



# HOUSE OF ISAIAH

HOI/ATHLETES FOR A DRUG FREE AMERICA, INC.

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*A Long Term Residential, Drug and Alcohol Recovery Center For Men*

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**Dear Newcomer,**

Welcome to House of Isaiah. We are blessed to have the opportunity to assist you and your family in your recovery from chemical dependency. We offer a wide range of services, recovery workshops, and the opportunity to retain outpatient-counseling services to help you gain and maintain a *sober, healthy, productive lifestyle*.

House of Isaiah works closely with many agencies and organizations at the state and county level to maintain the highest standards of care for each resident. These agencies and organizations, along with corporate and individual sponsors help House of Isaiah contain the cost of services to our residents.

Our staff is chosen based on their excellence and “commitment” to our mission. During your stay with us you will get to know the staff and consider them your friends.

Your recovery is the most important, and possibly the most difficult task you will ever face. We offer guidance and support in developing a personal program for lifelong mental and physical health; and only you can make the program work. *We pledge to do our best to help. The decision to recover is yours.*

I challenge you to be the best you can be. *If you want something you've never had, you must be willing to do something you've never done.* Work hard in your recovery and you will be a winner. I guarantee it!

Sincerely Yours,

Executive Director



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## HOUSE OF ISAIAH

### STATEMENT

**The House Of Isaiah provides a safe, sober living environment, that offers a faith-based, drug & alcohol recovery program, based on the 12-steps of Alcoholics Anonymous and Spiritual principles. We are an unlicensed facility that does not administer medication or offer treatment.**

### MISSION STATEMENT

“The House of Isaiah is dedicated to providing quality care to chemically dependent individuals and providing them with the necessary tools to live productive, sane, sober lives.”



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## **BENEFITS OF THE PROGRAM**

- You will develop a relationship with God.
- You will be clean and sober.
- You will have a stable lifestyle.
- You will improve your health, mentally, physically, and spiritually.
- You will be a contributing member of society.
- You will have direction.
- You will be furthering your education.
- You will have the skills necessary to function productively in the work place.
- You will have an exceptional work ethic.
- You will have a positive attitude.

**YOU WILL BE A WINNER!**



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## PHILOSOPHY

***Policy: It is the policy of House of Isaiah for the Executive Director to be responsible for implementing the program as defined in the Board-approved Policies and Procedures.***

The Founder/Executive Director, Mr. Isiah Robertson, established House of Isaiah in 1989 to provide a safe, drug-free environment for young men who are chemically dependent. Mr. Robertson believes in rehabilitating the “*whole man*”, which includes nurturing the Spirit, Mind, and Body. By motivating, educating, building self-esteem and teaching positive attitudes, a person can become a healthy, sober, productive member of society.

Mr. Robertson’s personal goal is to *love, edify, motivate* and *encourage* each resident to *be the best he can be*. His dream is to see young men transformed from the tragedy of drug addiction to the triumph of recovery and freedom by building their lives on a strong spiritual foundation.

We at House of Isaiah believe that chemical dependency is a disease, which can be overcome. We believe in utilizing the twelve (12) steps of Alcoholics/Narcotics Anonymous and spiritual principles to address the “*whole man*.” We believe that it is vital for the addict and/or alcoholic to learn to live within the boundaries and limitations set for him, hence learning self-control. Furthermore, we believe that establishing great work ethics is essential for total recovery and successful re-entry into society.



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## **RECREATION & PHYSICAL FITNESS ACTIVITIES**

Many young adults have severely neglected their bodies as a result of prolonged periods of chemical abuse. House of Isaiah believes in building strong minds and bodies.

Due to adverse problems created by the abuse of chemicals, users are ill-equipped to play and have fun without the use of chemicals. House of Isaiah encourages strong involvement in a variety of leisure time activities that will produce a safe alternative in demonstrating interpersonal skills and the practical use of leisure time. Activities may include: movies, swimming, fishing, bowling, volleyball, basketball, baseball, horseshoes, billiards, and other sporting events.

