

## Hope House

Substance Abuse Program - [www.hopehouseoc.com](http://www.hopehouseoc.com)

(714) 776-6090 Residential Facility (714) 776-7490 Administrative Offices

Hope House is a private, nonprofit, inpatient program for adults with substance abuse problems. We have been treating adults for more than 35 years, providing long-term treatment.

Hope House addresses the behaviors and the emotions behind addiction. Clients learn a variety of tools to help them control behaviors from within themselves instead of relying on others. The program's primary focus is to have clients work through the resident hierarchy. Clients must respect authority, take on responsibilities, and work with fellow clients in a team environment. Clients develop impulse control, learn how to delay gratification and acquire other life skills necessary for successful reentry into the community.

Treatment includes individual therapy, group therapy and education about addiction. Clients discover the values, beliefs, and feelings that contribute to their addictive behavior.

Hope House gladly accepts your tax-deductible donations, including cash donations, food, household items, and used automobiles.

*Hope House is funded by Orange County Health Care Agency*



**“Our mission is to  
provide Orange County  
adults with supportive,  
comprehensive,  
treatment for chemical  
dependency”**

**Hope House**  
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[www.hopehouseoc.com](http://www.hopehouseoc.com)

# Substance Abuse Program

## Repairing Shattered Lives

**...discover the values  
beliefs and feelings  
that contribute to  
your addictive behavior**



**Hope House**  
Substance Abuse Program

## HOPE HOUSE CLIENTS

- ▶ Men and Women 18 and Older
- ▶ Drug and Alcohol Abusers
- ▶ Probation and Parole Referred
- ▶ Drug Court Referred
- ▶ Court Ordered
- ▶ Self-committed
- ▶ Selected Dual Diagnosed

### Therapeutic Services

- ▶ Structured Daily Routine
- ▶ Living Skills
- ▶ Impulse Control
- ▶ Individual Therapy
- ▶ Group Therapy
- ▶ Communication Skills
- ▶ Sober Support System
- ▶ Relapse Prevention
- ▶ Family Support/Education
- ▶ Family Therapy

## HOW TO GET INTO HOPE HOUSE - Admission -

- ▶ Orange County Resident or Homeless
- ▶ California ID or California Driver's license
- ▶ Social Security Card & Social Security Benefit document showing proof of earnings
- ▶ Desire for Recovery
- ▶ Prescreening Interview
- ▶ Minimum 24 Hours Sobriety

Hope House of Orange County is a long-term, 3-month, residential treatment facility.

We are designed to treat the whole person in a therapeutic and structured environment.

If you or someone you care about is interested in long-term treatment, call to schedule a prescreening interview.

## THREE PHASE PROGRAM - First Phase -

- ▶ Learn Responsibilities
- ▶ Explore Feelings
- ▶ Increase Awareness
- ▶ Improve Impulse Control
- ▶ Delay Gratification
- ▶ Improve Communication Skills

New residents adjust to the program by exploring their behaviors and feelings daily.

Residents understand why drugs or alcohol became a way of life. They identify the "red flags" leading to relapse. Residents understand the decisions and choices they make.

A resident's goal is to take responsibility for his or her life.

Hope House believes substance abuse is a symptom of other issues and the abuser can achieve sobriety by dealing with these issues.

## THREE PHASE PROGRAM - Second Phase -

- ▶ Increase Responsibilities
- ▶ Work with Others
- ▶ Develop Living Skills
- ▶ Improve Attitude
- ▶ Understand Decisions
- ▶ Develop Sober Support

Residents in the second phase begin to help run the program by participating in peer management. They are required to take more responsibility for themselves and their peers.

Residents learn how their choices and actions affect themselves and everyone around them.

At the end of second phase, residents look for fulltime employment in the community.

## THREE PHASE PROGRAM - Third Phase -

- ▶ Increase Responsibilities
- ▶ Fulltime Employment
- ▶ Money Management
- ▶ Cope With Stress
- ▶ Prepare to Re-enter the Community

Residents in the program's third phase continue to live at Hope House while preparing for entry into the outside world.

Residents work fulltime in the community, save money, and develop outside support systems through Alcoholics Anonymous, Narcotics Anonymous and other appropriate programs and activities.

When a resident has demonstrated emotional maturity, financial readiness and job security, he or she petitions for graduation.

The logo for Hope House Substance Abuse Program features a stylized house icon above the text "Hope House" in a large, bold, serif font. Below "Hope House" is the text "Substance Abuse Program" in a smaller, sans-serif font.