HOPE HOMES RECOVERY

Providing Recovery Residences and Recovery Support Services since 1996

Atlanta, GA
Charlotte, NC
Nashville, TN

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Hope Homes provides NARR Level 2 and Level 3 recovery residences and recovery support services to individuals in recovery from addictive, emotional and eating disorders. We serve adult men and women, 18 years and above, who live in appropriately separate communities. Our primary purpose is to support our residents in establishing and practicing a recovery-oriented lifestyle.

We are more than sober living or a “half-way” house. The residential component of the Hope Homes program is important – we provide our residents with safe, comfortable home environments and a supportive, recovery-focused peer group. However, the aspect of the Hope Homes program that differentiates us from many sober living homes is our professional life-skill counselors and the many support services they provide to our residents.

At Hope Homes, our focus is not only on helping our residents maintain and strengthen their recovery, but also on becoming productive members of a community. Our graduates leave Hope Homes with a strong foundation in the outside recovery community and a solid understanding of the skills that are necessary to live a productive life in recovery.

The mission of Hope Homes is to bring lasting recovery to a wide demographic range of individuals. We strive to provide the highest caliber of rehabilitative service to those in early recovery through:

- Safe residences in comfortable home settings
- Professional, on-site staff who provide a range of recovery support services to our residents
- An environment where collaboration is emphasized, both within the Hope Homes community and with all those who support those we serve

“I got sober at a treatment center, I learned to live sober at Hope Homes.”
- Carley K.
LEVELS OF SUPPORT

Hope Homes is pleased to offer diversified service levels within our recovery residences to better meet the needs of the wide demographic we serve. Our service levels are:

**LEVEL 2**
- Age 26 and over eligible for consideration
- Counselor Support and Monitoring
- Fellowship Meetings
- Support Group and Community Meeting
- Program Standards/Accountability
- Regular Random Drug Screening

**LEVEL 3**
- Those needing a higher level of structure to include (but not limited to) Young Adults and those diagnosed with Eating Disorder for a minimum 90 day period
- Young Adult Support Tiered Program
- Eating Disorder Tiered Program
- Referral Collaboration
- Regular Random Drug Screening
- 1:1 Life Skill Counseling/Case Management
- Family Collaboration and Referral/Continuum of Care Collaboration
- Job or Education Attainment
- Program Standards/Structure/Accountability
### Recovery Services

#### Life Skill Counselors
- Professional counselors live onsite and are available to residents 24/7.
- Each resident has a primary counselor with whom he or she develops a partnership based on trust. This relationship is essential to the Hope Homes program and allows residents to learn structure, accountability, and other skills necessary for a recovery-oriented life.
- Counselors collaborate with the referral sources, collateral contacts, and family members of each resident.
- Counselors meet weekly with each resident to assess his or her progress and assist with any issues the resident may be experiencing.
- Each counselor is supported by a Counselor Supervisor. Counselor Supervisors coordinate all resident assessments, behavioral interventions and discharges under the clinical supervision of the Executive Director.

#### Recovery Facilitation
- 90 Meetings in 90 Days
- Weekly onsite 12 Step Meeting
- Referral Source Collaboration
- Continuing Care Service Provider Collaboration
- Family Collaboration
- Frequent, Random Drug Screening
- Dual Diagnosis Support
- Eating Disorder Support
- Weekly clinical assessments of each resident are conducted by a Counselor Supervisory Team

#### Community Building
- Weekly Fellowship Opportunities
- Experiential Based Activities
- Monthly Community Meal
- Monthly Fun Nights
- Weekly Community Check-Ins & Assessments
- Service Work Projects
- Annual Weekend Retreat

#### Life Skill Development
- Employment Guidance & Support
- Education Guidance & Support
- Nutrition & Fitness Guidance
- Weekly Scheduling & Planning
- In-House Support Groups
- Morning & Evening Apartment Check-Ins
- Personal and Community Hygiene Mindfulness

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HOPE HOMES SERVES

AT HOPE HOMES, WE PROVIDE a supportive, compassionate environment where long-term recovery is the primary focus. We realize that each individual has specific addictions, disorders and lifestyle situations. Our specialized Recovery Tracks are designed to fit the differing needs of each resident. This individualistic approach has proven to be extremely beneficial for our residents’ long-term recovery.