To accomplish the goals of physical fitness, House of Isaiah utilizes community resources. Once per week clients are transported to the Cain Center Recreational Facility for indoor swimming, sauna, steam room, and weight use.



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## **COMMUNITY SERVICE** **AND SUPERVISION**

### **COMMUNITY SERVICE:**

House of Isaiah is involved in community service projects working with other non-profit organizations. Such organizations include (but are not limited to), senior citizen retirement centers, assisting local farmers in livestock tending, harvesting crops, etc. The community services may also include helping the City of Mabank and surrounding communities in developing a more beautiful and productive environment. These services help the resident develop a sense of self- respect and humility. Our goal is to develop sensitivity toward others and a respect for other's needs, as well as learning what it takes to make working, a unified cooperative effort. The resident's communication skills are increased as they find a renewed sense of accomplishment.

### **VOLUNTEER SERVICES:**

House of Isaiah encourages and welcomes individuals who wish to volunteer their time and/or services. Volunteer services are accepted from local merchants, churches, community centers, schools and other professionals.

### **SUPERVISORS:**

House of Isaiah residents are under 24-hour supervision at all times. Supervisors are experienced and trained overseers. The overseers and designated help are under direct supervision of the Executive Director.



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## DAILY PROGRAM SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
<b>7:00a-7:30a</b> Wake-Up & Roll Call / Chores	<b>7:00a-7:30a</b> Wake-Up & Roll Call / Chores	<b>7:00a-7:30a</b> Wake-Up & Roll Call / Chores	<b>7:00a-7:30a</b> Wake-Up & Roll Call / Chores	<b>8:00a-8:30a</b> Wake-Up & Roll Call / Chores	<b>8:00a-8:30a</b> Wake-Up & Roll Call / Chores	<b>8:00a-8:30a</b> Wake-Up & Roll Call / Chores
<b>8:00a-9:00a</b> Breakfast	<b>8:00a-9:00a</b> Breakfast	<b>8:00a-9:00a</b> Breakfast	<b>8:00a-9:00a</b> Breakfast	<b>9:00a-9:30a</b> Breakfast	<b>9:00a-9:30a</b> Breakfast	<b>9:00a-9:30a</b> Breakfast
<b>9:15-10:30a</b> Bible Study	<b>9:15-10:30a</b> Bible Study	<b>9:15-10:30a</b> Bible Study	<b>9:15-10:30a</b> Bible Study	<b>10:00-11:30a</b> Bible Study	<b>10:00a</b> Work Day	<b>10:00a – 12:30p</b> Church
<b>10:00a – 10:30a</b> Break	<b>10:00a – 10:30a</b> Break	<b>10:00a – 10:30a</b> Break	<b>10:00a – 10:30a</b> Break	<b>12:00a – 1:00p</b> Break	<b>Work Day</b>	<b>Church</b>
<b>11:00a – 12:30a</b> Phase Class	<b>11:00a – 12:30a</b> Phase Class	<b>11:00a – 12:30a</b> Phase Class	<b>11:00a – 12:30a</b> Process Group	<b>1:00p</b> Lunch	<b>1:00p – 1:30p</b> Lunch	<b>1:00p</b> Lunch
<b>1:00p</b> Lunch	<b>1:00p</b> Lunch	<b>1:00p</b> Lunch	<b>1:00p</b> Lunch	<b>2:30p – 7:00p</b> Cain Center	<b>Work Day</b>	<b>1:00p – 5:00p</b> Visitation
<b>3:00p-4:30p</b> Spirituality	<b>3:00p-4:30p</b> Recovery	<b>3:00p-4:30p</b> Lifeskills	<b>1:00p-5:00p</b> Activities	<b>7:30p</b> Dinner	<b>Work Day</b>	<b>Visitation</b>
<b>6:00p</b> Dinner	<b>6:00p</b> Dinner	<b>6:00p</b> Dinner	<b>5:00p</b> Dinner	<b>8:00p-9:00p</b> AA Speaker Night (HOI)	<b>6:00p</b> Dinner	<b>6:00p</b> Dinner
<b>8:00p-9:00p</b> AA/NA	<b>8:00p-9:00p</b> Overcomers	<b>7:30p-9:00p</b> Church	<b>8:00p-9:00p</b> AA/NA	<b>9:00p-12:00p</b> Free Time	<b>Movie Night</b>	<b>8:00p-9:00p</b> In House Meeting
<b>11:30p</b> Curfew	<b>11:30p</b> Curfew	<b>11:30p</b> Curfew	<b>12:30p</b> Curfew	<b>12:30a</b> Curfew	<b>12:30a</b> Curfew	<b>11:30p</b> Curfew





