

Supportive housing; non-medical, results-based
alcohol and drug addiction recovery programs.

PROGRESS
PH
HOUSE

**Saving Lives and
Impacting Change
Since 1961!**

**"We exist, to help other
alcoholics and
addicts recover."**

Progress House is a 501(c)3
Recovery Home for men
over the age of 18.



PROGRESS PH HOUSE

Since 1961, Progress House has endured as a residential recovery facility for high-risk alcohol and drug-addicted men.

Progress House is home to 120 men in recovery from addiction. Our resident's typical length of stay ranges from 90 days to 2 years in one of our three properties. Our programming addresses our residents in a holistic (mind, body, and soul) manner, which includes the following:

- Safe and Affordable Housing
- Recovery Support Services
- Intensive Case Management
- Mental Health and Substance Abuse Resources
- Supportive Services (Health Care, Legal, Insurance)
- Relapse Prevention Counseling
- Employment Placement
- GED Tutoring and Testing
- Job Training for a Variety of Trades
- Daily Living Skills Coaching
- Financial Management
- Nutrition and Wellness
- Anger Management
- Spiritual Study and Disciplines



Our program provides an environment conducive to sober living, where our men are reintroduced or taught basic, necessary life skills that may have been neglected or never learned due to addiction.

What sets the Progress House apart is its wide-ranging and well-ordered process of implementing our programming. There is a system of review and support to assist our residents in the transition from entry-level to ever-increasing levels of responsibility as they mature through the working of the 12-Step recovery process and other life skills programming. Included are the expectations and requirements that residents participate in their own recovery and in the daily life of the House.

For less than \$9,990 per man/per year we are able to provide comprehensive recovery support services, intensive case management, life skills classes, professional development courses, room & board, and three meals a day in a safe, sober, recovery environment with well-appointed amenities. The average cost of incarceration nationally ranges from \$32,000 - \$75,000 per man/per year. It is easy to see the benefit of providing recovery support services versus trying to arrest our way out of this epidemic. 85% of our county and state corrections is filled with non-violent alcohol and drug offenders. In addition to the impact that addiction has on public health, public safety and the economy, the real issue is it is killing people. Overdose is the leading cause of death in the U.S. for those 50 and younger. The good news is Progress House offers a solution.

56+
Years

...the Progress House has served the community. The current location was built in 2001 through generous contributions from individual, corporate and community partners.

90
Days

...is the required length of stay to successfully complete our program.

120
Beds

...is the total capacity of Progress House and Next Step. This is comprised of two and four-man rooms and apartments.

3000
Served

...is the approximate number of men who have made Progress House their home in the last ten years.



Our programming is based on the 12 Step philosophy, that once we straighten out spiritually, we straighten out physically and mentally. Our program is based on the social model of recovery, which includes one man helping another man, one day at a time. Our program is one of hope!

Progress House Requires:

- Complete abstinence from alcohol and other drugs.
- Men must work and pay programming fees each week.
- Not all men are employed when entering Progress House, but they must be actively seeking work and should secure a job within two to three weeks of their initial residency. A computer lab is on site and available for all residents to use when preparing resume's, completing on-line job applications, conducting research, and for accessing remedial education resources on-line.
- All residents perform routine household chores known as "Team Details" which is how the clean, home-like atmosphere of the House is maintained.
- All residents participate in daily 12 Step meetings and must have a sponsor within 7 days of entering the House.
- Residents are required to treat fellow residents and staff with respect. Any violent, threatening language or behavior is grounds for immediate eviction.
- There is a weekly House Community Meeting, run by residents, with staff present, to discuss house issues and to hold residents accountable. Positive behavior is also recognized as a reinforcement of Program benefits.



We endeavor to instill in our residents a healthy value system which includes:

Learning responsibility to self and others
Sensitivity to self and others
Accountability to self and others
How to make appropriate decisions and choices
Self-discipline and manageability
Community, connecting to others through the social model of recovery



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A 90-day minimum requirement is necessary to successfully complete Phase I of our program. Most residents complete Phase II near the six-month mark, at which time they can apply for residency at Next Step. **At Next Step, our residents complete Phase III and Phase IV.**



Progress House Next Step

What is my next step after my stay at Progress House?

"Next Step" is a sober living apartment complex for residents of Progress House who have successfully completed at least 6 months of continuous sobriety. These are 2 and 4 man apartment units for men who would like to move towards more independence but still wish to live with the structure and accountability of our program. Residency at "Next Step" is by invitation only and is at the discretion of the Next Step Program Director.

The Four-Man Apartments are designed as an assessment phase at Next Step. Men share a bedroom with one other resident and a kitchen and bathroom with the whole apartment. Men who wish to transition to a two-man apartment must start here and show they are able to continue to follow the rules of Progress House and Next Step.

Residents must attend four 12-step meetings per week and get a meeting sheet signed. Residents can take up to 72 hours of "Time Away" passes per week.

The Two-man apartments are designed for the men who have shown significant growth in a Four-Man Apartment and have followed all of the rules and policies. Only men who are current on rent will be eligible to move to a Two-Man Apartment. These are awarded on merit and availability.

Residents are required to attend three 12-step meetings per week. "Time Away" passes are unlimited.

Next Step Advantages

- Ability to cook your own food
- More freedom with the same amount of accountability
- Ability to have guests and visitors
- Drug free environment
- 12-step meetings on site
- Community Room and picnic area with grills available
- Apartments are Wi-Fi and Cable accessible, but must be paid for by resident.



Every four minutes, someone in the U.S. dies from overdose or an alcohol-related cause - the equivalent of two 727 jets crashing every day with no survivors or 9/11 occurring every two-and-a-half weeks. In 2017 more people died from drug overdoses in the U.S. than the total number of Americans killed in the Vietnam War. In Indiana, opioid overdose deaths rose over 55 percent between 2016 and 2017 and have more than doubled in the last three years. Over the same period, we saw drug-related arrests by Indiana State Police increase by more than 45%.

The annual economic impact in the U.S. from the misuse of prescription drugs, illicit drugs or alcohol is \$442 billion. Think about that number for a moment, its staggering! That is an economy-wrecking figure. It's obvious that this epidemic is taking root everywhere, no one is immune. One thing we have learned is that the disease of addiction is no discriminator of persons, it affects everyone regardless of race, color or creed. Today, there are over 22 million Americans suffering from untreated addiction. 1 in 3 households are directly impacted and the other 2 households are indirectly impacted.

Experts say, conservatively, that a minimum of 10% of all Americans suffers from addiction. We have 6.6 million people in Indiana, which means there are 660,000 people in our state that could benefit from treatment and/or recovery support services. Let's say that just 10% of them could benefit from Recovery Housing, that would imply we need 66,000 beds in Indiana. We currently have less than 1,700. Of our 92 counties, 67 of them do not have any Recovery Housing available at all. Bottom line, we only have the capacity to help 2% of those in need or who could benefit from living in a Recovery Residence. Looking at it another way, 98% of the people whose lives could be saved and changed in a Recovery Home have nowhere to go. There are not enough beds, therefore, we must expand and it is imperative that we support those Recovery Homes currently operating.

We would love an opportunity to give you a tour of Progress House and allow you to see first-hand the work we are doing. If you are interested in scheduling a tour or finding out specific ways you can support our mission, please contact me. Thank you for your support, without you there is no Progress House. Together we can continue to save lives and impact change!



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