

HOPE House Mission & Philosophy

Mission: to serve a limited number of adult men & women who are suffering with substance related issues in a Christ centered atmosphere; helping to heal body, mind, and soul using counseling; building relationships; & increasing knowledge.

Philosophy: Our philosophy of treatment is based on the belief that people struggling with substance related disorders are ultimately experiencing a spiritual crisis and are using substances to fill a spiritual void in their lives . We believe that if given the necessary knowledge, skills and support, these people can find the hope to grow into whole human beings and fulfill their purpose as children of God demonstrating care for themselves, their families, and their communities. We believe as a house provides shelter from a storm, HOPE House is a program designed to provide shelter from the storms of humanity that individuals have to weather.

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H.O.P.E. House
is a ministry of

Good Shepherd Mission

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Healing

Open

Personalized

Environment



936-291-8156

Program Structure:

Objectives:

- To free individuals and families served from the use of mind altering substances. (Past)
- To help individuals and families transition to healthy and productive living. (Present)
- To teach individuals and families to be accountable to God, self, family and the community. (Future)

Initial Screening:

Appropriateness of fit between individual and



HOPE House will occur at the time of the initial referral.

House Metaphor:

HOPE House uses the metaphor of a house to symbolize the building of a new structure for living. The acronym HOPE

stands for the **Healing, Open, Personalized, Environment** in which our residents are able to find the support, guidance, and therapeutic intervention needed to build their new healthier lives.

Cornerstones of HOPE House

• 1st Cornerstone: Cognitive Dimension:

Provides information in a didactic manner through a structured program of psycho-education to help residents grow in their knowledge about substance use and abuse and related phenomena.



Cornerstones of Treatment

• 2nd Cornerstone: Inter-personal Dimension:

Inside-Out Group: open-ended ongoing process group assisting those who so desire to move toward becoming the person they want the world to see them as.

Community Service: Serving the community to learn that they have value and something to give back to the community.

• 3rd Cornerstone: Intra-personal Dimension:

Intra-psycho core issues leading to substance use addressed through:

Meaning of Life Group: closed group structured on 8 themes addressing universal existential issues leading to feeling a spiritual void in one's life.

Individual Counseling: processing and working through of significant past traumas that contribute to the resident's substance use issues.

• 4th Cornerstone: Spiritual Dimension

Bible Study: Use of recovery bible donated to the residents to study Christian values applied to treatment issues.

Pastoral Counseling: Individual Christian counseling from a pastoral perspective.

Foundation of HOPE House

• Orientation to the Program:

A program orientation will occur at the time of intake to help residents learn about the program structure and expectations, as well as, what their rights and responsibilities are as part of the HOPE House substance abuse treatment program.

• Case Management Services:

A variety of case management services will be available through an on-site case manager. The case manager will meet at least weekly with each



HOPE House Building New Healthier Lives

resident to help them with issues related to probation, parole, employment, future housing, budgeting, Medicaid applications, or any other practical living skill that residents may not have knowledge

of and need assistance with in order to be prepared to leave HOPE House and be successful post-treatment..

• Therapeutic Milieu

Therapeutic issues are often triggered through living in a community with other people with diverse backgrounds and personality types, and through the process of learning how to live a healthy, respectful, and responsible life. As such, all residents, volunteers, and paid staff will strive to support a community environment at HOPE House by addressing conflicts in a manner which is supportive of the overall mission of the program and of the resident's individual treatment goals, remembering always that we are here to build a house, not tear one down.