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## **RESIDENT DISCIPLINE**

*It is the policy of House of Isaiah to safeguard the safety and well being of all residents.*

**Disciplinary action may be taken by the Executive Director to maintain order and act in the best interest of all residents. Physical discipline is strictly prohibited. Residents shall not be subject to any harsh, cruel, or excessive discipline. Discipline shall not be used for the convenience of any staff member. Residents shall not be detained against his will or consentor's will, or denied communication with his family as a means of resident discipline. Residents shall not be allowed to prescribe or inflict discipline on another resident. This does not prevent House of Isaiah from having a system of resident government. Discipline is to be administered in a fair and equitable manner.**



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# **PROGRAM**

# **RULES**



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## CLIENT RULES

### **TELEVISION:**

The Executive Director or designee shall approve television and VCR viewing. The television room is available during free time.

### **SMOKING:**

Smoking in bed is specifically prohibited. Residents are provided with a designated smoking area, and it is prohibited outside of the designated area. NO EXCEPTIONS

### **CONTRABAND:**

- Possession or use of any alcoholic beverage or non-prescribed drug will result in either immediate dismissal from the program or return to Phase One Status. The Executive Director will determine this decision after considering all facts.
- Residents must submit to urine screening for the detection of alcohol and drugs and may be searched if it is deemed necessary by staff at any time.
- Pornography is prohibited.
- All outside reading materials must be approved by staff. Personal items deemed contraband or inappropriate which are surrendered on admission will be returned upon discharge. Items confiscated at any other time during the program shall NOT be returned.

Residents may not possess a weapon of any kind. Determination of what constitutes a weapon is at the discretion of the staff.

### **VISITATION:**

Visitation hours are permitted from 1:00 PM until 5:00 PM on Sunday afternoons.

New residents are not allowed visitors for the first three (3) weeks during orientation.

The residents are allowed the names of a maximum of four (4) staff approved visitors on their visitor list to include parents, spouse, children or close relatives. These names may be changed periodically with the consent of the Executive Director and staff. Any unauthorized visitors whose names do not appear on the visitor list will not be permitted on the premises and will be asked to leave.

Residents and their approved visitors shall remain in the day area or on the floor square. Failure to comply with the visitation rules will result in loss of visitation privileges



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## CLIENT RULES CONTINUED

### **OFF-CAMPUS VISITATION:**

Residents must successfully complete Phase 1 and 2, exhibit good work ethics, receive all negative UA's and have a positive attitude about recovery and completing the program.

### **FOOD SERVICES:**

Nutritional meals are served either family style or cafeteria style. Snacks are also provided. Residents must be present and on time for all meals unless ill. Meals are served at; the following times.

Breakfast	8:00 AM
Lunch	1:00 PM
Dinner	4:00-5:00 PM
Snack	10:00 PM

Food and beverages are allowed in the kitchen and dining room only.

### **TRANSPORTATION:**

Transportation will be provided to and from all classes, meetings, and sessions. Residents will not operate any vehicle owned by the House of Isaiah.

