

THE OUR HOUSE PROGRAM

Our House is a program for men and women who have addictions and who often are homeless. The participants live together as a family in a residential neighbourhood.

As in any family, they share the tasks of daily life – cooking, house cleaning and maintenance and personal care.

But, in addition, they must meet each morning as a group to talk about their problems and their experiences of living with addiction

The program assists residents towards recovery and helps them “re-socialize” into mainstream society.

The program is based on self-help; it employs no professional staff.

ADDICTION IS NOT A LIFE-STYLE CHOICE

It is like an illness and it can hit anyone.

There is no “cure” other than abstinence.

The power of addiction can lead to family breakdown, financial ruin and homelessness.

Philosophy:

Each participant is urged to accept the *Our House* reality:

I am here because I finally understand that I have an addiction and that I am the problem, not others. My secrets keep me sick and hopeless. Through being open and honest with other addicts I can become real and free.

This is my reality.

The Six Recovery Values

- I admit I am powerless over substance abuse. I am an addict.
- With the help of my friends I can take an honest look at myself and identify those aspects of my life that led me to addiction.
- With the help of my friends and with the growing awareness of the higher power which I call God I can start to change the things that keep me addicted.
- Since I have harmed many people I will attempt to make things right with them.
- I will continue to look at myself on a daily basis and when anything bothers me I will name it and talk about it.
- With the help of my friends and God I will try to give other addicts what I have received.

A Closer Look At The Program

The *Our House* program provides the addict, first, with a welcoming, non-judgmental home and, second, with help in reaching a state of permanent abstinence.

1. I am no longer homeless

Recovery from an addiction seldom occurs with a homeless or almost homeless person. Their first need therefore is a home. They immediately enter a clean, safe and welcoming environment. They are no longer living on the street.



2. I am responsible for my own recovery

The daily group meetings provide the opportunity for residents to explore their individual problems and issues which have led to addiction and homelessness.

The discussion is free flowing and has no structure, no time limit and no formal leader.

Self-examination is a crucial tenet of the recovery process.

Length of Residency:

There is no fixed time of residency as everyone needs their own time. An average stay is two years. After moving out, a “graduate” can still participate as they wish.

Entry Criteria:

- Any addict can be admitted to the home if there is a bed available.
- They must not be under the influence of any substance at that time and must express a wish to achieve permanent abstinence.
- They must agree to abide by the Residency Occupancy Agreement.
- In cooperation with the Program Manager, they must develop a personal plan which specifies what steps they must take to meet their objectives.
- If at any time while they are resident they use a substance they are asked to leave the house for the period during which they are “using” but are welcomed back immediately after they are clean (even 1 day) to start over again.

Cost:

Residents are charged a monthly rent dependent on their income.

1130 Jervis Street, Vancouver, BC, V6E 2C7

Incorporated under the Societies Act of BC.

Registered as a charity with Canada Revenue Agency
83301 6629 RR00001

FOR MORE INFORMATION
please contact The House Manager

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Yes, I would like to make a tax-deductible donation to OUR HOUSE.

\$ _____

My Name

Address

email

A tax receipt will be sent to you very shortly by:

e-Mail Canada Post

Mail to: Our House West Coast Society
1130 Jervis Street, Vancouver, BC
V6E 2C7



Our House West Coast Society

A drug and alcohol recovery home and program for addicts the rest of the world has given up on.

A PROGRAM THAT

- ✓ Has no wait time. Space permitting, it takes people in as soon as they apply
- ✓ Has no time limit.
- ✓ Is based on self help. It employs no professional staff and runs at a grass roots level.

Unconditional love is the only thing stronger than addiction. This can be found at Our House.