



Program Phases

Phase I Description (Stablization)

1. Must remain in this phase for a minimum of 45 days or longer if necessary.
2. There will be a 30-day buddy system period upon admission into the program. You should always be with another housemate during this period unless otherwise specified by the Residential Manager or your case manager.
3. No overnight stays away from the program.
4. Must enroll in IOP as well as mental health therapy and attend all required sessions.
5. Must attend 2 case management sessions, weekly with assigned case manager.
6. Attend and participate in daily devotionals.
7. Attend all in house programming daily.
8. Must comply with CPS, Parole and Probation, or any other legal enforcements.
9. Curfew is 930pm (exception for work granted at the Residential Manager's discretion).
10. Regular check-in with house manager(s).
11. Complete a budget with your case manager.
12. Identify your personal goals as well as your parenting and recovery goals.
13. Enroll in all necessary DSS and FCHD services i.e., SNAP, TCA, TDAP, daycare vouchers, health screenings, etc.
14. Obtain a sponsor and begin to work the 12-step program of AA, NA, or Celebrate Recovery.
15. Attend 12-step meetings daily (5 in-person, 2 virtual) and log on meeting sheet which is to be turned in on Mondays.
16. Complete daily house chores assigned by house manager(s)
17. Turn in a minimum of 5 job searches weekly if unemployed and able to work.
18. Stay current with program fees or make arrangements with the house manager until you are able to do so.
19. Able to verbalize challenges in the program, parenting, recovery, and overall health.
20. Must adhere to medication regimen as laid out by the CNA/Med Tech.
21. ***Must be able to hold your peers, as well as yourself accountable.***

****Note: Resident should be educated on their disease of addiction and any related behaviors. They can demonstrate engagement in treatment as well as parenting. Resident should identify individualized recovery plans and are consistently adhering to all program rules and expectations. Once resident demonstrates compliance with all components of Phase I, they will be eligible to transition to Phase II.***

Phase II Description (Motivation)

1. Must remain in this phase for a minimum of 60 days or at the Residential Manager's discretion.
2. Eligible for a house manager role.
3. Able to bring car to the program after receiving approval from the Residential Manager.
4. 8-hour day passes will be approved. There are no overnight stays away from the program.
5. Must attend 1 case management session, weekly with assigned case manager.
6. Attends IOP and mental health therapy consistently with no positive urinalyses.
7. Lead and find readings for daily devotionals.
8. Attend all in house programming.
9. Must be in compliance with CPS, Parole and Probation, or any other legal enforcements.
10. Curfew is 930pm (exception granted for work at the Residential Manager's discretion.)
11. Following budget set and approved by case manager in Phase I. Demonstrates the ability to manage money responsibly.
12. Consistently working towards personal goals as well as your parenting and recovery goals.
13. Displays healthy parenting skills and behaviors and can establish and adhere to a schedule for your child(ren).
14. Meeting with sponsor a minimum of 3 times weekly (in-person) working the 12 steps of AA, NA, or Celebrate Recovery.
15. Attend 12-step meetings daily and log on meeting sheet which is to be turned in on Mondays.
16. Obtain part-time or full-time employment, if appropriate.
17. Reliable and appropriate childcare has been established for your child(ren), if applicable.
18. Program fees are paid on time and current.
19. Able to verbalize and identify resolutions for challenges in the program, parenting, recovery, and overall health.
20. Consistently adheres to medication regimen as laid out by the CNA/Med Tech.
21. ***Displays leadership qualities within the program: Able to assist the newcomer, hold peers accountable, trustworthy, and leads by example.***

****Note: Resident is motivated and willing to identify and examine what is blocking the needed physical, mental, and spiritual changes necessary to enter long term sobriety. This phase works to identify why the resident has previously failed to maintain long-term recovery,***

experienced repetitive relapses and prior program disengagement. Resident will begin to re-establish healthy relationships with loved ones. Resident begins to establish sober support network. Resident has implemented long term recovery practices such as prayer, meditation, daily inventory, and mindfulness. Once resident demonstrates compliance with all components of Phase II, they will be eligible to transition to Phase III.

Phase III Description (Reintegration)

1. There is no minimum or maximum time in this phase.
2. Overnight stays can be approved by the Residential Manager. No more than 1 overnight stay per month will be approved.
3. Must attend 1 case management session, weekly with assigned case manager.
4. Attends OP and mental health therapy consistently, no positive urinalyses.
5. Leads women in topic discussions and readings during daily devotionals.
6. Attend all in house programming.
7. Must be in compliance with CPS, Parole and Probation, or any other legal enforcements.
8. Curfew is extended to 10pm (exceptions can be made for work.)
9. Consistently demonstrates the ability to manage money responsibly. Able to prioritize needs for you and your child(ren).
10. Personal goals are being achieved as well as parenting and recovery goals.
11. Displays healthy parenting skills and behaviors and can establish and adhere to a schedule for your child(ren).
12. Meeting with sponsor and attending meetings a minimum of 1-2 times weekly (in-person, working the 12 steps of AA, NA, or Celebrate Recovery.
13. Able to hold steady and gainful employment while achieving personal, parenting, and recovery goals.
14. Reliable and appropriate childcare has been established for your child(ren) if applicable.
15. Program fees are paid on time and current.
16. Successfully and consistently verbalizes and identifies resolutions for challenges in the program, parenting, recovery, and overall health. Able to independently problem-solve.
17. Consistently adheres to medication regimen as laid out by the CNA/Med Tech.
18. ***Displays leadership qualities and integrity within the program. Able to assist the newcomer, hold peers accountable, trustworthy, and leads by example. Serves as a mentor for the other women. Resident does not cultivate negativity and works hard to maintain a positive atmosphere and environment.***
19. Eligible to apply for transitional living apartments upon completion of the program. Assistance with furniture, household items, and deposits are available.

****Note: Resident has secured active employment and childcare that provides a sense of accomplishment and independence for the first time. Resident continues to exhibit sound judgment and reason in all facets of her life and actively participates in treatment and***

recovery work independent of staff and family intervention. Resident is actively involved in parenting and re-establishing a relationship with her child(ren).

Progress not perfection! Andrea's House staff is committed to helping you achieve long term sobriety, a healthy parenting relationship with your child(ren), and overall mental and physical health. Keep up the good work and stay in the fight! We do recover and with God ALL things are possible.