**Absolutely NO eating, drinking, or smoking in the vehicles.**

### **TELEPHONE:**

A pay phone is available for residents' use (with permission), in accordance with current status privileges during FREE time. Calls are limited to 10 minutes per call.

Residents will not receive collect calls during their stay at House of Isaiah.

Failure to comply with the telephone usage rules will result in loss of telephone privileges.

### **MAIL:**

Residents may receive incoming mail sent to them c/o House of Isaiah, PO BOX 1405, Mabank, TX 75147. Each day mail is picked up, sorted and then distributed at the house meeting the next morning. Mail must be opened in the presence of a staff member.

Residents are encouraged to write home weekly. Paper, pens, and envelopes are provided. Stamps may be purchased. Outgoing mail should be given to the office personnel.



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## **FURTHER RULES AND EXPECTATIONS**

### **LIVING AREA:**

1. Clothing should be either folded in the dresser or hung neatly in the closet.
2. Shoes are either lined up in the closet or under the bed.
3. Beds should be made neatly with pillows in the proper place.
4. Horizontal surfaces (shelves, dresser tops, etc.) are to be dusted daily.
5. Posters, calendars or pictures will not be attached to the walls or furniture, regardless of subject matter.
6. Residents may not store food, candy, etc. in their personal area.
7. Living areas should be kept inspection ready at all times.

### **BATHROOM AREA:**

Keeping the bathroom area clean is everyone's responsibility. Sinks are to be cleaned after each use, toilets brushed and paper picked up. With so many using the bathrooms, they can become a health hazard quickly. Every one must cooperate!

In our close, confined quarters, it is necessary for everyone to practice good grooming and personal hygiene daily.

Horseplay is not allowed in the bathroom facilities.

Remember others are waiting their turn, be considerate.

### **DINING ROOM & KITCHEN AREA:**

1. Only staff and \or kitchen crew is permitted in the kitchen.
2. No sitting on the tables.
3. For health reasons, trading food is not an acceptable practice.
4. The cleanup crew must make certain that dishes are washed, dried, put away, and ensure that the counters are clean.
5. *Remember to give thanks to whom all praise is due.*



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## **FURTHER RULES AND EXPECTATIONS**

### **ATTENDANCE:**

All residents will attend AA\NA meetings with the group.

All residents will attend scheduled classes and events together.

Please don't try to pull a "dope fiend move" we've heard them all.

### **EARLY DISMISSAL:**

House of Isaiah shall not detain anyone against his will. If a resident decides to leave prior to completion of the program, he will be asked to sign a demand for release and be allowed one telephone call. House of Isaiah is not responsible for transportation home, but will transport a resident to the nearest Salvation Army. A resident whose behavior results in administrative discharge will be dismissed during normal business hours after given the opportunity to make ONE phone call to arrange for transportation, unless the resident becomes disruptive to the program or other residents, and \or becomes a danger to himself or others. In that case, 911 will be called to have the resident removed from the premises. A resident on probation\parole wishing to leave the program prematurely will be strongly encouraged to talk with his probation\parole officer prior to discharging himself. In any event, probation\parole officers will be notified. If the resident discharges from the program without having the recommendation of the Executive Director, that resident will not be allowed on any House of Isaiah property for six months.



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## PASS GUIDELINES

Clients are eligible for a pass after they have been in the HOI program for 6 weeks. Passes may be taken every 6 weeks thereafter with a possible increase in time with each pass.

1st Pass	24 Hours
2 <sup>nd</sup> Pass	36 Hours
3 <sup>rd</sup> Pass	48 Hours
4th Pass	60 Hours

Pass requests must be turned in to the case manager by the proceeding Monday.

To qualify for a pass clients must meet the following requirements:

- a) Current in all book work.
- b) Know verses appropriate for length of time in program and current phase.
- c) Program compliance.
- d) No write-ups.
- e) 6 weeks since last pass.

