House
316 N 11th Way
Phoenix, AZ 85006**

Hearing impaired

Information about our program is available via TDD by using the Arizona State Assistance Line.

TTY Number 1-800-367-8939 / Voice User 1-800-842-4681

About Us

Alcoholism & Addiction Assistance Association is a 501(C) (3) non-profit corporation operating three facilities in Phoenix, Arizona. It was founded in 1969 by Tony Paskalakis, when he saw a need for helping the homeless alcoholic or drug addict who sincerely wanted to change his life. Since its foundation, 5A has operated the Hope House at 316 N. 11th Way. Hope House can accommodate 32 men. The Solution, a transitional living center at 4210 N. Longview Ave., was opened in 1993. It is a garden apartment complex with 100 beds, and offers much needed help to both men and women. In 2004 Craig Shell’s The New Solution was opened, offering 50 more beds to newly sober men and women in need. All three of 5A’s facilities are fully licensed as transitional living facilities by the Arizona Department of Health Services and all donations are tax deductible to the extent permitted by law.

Our Mission

“Affirming human dignity and providing clean, safe, sober living environments for newly sober alcoholics and drug addicts who truly have the desire to change their lives.”

www.5a.org

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