

What Is Our House?

Our House is an Addiction Recovery Centre whose sole purpose is to provide an environment where individuals with addictions can embark on a recovery process directed towards a meaningful, productive lifestyle. We fulfil our mission through:

- A residential program for men 18 years and over;
- Recovery-directed programs for men and women; and
- Education initiatives in the community.

The residence, which houses 70 men, resembles a low rise apartment building rather than a hospital or institution. We think this provides an atmosphere where attitudes are less likely to be associated with an institution.

Our **Life Management Skills** and **Understanding One's Anger** courses are open to men and women in the community.

Our services include:

- ▶ Assessment and Referrals
- ▶ Treatment Referral
- ▶ Individual / Group Counselling
- ▶ Addiction Information
- ▶ Goal Planning
- ▶ Recreation / Leisure Planning
- ▶ Academic / Vocational Planning
- ▶ Alcoholics Anonymous and Narcotics Anonymous
- ▶ Step Study Groups
- ▶ Spirituality Guidance
- ▶ Volunteerism
- ▶ Job Preparation Assistance
- ▶ After Care
- ▶ Alumni/Outreach

OUR HOUSE
(E D M O N T O N) L T D .

**22210 Stony Plain Road
Edmonton AB T5S 2C3**

Phone: (780) 474-8945

Fax: (780) 479-2271

Email: house@ourhouseedmonton.com

Website: www.ourhouseedmonton.com

**OUR HOUSE ADDICTION
RECOVERY CENTRE**

Client Services



**OUR HOUSE
ADDICTION RECOVERY**

Call 474-8945

Recovery Program

Our residential recovery program is a minimum of 1 year in duration and includes the following components.

Morning Groups

Duration of each module: 3 weeks

Topics include:

1. Addictions as a disease.
2. Coping with stress.
3. Communication.
4. Raising self-esteem.
5. Assertiveness and conflict resolution.
6. Relapse prevention.
7. Gambling.
8. Relationships.
9. Budgeting and leisure.

Afternoon and Evening Groups

These more informal group sessions cover a variety of topics including men's wellness, 12-step work, spirituality and meditation.

Understanding One's Anger

Duration: 50 hours.

Learn and practice skills that are useful in identifying the impact of anger and conflict in recovery. Exercises are implemented to increase self awareness of one's anger, hot points, recognition of signals and choosing alternative reactions to these.

Life Management Skills

Duration: 5 weeks.

Partial lesson list:

1. Developing communication skills.
2. Facing your fears.
3. Giving & receiving feedback.
4. Recognizing assumptions.
5. Practicing problem solving.
6. Developing self-esteem.

Transitional Phase

After completion of the above program components, residents work on goal planning, completing steps 6 to 9 of the 12-step program, leading afternoon groups, and preparing for return to employment or schooling.

Aftercare Program

The John Hilton 3/4 House

Named in honour of one of our founders, this 10 bed facility provides the step between a recovery centre setting and independent living.

Some program work is required and basic rules are in place.

Community Outreach

Our Outreach Worker provides counselling and support services to alumni living in the community as needed. Funded by Wild Rose

Requirements for Residency

- Must be addicted to drugs and/or alcohol
- May have a co-addiction to gambling
- Must be abstinent from mood-altering substances during residency and seven days prior
- Must agree to abide by rules and have a personal commitment to change
- Must be able and willing to participate in group work
- Must not be on prescription medication that has a mood-altering effect
- Must be prepared to pay a residential fee of up to \$690 per month, depending on ability to pay. Social Assistance is permitted.
- Must provide a referral if possible.

**O U R H O U S E
(E D M O N T O N)**

**22210 Stony Plain Road
Edmonton AB T5S 2C3**

Phone: (780) 474-8945

Fax: (780) 479-2271

Email: house@ourhousedmonton.com

Website: www.ourhousedmonton.com