



Greetings friends and family of resident,

In an effort to be more effective in the recovery process, we at the Isaiah House have developed a list of priorities to help the recovering addict.

We must as a team be on a unified front in order to help the resident and also help to keep the enabler(s) under control. The enablers in the recovering addict's life also need counseling. It is suggested that while the resident is out of the house for a year that you also get yourself into outpatient treatment.

Here is a list of absolute do's and don'ts in order to put the treatment facility and the families or friends on the same page.

DO's

- 1.) Trust Staff always over the addiction that's speaking! Trust our decisions as to when the resident is ready to go to work, make and receive phone calls, on site or home visits, corrections or disciplinary action or when ready for release. The resident must see the staff and family on a unified front that will not be manipulated by the addiction and this will decrease any opportunity to play one against the other.
- 2.) Always report any unauthorized contact! Any phone calls coming from any place other than Isaiah House phone or a staff cell phone!
- 3.) Always report any information valuable to recovery. For example, bad friends, bad family, good friends, good family. Any history of abuse either to or from sexual, emotional, physical or mental!
- 4.) Inform us of all accounts in residents name such as bank savings or checking, credit cards, debit cards, or loans!
- 5.) Change address of mail to Isaiah House. In order for us to help we must know the whole situation!

DON'TS

- 1.) Never encourage any disobedience or to leave early without staff approval! This means tough decisions must be made. Do not give the resident a ride out or come pick them up. The addiction may be speaking for MONTHS. They will ***never change*** until the pain of remaining the same is greater than the pain of change.
- 2.) Never accept or encourage negative information about house, program, staff, or other residents without approaching staff first!
- 3.) Never encourage or enable unhealthy, unbiblical relationships! We will only recognize wives or fiancées. We will not recognize live-in relationships unless both parties want to get marriage counseling. We will not allow for any union (sexually) between unmarried men and women.
- 4.) Never allow them to go to store or out alone without previous staff approval! 1st or 2nd visit home will always be accompanied by a test for family to perform on resident and bring back after visit.
- 5.) Don't complain about what's going on at home, the bills, the kid's or how hard it is for you. That will only drive the man out of the program too early. If there is an emergency or immediate need do not hesitate to let our staff know. We may be able to help.



6.) Encourage them to work the program to stay!

7.) Abstain from any alcohol yourselves and throw away any in the house!

We encourage you to abstain from the use of nicotine. All tobacco products should be locked away when the resident is on a home visit. Studies show that men with drug addictions are 70 % more likely to stay drug free if they can remain nicotine free. Nicotine is a gateway and trigger drug that artificially stimulates the brain in 10 seconds. The men need to learn that any artificial stimulation will quickly put them back into bondage. We want the men to leave here *completely* free. Throw away all drug paraphernalia and/or YOUR drugs!

If you have prescribed narcotic medications, keep them under lock and key always along with the prescriptions. Never send the addict after your refills to the pharmacy. Throw away all pornographic material! Follow the sobriety rules yourself!

8.) Keep all your money including spare change locked up or secure while resident is on home visit or here!

6.) **Never** give the resident any cash, check, gift card, phone card, food, stamps, clothing without pre-approval from staff! We must maintain control at all times and be fully aware of residents needs always. If you want to send money to the resident make it in cash/check or money order payable to the resident, but send it to the Executive Director.

There are only 2 possible end results if they don't get and stay clean:

Death or Jail.

We must remain in unity to beat this enemy.