

Our Mission

Hope for Tomorrow's mission is to provide safe, structured, substance-free housing, in conjunction with ongoing professional counseling, to individuals recovering from substance abuse/dependence, pathological gambling and/or nicotine dependence. Our objective is to teach individuals with chronic substance use disorders and/or compulsive pathological gambling addictions how to "**build their lives around recovery instead of building their recovery around their lives**"®.

Since its inception, in October of 1999, Hope for Tomorrow has helped hundreds of individuals reunite with their families, develop a lifestyle centered on concrete spiritual principles, and incorporate a standard of living that fosters their emotional, mental, physical and spiritual well-being.

We Offer

Safe, structured, supportive and affordable, alcohol and drug-free housing, comprehensive medical/medication monitoring, peer-led community gatherings, professional guidance and support, supplementary food pantry, nearby transportation/employment/shopping/twelve step meetings, exercise equipment, washer/dryer, local telephone service, cable television, spacious living quarters, alcohol and drug counseling, spiritual guidance, and pathological gambling Counseling.

" Building lives around recovery instead of building recovery around lives". ®

This is more than our motto, it is the core of our programs and the axis of treatment. Individuals that place recovery first and foremost in their life achieve long-term *uninterrupted* sobriety, and those that allow life's distractions (e.g., work, family, relationships, financial wants, etc...) to interfere with their recovery process will relapse!

Jeff Gilbert, Founder & Executive Director

We offer DASA licensed residential and outpatient services. In addition, Hope for Tomorrow, Inc. is a proud member of the Illinois Association of Extended Care (IAEC) and the National Association for Addiction Professionals (NAADAC).

Funded, in part, by the Illinois Department of Human Services, Division of Alcoholism and Substance Abuse, Fox Valley United Way, and The 708 Inc. Board.

Professional clinical services are licensed by the Illinois Department of Human Services, Division of Alcohol & Substance Abuse (DASA).

- DASA Licensed Recovery Homes for Adult Men & Women (24 beds)
- Level I Adult Alcohol & Drug Treatment
- Level I Adolescent Alcohol & Drug Treatment
- Level II Adult Alcohol & Drug Treatment
- Level II Adolescent Alcohol & Drug Treatment
- DUI Evaluation / DUI Remedial Education
- Early Intervention Treatment

In addition, we provide:

- Independent Living Program (ILP) for Men (5 beds)
- FAMILY FIRST—A residential facility that holistically addresses substance use & mental health disorders to the entire family under ONE ROOF.
- Certified Pathological Gambling Treatment
- Relapse Prevention
- Family Support / Reunification
- Introduction into 12-Step Programs
- Case Management, focusing on
- Employment, education, financial management, and self-sufficiency; and
- Assistance with medical and mental health treatment, under the supervision of a Medical Director.

CORPORATE OFFICE LOCATION

44 ½ W. Downer Place Suite 39 Aurora, IL. 60506
(630) 966-9000 Fax: (630) 966-9002
Toll-free: (866) 301-HOPE

WEBSITE: www.hopefortomorrow.net

MY SPACE: www.myspace.com/hopefortomorrow_net

EMAIL: jeffgilbert@hopefortomorrow.net

Jeff Gilbert, M.A., C.A.D.C., P.C.G.C., MISA 1
Founder & Executive/Clinical Director

2005 Jefferson Award Honoree

"True recovery requires a mindful transformation that replaces negative thoughts and behaviors with positive ones".

Jeff Gilbert

Hope for Tomorrow, Inc.
"Building lives, Restoring hope & Strengthening families, & Improving Communities"

One Agency → Multiple Locations → Multiple Levels of Care



Recovery Homes

Licensed by the Illinois Department of Human Services, Division of Alcoholism & Substance Abuse (DASA)

Frequently Asked Questions

What about employment? Do I have to work?

- ☞ Yes. Everyone must secure full-time employment within seven (7) days of residency (*including Saturday*).
- ☞ Only first or second shifts are approved working shifts.
- ☞ Unemployed residents must be off-site between 8:00 a.m. & 4:30 p.m..
- ☞ Residents must attend a daytime meeting while job searching.
- ☞ All residents must contact the administrative office daily while searching for employment. Unemployed residents are advised to seek job counseling through the Illinois Employment Training Center (IETC).
- ☞ Once full-time employment is secured, residents must complete a comprehensive financial budget.

How much are the fees?

- ☞ Fees are \$154 per week. In addition, a \$100 Aftercare Deposit is required for all residents. This deposit covers the first ten weeks of psychosocial relapse prevention coaching for residents who successfully complete our program. Should a resident prefer to complete aftercare elsewhere, this fee is transferable as long as the agency/therapist is licensed and/or DASA recognized.

