

RECOVERY  
HOUSING &  
RESIDENTIAL  
TREATMENT

PROGRESS  
**PH**  
HOUSE  
an Aspire Indiana Health company



Saving Lives and Serving  
Others Since 1961!



### What is a Whole Health Recovery Continuum?

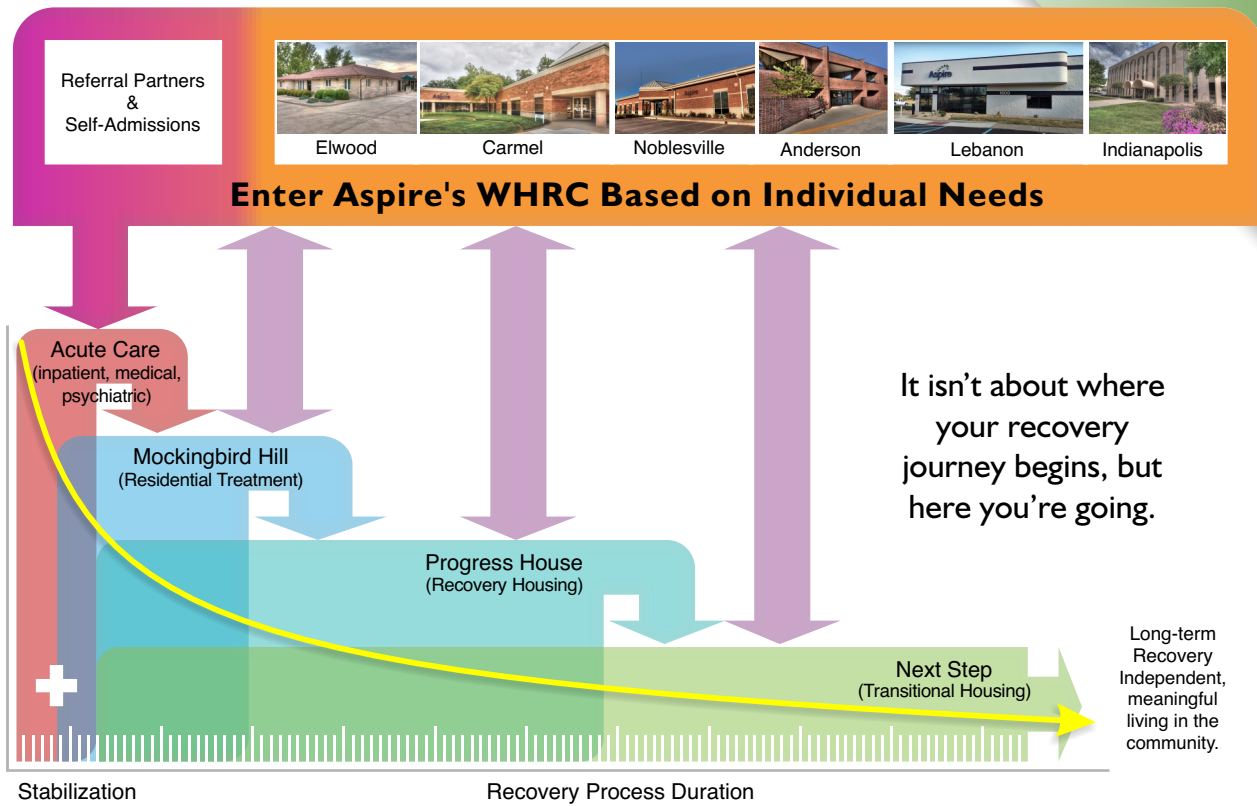
Aspire Indiana Health and Progress House have joined forces to offer an evolution of addiction treatment, which we refer to as the Whole Health Recovery Continuum (WHRC). Instead of scattering the pieces to the recovery puzzle and expecting people to find them, the WHRC brings everything needed for a highly effective recovery program including a stable, safe place to live. In this continuum of care, there is no right or wrong place to enter treatment.

