



## 4<sup>th</sup> Dimension Aftercare Group

### Mission Statement:

*The purpose of the Mark Houston Recovery centers is to provide a safe, secure environment free of alcohol and drugs for a period of 90 days for the adult male alcoholic/addict who wishes to recover and experience permanent sobriety.*

*Our belief is that alcoholism and drug addiction are life long, chronic, progressive dis-eases which demand a life long set of practices as a way of living if we are to experience permanent recovery. Our commitment to our residents is we will provide a set of life skills and spiritual practices which will be incorporated and assimilated into their minds and hearts and allow them to re-create and re-claim their lives.*

As it says above in the Mission Statement, addiction is a life long, chronic, progressive dis-ease. This means that the initial practices that we teach at MHR must be continued and assistance must be given to residents in incorporating these practices AFTER they leave the safety of the facility. After all, the Big Book makes many references to the practices continuing for 'our lifetime.'

Therefore, Mark Houston Recovery has set in place a 'continuing care' group or 'aftercare,' meaning care given after the initial ninety days of the program. This group consists of:

- A 12 Step based, highly accountable, Circle-like experience
- Led by staff members of MHR in conjunction with members of the group
- Groups nucleus will function as other 12 Step groups, i.e. trusted servants
- Members will apply for and contribute to area service commitments
- The group will function with minimal financial support from MHR as members will be expected to support their own recovery and financial sanity
- The group will be held on Thursday evenings from 6pm-6:50pm