Are there house chores?

- ☞ Yes. All residents are expected to complete house chores. Chores are designed to aide in the development of independent living skills. The house manager will assign and monitor resident chores. All chores must be completed before a resident leaves for work or no later than 9:00 a.m.

Can I have visitors?

- ☞ Yes. Residents must notify peers when they are expecting visitors. Visitation is to be confined to the general living areas only. Visitors are not allowed in any of the bed rooms. There is no visitation before 9:00 a.m. or after 10:00 p.m.. Visitors must adhere to the state and federal confidentiality laws. Under no circumstances will a visitor under the influence of mood-altering substances be allowed on-site.

Is there a curfew?

- ☞ Without exception, curfew is at 12 midnight - 4:30 a.m. (*DAILY*). Phase One resident curfew is 11:00 p.m.

What about meals /food?

- ☞ An in-house *supplementary food pantry* is available to residents. Meal preparation is the responsibility of the resident. Food is to be prepared and eaten in designated areas only.

Do you conduct random urine and/or alcohol screenings?

- ☞ In order to ensure a safe and drug-free living environment for all residents, the use of mood-altering substances - on or off property - is strictly prohibited. Refusal to submit to testing or testing positive will result in an immediate referral to a more appropriate level of care, termination of residency, and forfeiture of your fees and incentive deposit. A \$40.00 fee may be imposed for residents displaying behaviors that are indicative of active addiction.

Are there any groups at the house?

- ☞ Yes, all residents are required to attend a weekly community education group. The group focuses on relapse prevention, behavior modification, spirituality, occupational and financial counseling, impulse control, self-esteem, core belief systems, and a variety of other recovery-based subjects.
- On Thursday evenings (8:00 - 9:00 p.m.) an in-house Big Book study group is available, and on Tuesday evenings, a Living Sober meeting is also available to residents. Then, on Sunday evening, a 12 & 12 meeting is available at one of the men's residence.

Can I receive independent or group counseling?

- ☞ Ongoing counseling is required for all residents. Hope for Tomorrow offers a psychosocial relapse prevention group to residents/alumni for \$10 per 90 minute session. Reduced rates for 60 minute individual sessions are available. For more information, see a HFT administrator.

Can I take an overnight pass?

- ☞ Upon successful completion of Phase One, residents are allowed to request overnight passes. Specific policies and procedures are outlined in the resident handbook.

How long can I stay?

- ☞ We require that all residents make a minimum six month commitment to the house. Residents may remain in residency as long as they are achieving life goals and there is mutual benefit between the program and the resident.

Can I bring my car and/or motorcycle?

- ☞ Residents are allowed to have automobiles and/or motorcycles. The resident must **FIRST** provide Hope for Tomorrow with a copy of their valid driver's license, vehicle registration and proof of insurance.

What amenities are provided?

- ☞ Hope for Tomorrow provides a washer/dryer, cable television, local telephone service, supplementary food pantry, exercise equipment, professional clinical guidance, and comprehensive medical assistance to residents.

What about a waiting list?

- ☞ At times, it may become necessary to place individuals on a waiting list. In such circumstances, we require interested applicants to check-in on **Monday & Thursday** in order to maintain a current filing status. Failure to check-in on a timely basis will jeopardize your intake placement. Residents must provide *current* tuberculosis test results and other requested documentation prior to admission.

Phase System & Phase Advancement

- ☞ Hope for Tomorrow, Inc. has developed a phase system that advances and rewards residents through their recovery process. Phases are designed to mark milestones in the progress each resident makes in their quest for self-sufficiency. As a resident accomplishes identified tasks in a phase, they can apply for advancement into the next phase.

Residential Requirements

Abstinence from all mood-altering substances, full-time employment (*first or second shifts only*), involvement in on-going independent counseling, twelve step meeting attendance, active involvement with support groups and sponsorship, compliance with curfew restrictions (12 a.m. to 4:30 a.m.), on-going community service, spiritual development, completion of daily house responsibilities (chores) and other duties (as assigned/monitored by house manager), financial and medication management ...

Principles of The Twelve Steps

<u>Step #</u>	<u>Principle of that step</u>
1.	Honesty
2.	Hope
3.	Faith
4.	Courage
5.	Integrity
6.	Willingness
7.	Humility
8.	Brotherly Love
9.	Self-Discipline
10.	Perseverance
11.	Awareness of God
12.	Service

"The principles we have set down are a guide for progress..."