

WE'VE BEEN AROUND, WE'LL BE AROUND.

You can count on us.

Volunteers of America is a national, nonprofit, spiritually based organization providing local human service programs and opportunities for individual and community involvement. In Massachusetts our human service programs help abused and neglected adolescents, adults and youth in recovery from drug and alcohol addiction, and elders in need of housing and health services. We reach out to those most in need, especially the vulnerable, the hardest to serve, and those facing multiple challenges. Our programs are designed to rehabilitate, not just treat symptoms, and our professional staff and volunteers are committed to a comprehensive mission to serve the whole person.

Volunteers of America—Massachusetts
441 Centre Street
Jamaica Plain, MA 02130
617.522.8086
www.voamass.org

FOR US, IT'S ABOUT OPENING OUR HEARTS TO ALL
and seeing the potential
in everyone...

Hello House, Men's Program is one of several Volunteers of America programs in Massachusetts. Listed below are additional programs run by Volunteers of America focusing on adult substance abuse, at-risk youth and senior services.

Hello House, Women's Program is a residential recovery program for women coping with drug addiction and alcoholism.

Next Step Apartments offer a reasonably priced alternative for men and women committed to the recovery process. Independent living skills are combined with support from the residents and program staff.

Casa Isla is a secure residence for adolescent boys referred by the Massachusetts Department of Youth Services, providing intervention and case management for youth and their families.

Rebound is a residential treatment program for adolescent boys recovering from substance abuse. Issues addressed include physical and mental health, educational and vocational goals, resolving legal matters, and dealing with interpersonal and family issues.

Shiloh House is a congregate care center for adolescent girls experiencing serious problems within their homes, schools, or society, and suffering from emotional, behavioral, or substance abuse issues.

Concord Park Assisted Living is an independent and assisted living residence for elderly men and women featuring a Memory Support Neighborhood for individuals with memory loss and early-stage Alzheimer's Disease, located in Concord, MA.

Nashoba Park Assisted Living is an independent and assisted living community offering seniors gracious accommodations, a full range of supportive services and many affordable amenities, located in Ayer, MA.

The Family Center for Counseling and Education is a licensed community mental health clinic providing psychological assessment and treatment for individuals, groups, families, and elders. The Family Center attends to the emotional and social needs of adults, elders, and their families, and offers outpatient counseling to residents of assisted living and nursing homes throughout the Massachusetts area.



MASSACHUSETTS

HELLO HOUSE MEN'S RESIDENTIAL RECOVERY PROGRAM



A RESIDENTIAL COMMUNITY

*dedicated to returning men to the community
sober, employed and committed to an
ongoing recovery process*

Hello House, Men's Program

686 Massachusetts Avenue

Boston, MA 02118

Phone: 617-262-7142

Fax: 617-859-0880

www.voamass.org

Funded by the Massachusetts Department of Public Health

human potential

**WE PROVIDE SHELTER FROM THE STORMS OF LIFE
for people who need it the most...**

we're here to help

Hello House, Men's Program offers a comprehensive treatment experience for those coping with drug and alcohol addiction. Our mission is to return men to the community sober, employed, and committed to an ongoing recovery process. We provide a treatment environment firmly grounded in the teachings of AA/NA using group and individual counseling to educate and actively engage residents in issues that support recovery.

our approach

Our philosophy of treatment is firmly grounded in the belief that:

- Drug and alcohol addiction is a progressive and ultimately fatal disease
- Proper participation in treatment can arrest the disease
- Abstinence is the most widely prescribed approach and represents the best hope for maintaining a productive lifestyle
- To acquire sober living skills one must pursue a positive program for sobriety

Treatment at our Hello House program is comprised of:

- Educational seminars on alcoholism, drug dependency, relapse prevention and issues of early sobriety
- Active involvement in AA/NA and an understanding of the Twelve Steps, through study and practice
- Structured opportunities for clients to demonstrate an acceptance of addiction and a commitment to change
- Active participation in outpatient and community-based counseling
- Preparation for and a commitment to employment and community service
- Supportive counseling for individuals in need
- Practical aftercare planning including continuing self-help support, vocational development and housing referrals



who we serve

Hello House has served clients with a broad variety of need since 1969. We encourage the referral of all men regardless of race, creed, national origin, sexual orientation and religious preference. Our residential programs reflect the diversity of the community at large. We have historically specialized in serving those who are chronically homeless and re-entry clients that are HIV+ or have co-occurring disorders. We work with health providers to meet the accompanying health needs of each client.

referrals are welcomed

Referrals are accepted from other substance abuse treatment programs, employee assistance providers, family members, community groups, courts and criminal justice programs, and anyone seeking to support those struggling with addiction. Referrals can be submitted Monday through Friday, 9:00 am to 5:00 pm by calling 617-262-7142. Priority is given to those who are homeless and meet the following criteria:

- Males who are at least 18 years of age
- Willing to work, or for those who are receiving SSI/SSDI, willing to perform volunteer community service
- Willing to participate in a structured treatment environment while maintaining abstinence from alcohol and other nonprescribed drugs
- Interact with others seeking treatment for alcoholism and drug addiction
- Willing and able to comply with all program guidelines and rules

Next Step Apartments

One of the most difficult transitions for recovering men is from the treatment center to the community. They face the prospect of loneliness and isolation when living in a room or apartment by themselves which often leads to relapse. To address this issue, we have the Next Step Apartments.

Next Step offers a reasonably priced housing alternative for men and women committed to the recovery process. There are currently 4 male beds and to be considered for admission into our Next Step Apartments residents must:

- Have completed the Hello House recovery treatment program
- Actively participate in their AA/NA group
- Have an AA/NA sponsor
- Participate in outpatient counseling



Just For Today

Recovery can be had by everyone committed to the process, but it can only happen one day at a time, so until then tell yourself:

Just for today, my thoughts will be on my recovery, living and enjoying life without the use of drugs.

Just for today, I will have faith in someone in NA/AA who believes in me and wants to help me in my recovery.

Just for today, I will have a program.

I will try to follow it to the best of my ability.

Just for today, through NA/AA, I will try to get a better perspective on my life.

Just for today, I will be unafraid, my thoughts will be on my new associations, people who are not using

and who have found a new way of life.

So long as I follow that way, I have nothing to fear.

sober living

recovery