**Young Adult – Ages 18 to 25**

The Young Adult track is an innovative, highly structured program in which the resident progressively develops and integrates skills vital for recovery and a balanced, whole lifestyle.

This program provides the structure, guidance, and support necessary for young adults to establish a successful recovery routine. We use a progressive level system in which each completed level leads to attainment of life and recovery goals. Each young adult is assigned a counselor who assists the resident in identifying and implementing life goals, such as employment or education.

**Adult – Ages 26 to 54**

Our Adult track is designed for men and women recovering from addictive and/or emotional disorders.

Residents learn to combine their new recovery routine with their daily lives. Counselors assist residents in utilizing the recovery resources in the community as well as obtaining employment, enrolling in an educational program, or finding daily volunteer activities.

**Older Adult – Ages 55+**

The Older Adult track is designed for the active man or woman 55+ seeking recovery from addictive, emotional, or eating disorders. We offer community residences with peers who are of similar age and life stage. Our programming is based on the understanding that older adults have different life issues than their younger counterparts. **We recognize that health issues, generational values, and interests are significant in their impact on the individual and how he or she interacts in a community living situation.**

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HOPE HOMES SERVES

Professional Track

The Professional track is available for those who have involvement and support of a state licensing agency – medical, legal, etc. We have provided assistance to many professionals over the years through communication and collaboration with licensing boards and advocates.

LGBTQ Track

The LGBTQ track helps the individual traverse the many obstacles he or she might encounter during early recovery.

It is an innovative, identity-affirming program in which residents are supported on their individual walk towards recovery and wholeness of being. The basis for this program is LGBTQ Affirming Support, which is active promotion of self-acceptance and wholeness of being. Residents are provided with life skill classes and support groups that are LGBTQ specific.

Eating Disorder Track

Our Eating Disorder track is designed for individuals who are actively engaged in the recovery process. Residents are offered a weekly support group specialized to address the underlying issues of disordered eating. Residents are held accountable for engaging in continuing support with outside treatment providers. Hope Homes counselors can provide assistance with meal planning, cooking, and offer support in the grocery store shopping experience. Peer support and buddy meals are an integral component of the Eating Disorder track. Residents are expected to utilize support from 12 Step programs such as EDA, ANAD, and OA.

Women with Children – Greenville, SC

Mothers in recovery face many unique and challenging circumstances.

In order to better address the needs of this population, Hope Homes has programming specific for single women with children. Each family unit lives in their own apartment. Counselors help women balance the competing areas of work, parenting, and recovery. Our Women with Children track is currently offered in our Greenville, SC Women’s Community. Hope Homes partners with other Greenville non-profit agencies to provide parenting support and childcare.
LIVING ENVIRONMENT

Hope Homes communities are located in premiere apartment complexes. **Our apartment homes foster feelings of safety and ownership of space, allowing residents to focus on the emotional healing necessary for lasting recovery.**

- Residences are for adult men and women, 18 years and above, who live in appropriately separate communities.
- Residents begin the program in a bedroom they share with one other resident. This encourages integration into the community and prevents isolating behaviors.
- Residents have the opportunity to move into a single bedroom based on meeting certain program criteria, seniority in the program and availability.
- Residents are encouraged to bring items to personalize their space.
Community Amenities

♦ Complete Furnishings
♦ Fully Equipped Kitchens
♦ Cable Television
♦ High Speed Internet Access
♦ In Residence Laundry Facilities
♦ Swimming Pool
♦ Fitness Center
♦ Outdoor Grill Access
♦ Easy Access to Public Transportation
Hope Homes Residents