VSP (Very Special Pass) requests can be made for special situations that may come up between 6 week passes (i.e. funerals, family emergency, young dependent child's birthday). However, a-d of the above requirements must be met.

Before a pass can be approved in staffing the following is required:

- a) What are the client's plans for the pass?
- b) Where will the client stay while on pass?
- c) Who will the client be with while on pass?
- d) Phone numbers to contact client while they are on pass.
- e) Case manager must contact family & confirm that they are in agreement with pass request.
- f) Client must agree to attend AA/NA meeting while on pass & bring back verification.

Once a pass has been approved a copy with contact information must be given to the house supervisor.

After the pass, the case manager is to make a follow-up call to the client's family.

UA's are required on all clients after they return from a pass.

Per Isiah, clients that have relapsed & returned to the program will be allowed a 24-Hour pass before returning to the Recovery Home.



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## RELAPSE CONSEQUENCES

### RESIDENTIAL PROGRAM

**1<sup>ST</sup> OCCURRENCE - ADDITIONAL 30 DAYS IN PROGRAM**

**2<sup>ND</sup> OCCURRENCE - ADDITIONAL 60 DAYS IN PROGRAM**

**3<sup>RD</sup> OCCURRENCE - ADDITIONAL 90 DAYS IN PROGRAM OR:**

**Case Managers will make a recommendation regarding the client continuing the program, client discharge from the program, referral to another program. The client and his family are welcome to meet with the Appeals Committee\* before a final decision is made by the Executive Director.**

**OUTPATIENT COUNSELING WILL BE REQUIRED FOR CLIENTS WHO HAVE RELAPSED**

### SOBER-LIVING HOMES

**1<sup>ST</sup> OCCURRENCE - RETURN TO PROGRAM FOR 30 DAYS**

**2<sup>ND</sup> OCCURRENCE - RETURN TO PROGRAM FOR 60 DAYS**

**3<sup>RD</sup> OCCURRENCE - RETURN TO PROGRAM FOR 90 DAYS OR**

**Case Managers will make a recommendation regarding the client continuing the program, client discharge from the program, referral to another program. The client and his family are welcome to meet with the Appeals Committee\* before a final decision is made by the Executive Director.**

**OUTPATIENT COUNSELING WILL BE REQUIRED FOR CLIENTS WHO HAVE RELAPSED**

**The fee for additional time in the program due to relapse will be \$500/mo. HOI & \$500/mo. counseling.**

\* The Appeals Committee was established to give the client and his family an opportunity to present information, which may be helpful in determining the client's future in the recovery program at House of Isaiah. The committee consists of case managers and parent representatives from the Parent Support Group that have been appointed by the Executive Director.

The Appeals Committee will make a recommendation, based on the information presented and the client's history with House of Isaiah, to the Executive Director for the final decision.





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## **WRITE-UP CONSEQUENCES**

1ST WRITE-UP IN MONTH = 1 DAY WOODPILE

2ND WRITE-UP IN MONTH = 3 DAYS WOODPILE

3RD WRITE-UP IN MONTH = INCIDENT REPORT

## **INCIDENT REPORT CONSEQUENCES**

1. LOSS OF TELEPHONE PRIVILEGES
2. LOSS OF VISITATION DAYS
3. LOSS OF TIME ON NEXT PASS
4. LOSS OF NEXT PASS

CONSEQUENCES WILL BE DETERMINED BY INFRACTION

REFUSAL TO SIGN & ACCEPT CONSEQUENCES MAY RESULT IN DISCHARGE FROM THE PROGRAM.

CLIENTS WILL BE EXPECTED TO HOLD EACH OTHER ACCOUNTABLE TO PREVENT OTHERS FROM LOSING THEIR PRIVILEGES.