Some may begin their recovery journey at a high-intensity treatment center like our Mockingbird Hill Recovery Center in Anderson. Others might go straight to a recovery residence like Progress House in Indianapolis, where they can enjoy peer support while gaining the skills and stability they need to reclaim their lives and then onto the Next Steps housing program, a network of semi-independent recovery homes. Wherever they enter the continuum, they'll receive the comprehensive help they need:

- Primary medical care
- Behavioral health therapy
- Peer support groups, including 12 Step Recovery Programming
- Medication-Assisted Treatment (MAT)
- Individual case management
- Education and job training
- And more services -- all in one seamless continuum

For some people, they may naturally progress from a high-intensity treatment facility through a recovery residence to semi-independent recovery housing. Others might start and leave from the same point in the Continuum. It all depends on the nature of their individual needs to chart the path their recovery journey will take. But the goal is the same for everyone: to reach a stage of long-term recovery where the disease of substance use disorder (SUD) is no longer controlling their lives.





## A Structured, Sober Living Environment



Progress House provides an opportunity for men seeking permanent recovery from an addiction to any mind-altering substance. Our program is a structured, 3-Phase behavioral health and long term residential treatment program that focuses on the healing of our client's bodies, the transformation of their minds, and the awakening of their spirits.

We are not a traditional halfway house. I have often wondered what does that mean? Halfway to where? We are a Recovery Center and we use proven, evidence-based practices to equip individuals to live an active life in recovery sufficient enough to bring about recovery from substance use disorders. In our experience, a psychic change, also referred to as a spiritual awakening, is required to achieve permanent recovery. The Twelve Steps create the transformation in the individual and our recovery program, including clinical services, provides the framework that increases the likelihood of success.

**Our programming addresses the individual in a holistic manner, which includes mind, body and soul. Upon the solid foundation of the Twelve Steps, we provide the following:**

- Safe, Sober, Affordable Housing
- Recovery Support Services
- Intensive Case Management
- Substance Abuse Counseling
- Medication Assisted Recovery Treatment (MAT)
- Supportive Services (Health Care, Legal, Insurance)
- Relapse Prevention Counseling
- Peer Recovery Support Services / Recovery Coaching
- Employment & Vocational Services
- Daily Life Skills Training
- Nutrition and Wellness
- Anger Management
- Spiritual Study and Disciplines



## **Monthly Fees Cover the Following:**

- Room & Board
- 3 Hot Meals per Day
- Utilities
- Cable in TV Room
- 24/7 Full Time Staff
- Intensive Case Management
- Daily 12 Step Meetings
- Weekly Group Meetings
- Life Development Skills Classes
- Game Room
- Workout Room
- Wi-Fi Access
- Computer Lab



Progress House's sober living is rooted in The Twelve Steps, and includes treatment and other evidenced-based services in a structured setting that maximizes the likelihood of long-term recovery from substance use disorder, and other co-occurring conditions. Residents receive treatment from licensed therapists and skills training and peer support from certified recovery coaches. They will also receive primary medical care, case management and employment/vocational services. If the Resident is addicted to opioids, he may also be prescribed MAT to increase his likelihood of successful, long term recovery. The programming in Residential Recovery can last from three to six months.

During a Resident's stay at Progress House, he will be immersed in a foundation of recovery through 12 Step Programming, including: participate in a 12 Step Program Workshop, daily prayer and meditation, spiritual and step work, required weekly attendance in at least four 12 Step meetings, and a weekly meeting a sponsor.

The weekends include recreational activities such as movies, paintball, hiking, Frisbee golf, bowling, attendance at sporting events, visits to art galleries and museums, and other social activities and downtime. Our main campus location has staff members on duty 24/7.



Sober living at Progress House includes a twelve-step immersion program. To explain what that means, we first must describe the phrase “12 Step based” which is a phrase often used in the treatment and recovery industry.

“12 Step-based” often means go to the required number of meetings, get a sponsor and work the steps but with minimal guidance, or accountability. When someone in early recovery is asked to manage these new requirements and relationships with no oversight and guidance the outcome is often not good. We do not think that is sufficient given that addiction is a life and death scenario for those we serve.