- Are 18 years or older
- Are medically and psychologically stable
- Have a strong desire for their own recovery
- Abstain from alcohol and drug use
- Commit to a minimum of 6 months at Hope Homes
- Adhere to the continuing care plan of their referral source
- Adhere to the behavioral standards of the Hope Homes community
- Obtain monthly Vivitrol shots, if IV opiate user
- Agree to frequent, random drug and alcohol screening
- Abstain from relationships and sexual activity, unless in a previous committed relationship
- Adhere to the curfew hours determined by their Recovery Track
- Attend all Hope Homes group activities and community meetings

“There is no greater joy than seeing someone wake up to the beauty of their own life.”
- Beth Fisher, Founder of Hope Homes

Hope Homes Behavioral Standards

- Abstinence from drug and alcohol use
- Attendance at daily 12 Step meetings
- Participation in productive activity
- Weekly planning and scheduling
- Maintenance and upkeep of homes and rooms
- Accountability to counselors and peers for whereabouts
- Relationship and sexual abstinence, unless in a previous committed relationship
- Utilization of referred outpatient therapy services
- Attendance at weekly Hope Homes community meetings and support groups
- Timely payment of program fees

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INTAKE PROCESS

1. The potential resident should call the Hope Homes office at (678) 556-0840 or (877) 355-1141.

2. After speaking with the office, the potential resident will complete a pre-screen interview with the Hope Homes counselor with whom he or she will be working.

3. The potential resident will then interview with the current residents in his or her prospective Hope Homes community. In addition to answering the questions of current residents, the potential resident will be given time to ask questions about life at Hope Homes.

MOVING IN

Once accepted into the Hope Homes community, a move-in appointment will be scheduled with Hope Homes staff. Family members and supports are encouraged to join the new resident at his or her move-in appointment.

Items to Bring

- Bed & Bath Linens
- Toiletries
- Insurance Cards
- Prescription for Drug Screen Protocol
- Prescription for Vivitrol Shots, if IV opiate user
- TB Test Results
- Discharge plan from referents, if applicable
- Initial Groceries
- Appropriate attire for professional interviews
- Items to personalize your space
- Cell Phones are encouraged as a means of communication and accountability
- Cars are allowed, but cleared on an individual basis
HOPE HOMES
By the Numbers

♦ 0 tolerance for drug or alcohol use. In the case of relapse, residents are discharged and referred to a higher level of care.
♦ 2 part interview process to ensure that potential residents are serious about contributing to a healthy, recovery-oriented community
♦ 6 months recommended commitment
♦ 3 levels of residential support
♦ 8 months average length of stay
♦ 4 cities throughout the Southeast
♦ 12 In-House Support Groups
♦ 18 years of operating Recovery Residences
♦ 24/7 on-site, professional staff
♦ 90 meetings in 90 days expected of our residents with addictive disorders
♦ 100% of Hope Homes graduates are gainfully employed, in school, or volunteering upon graduation

WHO IS A GOOD CANDIDATE FOR A RECOVERY RESIDENCE?

♦ Adults who would benefit from a community of support and accountability as they apply new recovery tools to day-to-day life
♦ Young Adults who require habilitation, i.e. basic living skills
♦ Older Adults who would benefit from one-on-one attention as well as community support as they establish a new purpose in life
♦ Chronic Relapsers who would benefit from practical application of recovery tools to day-to-day life
♦ Those who are returning from a treatment environment and would benefit from a step-down supportive living environment
♦ Those with co-occurring issues
♦ Professionals who need continued monitoring for career purposes

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AFFILIATIONS

HOPE HOMES is committed to high quality implementation of best practice standards for recovery residences. In keeping with this mission, we are founding and active members of the following organizations, which are dedicated to developing and maintaining industry standards for Recovery Residences across the country.

www.narronline.org

www.garronline.org

www.rroconline.org

GENERAL INFORMATION

Inquiries for admission or general information can be directed to the Hope Homes office.

(678) 556-0840 phone
(877) 355-1141 toll-free
(678) 556-0841 fax
office@hopehomesrecovery.org

Hope Homes Administrative Office
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Smyrna, GA 30080

Beth Fisher, LCSW, LCAS, MAC, CCS
Hope Homes Founder and Executive Director

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