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## **SAMPLE BEHAVIORS RESULTING IN WRITE-UPS**

- 1) Missing roll call**
- 2) Late to class**
- 3) Missing class**
- 4) Leaving class**
- 5) Not performing assigned duties**
- 6) Not performing daily duties**
- 7) Not cleaning up personal living area**
- 8) Smoking out of designated areas**
- 9) Disrespecting staff**
- 10) Breaking curfew rules**
- 11) Wearing jewelry**
- 12) Urinating outside**
- 13) Chewing tobacco or dipping snuff in class**



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## **SAMPLE BEHAVIORS RESULTING IN INCIDENT REPORTS**

- 1) Fighting**
- 2) Smoking in buildings**
- 3) Returning late from pass**
- 4) Refusing to attend church**
- 5) Possession of drugs or alcohol**
- 6) Dirty UA**
- 7) Destruction of property**
- 8) Use of facility phones without staff permission**
- 9) Sneaking out**
- 10) Having unauthorized visitors**
- 11) Possession of weapons**
- 12) Giving or getting tattoos**
- 13) Body piercing**
- 14) Possession of disallowed items (i.e. cell phones, walkmans, cameras, laptops, inappropriate pictures, posters, magazines)**



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## SUNDAY LUNCH PASSES

**CLIENTS IN PHASE III WITH NO DISCIPLINARY ACTIONS MAY HAVE A 2 HOUR PASS ON THE FOLLOWING SUNDAYS WITH THEIR IMMEDIATE FAMILY.**

**PHASE III (MONTH 5) EVERY OTHER WEEK**

**PHASE III (MONTH 6) EVERY WEEK**

## GRADUATION SUNDAY

**CLIENTS (ALL PHASES) MAY GO ON A 2 HOUR DINNER PASS WITH THEIR IMMEDIATE FAMILY, IF THEIR FAMILY ATTENDS BOTH THE FAMILY SUPPORT MEETING AND GRADUATION.**

**NOTE: THE FAMILY MUST SIGN IN AT THE FAMILY SUPPORT MEETING AND SIGN THE CLIENT BACK IN WHEN THEY RETURN TO THE RANCH.**

**FAILURE TO SIGN IN MAY  
RESULT IN A CONSEQUENCE FOR THE CLIENT**



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## What to Bring

ITEM	DESCRIPTION	QUANTITY	DO NOT BRING!!
BIBLE		1	Jewelry (including earrings)
SLACKS	DRESS	2-3	Clothes with negative slogans
JEANS	CASUAL	3-5	Pocket knives or other weapons
SOCKS	DRESS/CASUAL	3-5	Personal Vehicle
SHIRTS	DRESS	2-3	Radios/CD/Cassette Players
WHITE SHIRTS	DRESS	3-5	Drugs of ANY Kind
BELT	DRESS	1	
TIES	DRESS	3-5	
SHORTS	CASUAL	5	
SWEAT PANTS		2	
SWEAT SHIRT		2	
TENNIS SHOES	CASUAL	2	
UNDERWEAR	CASUAL	5-7	
SHIRTS	CASUAL	5-7	
HOUSE COAT	CASUAL	1	
SLIPPERS	CASUAL	1	
TOWELS		3-4	
BOOTS/OLD SHOES	WORK	1	
GLOVES/HAT	WORK	1	
PANTS	WORK	1	
LIGHT JACKET	CASUAL	1	
<b>OTHER ITEMS ACCEPTABLE TO BRING</b>			
Cigarettes			
Toothbrush			
Toothpaste			
Soap			
Shampoo			
Razor			
Shaving Cream			
Cologne			
Other Toiletries			



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*“If you want something you’ve never had, You must be willing to do something you’ve never done!” - Isaiah Robertson*



## HOUSE OF ISAIAH

HOI / Athletes for a Drug-Free America, Inc.

P.O. BOX 1405

MABANK, TX 75147

### CONTACT INFORMATION

Phone 903-887-1373

Fax 903-887-3981



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