

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, Women'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, Men's Program** is a residential recovery program for men 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 WOMEN'S RESIDENTIAL RECOVERY PROGRAM



**A RESIDENTIAL COMMUNITY**

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

*Hello House, Women's Program*

*P.O. Box 220648  
Boston, MA 02122  
Phone: 617-471-6616  
Fax: 617-471-6383  
www.voamass.org*

*Funded in part 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, Women's Program offers a comprehensive treatment experience for women attempting to cope with drug and alcohol addiction. Our mission is to return these women 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.



#### Who We Serve

Hello House for Women, located on Boston's Long Island, is a 30 bed treatment residence that serves over 300 women a year. Reflecting the diversity of the community at large, our residential program encourages the referral of all women regardless of race, creed, national origin, sexual orientation and religious preference. We often extend an extra hand to those women who who may be mothers, or homeless, or clients re-entering society.

#### Our Philosophy

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

### our approach

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 groups focused on motherhood and building healthy relationships
- Practical aftercare planning including continuing self-help support, vocational development and housing referrals
- Yoga Empowerment Sessions



### say YES! with yoga empowerment sessions

In April of 2006, with an overall goal of promoting a positive change and a healthy outlook, Volun-

teers of America implemented a yoga program at Hello House for Women. Every week, residents are required to participate in the yoga lessons taught by a volunteer network of certified yoga instructors. The lessons challenge the women to regain their vital center of energy that has been lost due to years of abuse, neglect and illness.

Studies have shown that yoga may have a significant affect on improving one's quality of life. More specifically, yoga practice can be very beneficial with issues such as addiction, eating disorders and body image concerns. Using the lessons of yoga, we hope to continue to empower residents with mindfulness, stability, patience and acceptance of oneself and the world.

### referrals are welcomed

Referrals are accepted from other substance abuse treatment programs, employee assistance providers, family members, community groups, courts, 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 617-471-6616.** Admission into the Hello House for Women program is based on the following criteria:

- Females who are at least 18 years of age
- Willing to obtain steady employment
- Willing to participate in a structured treatment environment while maintaining abstinence from alcohol and other non-prescribed 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 women 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 8 female 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
- Maintain steady employment

recovery

sober living