Throughout the Resident’s stay at Progress House, our Certified Recovery Coaches provide oversight and accountability to ensure that our residents are actively working the steps of a 12 Step Recovery Program. In addition, every Resident participates in a 14 session, eight week 12 Step workshop, during which each Resident is required to work all 12 Steps, including active work and mentorship with his sponsor. We also require meeting attendance at 12 Step groups that are known to be active in recovery, unity and service. As a result, our residents have access to solid meetings and experienced sponsors.

Our timeline for step work completion and individual one-on-one sessions with our residents and their case managers/recovery mentors infuse discipline and accountability while our prayer and meditation groups help them develop and practice these vital spiritual tools. After 90 days, our residents can apply for Phase 2 of our program and are often ready to begin sponsoring other men through The 12 Steps. Many say, “this is way too fast” or “take it easy, work the steps when you’re ready.” Why would we take our time or take it easy completing a process that saves us from a ceaseless and deadly illness? For the real alcoholic and addict, these steps are a life and death errand.

The memory of the pain, suffering, and consequences of our last relapse will eventually fade and the fears associated with them will disappear. As such, it’s only by actively sponsoring newcomers that we stay connected to the hopelessness and devastation of our personal addictions. Active sponsorship provides us with immunity against the first drink or drug but more importantly, it gives addicts and alcoholics the sense of purpose and usefulness which we must have to live happy, joyous, and free.



Most traditional sober living programs do not offer twelve step immersion. If you are looking for a transitional living program, we encourage you to visit the facility and ask as many questions as possible. Your life is on the line and although the steps are not the only pathway to recovery, our personal experience is if they are worked honestly and thoroughly they will introduce us to a Power that will generate a personality change sufficient to bring about recovery from addiction.

The 12 Steps have been proven to work, and have created a revolutionary change in the way of living and thinking for millions. Sober living can be much more than living with others who are trying to stay clean and sober, working, and going to meetings. Progress House stresses the importance of submitting to a way other than your own, working the steps, getting involved in the unity of the 12 Step community and sponsorship. This is our model for recovery and we know it works from personal experience.

For six decades Progress House provided a safe and sober environment for our residents. We encouraged men to attend 12 step meetings, work the steps, and become self-supporting through gainful employment. We have a wonderful heritage and thousands of our residents have recovered from a hopeless state of mind and body.

Today, we are building on our heritage and we can be described as a hybrid between a sober living program and a residential addiction recovery center. We have a staff of 25 professionals, which includes licensed clinical addictions counselors, case managers, recovery coaches, food service, facilities, operations, residential and re-entry staff and our executive team. Over 20 of our staff members are in recovery and several of our employees are former residents of Progress House.

**We are excited to introduce you to the "new" Progress House.**



Following are the services that Residents at Progress House will be eligible to receive, all of which are generally covered by Medicaid, Medicare, commercial insurance plans, and Recovery Works:

### Counseling & Therapy

Group and Individual therapy sessions help residents learn about the disease of addiction, and the challenges that mental health symptoms can create for sustained recovery. The supportive environment allows residents to practice coping with various situations while maintaining abstinence in ways that have not been done before.

### Case Management

We provide our clients with a single point of contact for multiple health and social services. Our Case Managers are client-oriented and assist with needs that are outside the realm of substance abuse treatment and recovery support services. Ultimately, our Case Managers are advocates for our clients.

### Skills Training

If you can't handle everyday adult responsibilities, then you aren't likely to be successful in recovery either. Life skills are the tools a person needs to navigate through the challenges of everyday life. These life skills can be built through education and practice.

We help with personal skills such as budgeting and proper hygiene. We help with professional skills such as resume building, job hunting, computer skills, time management problem solving, decision making and critical thinking. We also help with social skills such building self-esteem, improving stress management, regulating emotions and resolving conflicts without the aid of drugs or alcohol.

### Primary Medical Care

Our primary medical care services include health promotion, disease prevention, health maintenance, counseling, patient education, diagnosis and treatment of acute and chronic illnesses. Services include:

- Physical exams
- Medicare wellness visits
- Common illnesses (flu, cold, etc.)
- Acute health needs (e.g., bronchitis, sinusitis)
- Chronic health needs (e.g., diabetes, high blood pressure)
- Immunizations
- Hepatitis C and HIV testing/case management
- PreP treatment
- