

The Journey of Hope Project Welcomes You!

WELCOME TO THE JOURNEY OF HOPE FAMILY. WE'RE GLAD YOU'RE HERE.

WE ARE HERE TO HELP YOU HEAL, LEARN NEW SKILLS, AND CREATE YOUR BEST LIFE.

The Journey of Hope Project is Special

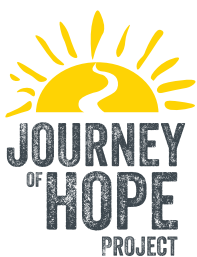
We believe you'll find that JOH is different from other treatment programs you may have been in. What's different about us?

- We believe there are multiple pathways to recovery. We welcome people on all forms of MAT.
- We don't tell you what your goals should be. You set your own goals, and we help you achieve them.
- We don't tell you what to do or what to learn. Instead, we promote choice and try to offer a diverse menu of services that meet your needs.
- You are welcome to stay in the program for a long time to build a strong foundation for recovery.
- We can connect you with a community of people who have had similar life experiences.
- We help you find your strengths and use those strengths to build your life.
- We don't cut you off from the outside world. Instead, we encourage you to build community and have healthy relationships with the people you care about.
- We connect members to long-term housing opportunities and to supports that help you maintain your housing and wellness after you've left JOH.

Join In!

We understand that it may take some time to feel comfortable here. To help you get to know the project and what we offer, your therapist and other staff will help you find activities to join. Here are some of the things you could do:

- Go on community outings
- Join therapy groups (individual, group, or family)
- Make your own wellness plan or treatment plan
- Learn new skills
- Attend seminars
- Create an income plan and budget
- Work with a Peer or Recovery Specialist, Intensive Case Manager, or Targeted Case Manager
- Go to support groups such as 12-Step, SMART Recovery, Refuge Recovery, or spirituality groups
- Work with staff to get your benefits and medical care
- Get your ID
- Take steps to get a job



The Journey of Hope Project Welcomes You!

WELCOME TO THE JOURNEY OF HOPE FAMILY. WE'RE GLAD YOU'RE HERE.

Help Yourself and Others

Living with others in a recovery program also comes with responsibilities. At JOH, your main responsibilities are to:

- Try new things.
- Join daily activities that build recovery and wellness.
- Participate in household management and work therapy.
- Complete assignments your therapist gives you.

- Practice the skills you learn.
- Practice safety for yourself and others.
- Communicate with staff and others so you get the support you need.

Learning new ways of life can be challenging. If you feel like using substances, please tell staff or a member of your wellness team. You are not alone, and we will help you get through it.

Stay Awhile!

Making big changes is hard. You may feel uncomfortable at times. But please tell us if you feel unsafe in any way, or if you feel like leaving the program. Staying with JOH until you successfully complete treatment — and beyond — is very important to us. We are here to help you use your skills to overcome challenges and complete the

program. And we encourage you to stay connected with the JOH family through our active alumni community.

We are excited that you have decided to start your healing process with us.

We look forward to getting to know you and working with you to achieve your wellness goals.

