

Our Mission

Hope for Tomorrow's mission is empathically and comprehensively teach individuals with chronic substance use, mental health, and other addictive disorders how to lead accountable, responsible, productive, law-abiding, self-sufficient lives.

We accomplish our mission by providing safe, structured, substance-free housing, in conjunction with ongoing professional counseling.

Since its inception, in October of 1999, Hope for Tomorrow has helped hundreds of individuals reunite with their families, develop a lifestyle centered on concrete spiritual principles, and incorporate a standard of living that fosters their emotional, mental, physical and spiritual well-being.

We Offer

Safe, structured, supportive and affordable, alcohol and drug-free housing, comprehensive medical/medication monitoring, peer-led community gatherings, professional guidance and support, supplementary food pantry, nearby transportation/employment/shopping/twelve step meetings, exercise equipment, washer/dryer, local telephone service, cable television, spacious living quarters, alcohol and drug counseling, spiritual guidance, and pathological gambling counseling.

Principles of The Twelve Steps

<u>Step #</u>	<u>Principle of that step</u>
1.	Honesty
2.	Hope
3.	Faith
4.	Courage
5.	Integrity
6.	Willingness
7.	Humility
8.	Brotherly Love
9.	Self-Discipline
10.	Perseverance
11.	Awareness of God

Funded, in part, by the Illinois Department of Human Services, Division of Alcoholism and Substance Abuse, Fox Valley United Way, and The 708 Inc. Board.

Professional clinical services are licensed by the Illinois Department of Human Services, Division of Alcohol & Substance Abuse (DASA).

- DASA Licensed Recovery Homes for Adult Men & Women (24 beds)
- Level I Adult Alcohol & Drug Treatment
- Level I Adolescent Alcohol & Drug Treatment
- Level II Adult Alcohol & Drug Treatment
- Level II Adolescent Alcohol & Drug Treatment
- DUI Evaluation / DUI Remedial Education
- Early Intervention Treatment

In addition, we provide:

- Independent Living Program (ILP) for Men (5 beds)
- FAMILY FIRST—A residential facility that holistically addresses substance use & mental health disorders to the entire family under ONE ROOF.
- Certified Pathological Gambling Treatment
- Relapse Prevention
- Family Support / Reunification
- Introduction into 12-Step Programs
- Case Management, focusing on
- Employment, education, financial management, and self-sufficiency; and
- Assistance with medical and mental health treatment, under the supervision of a Medical Director.

CORPORATE OFFICE LOCATION

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Jeff Gilbert, M.A., C.A.D.C., P.C.G.C., MISA 1
Founder & Executive/Clinical Director
2005 Jefferson Award Honoree

Hope for Tomorrow, Inc.

"Building lives, Restoring hope & Strengthening families, & Improving Communities"

One Agency → Multiple Locations → Multiple Levels of Care



"True recovery requires a mindful transformation that replaces negative thoughts and behaviors with positive ones".
Jeff Gilbert

Men's Independent Living Program (ILP)

Frequently Asked Questions

What is the Men's Independent Living Program?

- The Men's ILP is a peer-led, alcohol and drug-free supportive living environment designed to assist men sustain their recovery from addictive disorders and maintain a self-sufficient lifestyle.

What are the costs associated with the ILP?

- The monthly costs associated with the ILP range from \$400 per month (shared bedroom) to \$625 per month (single occupancy). Fees are paid, in advance, on a monthly basis.

Are there house chores?

- Yes. All residents are expected to complete house chores. Chores are designed to aide in the development of independent living skills. The house manager will assign and monitor resident chores. All chores must be completed before a resident leaves for work or no later than 9:00 a.m.

Can I have visitors?

- Yes. Residents must notify peers when they are expecting visitors. Visitation is to be confined to the general living areas only. Visitors are not allowed in any of the bed rooms. There is no visitation before 9:00 a.m. or after 10:00 p.m.. Visitors must adhere to the state and federal confidentiality laws. Under no circumstances will a visitor under the influence of mood-altering substances be allowed on-site.

Is there a curfew?

- The ILP does not have a designated curfew. Residents are required to inform house peers of whereabouts and remain abreast of their housemates actions.

What about meals /food?

- Meal preparation is the responsibility of the resident. Food is to be prepared and eaten in designated areas only.

Can I bring my car and/or motorcycle?

- Residents are allowed to have automobiles and/or motorcycles. The resident must **FIRST** provide Hope for Tomorrow with a copy of their valid driver's license, vehicle registration and proof of insurance.

Do you conduct random urine and/or alcohol screenings?

- In order to ensure a safe and drug-free living environment for all residents, the use of mood-altering substances - on or off property - is strictly prohibited. Refusal to submit to testing or testing positive will result in an immediate referral to a more appropriate level of care, immediate termination of residency, and forfeiture of your fees. A \$40.00 fee may be imposed for residents displaying behaviors that are indicative of active addiction.

Are there any groups at the house?

- Yes, all residents are required to attend a weekly community education group. The group focuses on relapse prevention, behavior modification, spirituality, occupational and financial counseling, impulse control, self-esteem, core belief systems, and a variety of other recovery-based subjects.

On Thursday evenings (8:00 - 9:00 p.m.) an in-house Big Book study group is available, and on Tuesday evenings, a Living Sober meeting is also available to residents. Then, on Sunday evening, a 12 & 12 meeting is available at one of the men's residence.

Can I receive independent or group counseling?

- Ongoing counseling is required for all residents. Hope for Tomorrow offers a psychosocial relapse prevention group to residents/alumni for \$10 per 90 minute session. Reduced rates for 60 minute individual sessions are available. For more information, see a HFT administrator.

Can I take an overnight pass?

- Residents must complete an overnight pass request and inform their housemates of their plans. Specific policies and procedures are outlined in the resident handbook.

How long can I stay?

- Residents may remain in residency as long as they are achieving life goals and there is mutual benefit between the program and the resident.

What amenities are provided?

- Hope for Tomorrow provides a washer/dryer, cable television, local telephone service, supplementary food pantry, exercise equipment, professional clinical guidance, and comprehensive medical assistance to residents.

How does someone get into the ILP?

- Residents in our ILP come from our Recovery Home (RH) program. Upon successful completion of our RH, applicants can apply for consideration into the ILP.

Freedom from Bondage



At Hope for Tomorrow, we are committed to the belief that our everyone can recover from the deep dark depths of despair. In order to achieve this goal, the recovering alcoholic and drug addict must ***“build their life around their recovery instead of building their recovery around their life”***®. The diagram below illustrates what a recovery-centered lifestyle looks like.



It has been our experience that **individuals who keep recovery first and foremost—above all else—achieve long-term uninterrupted sobriety** and those that allow life's distractions (e.g., work, family, relationships, financial wants, etc...) to interfere with their recovery process relapse! What more can we say?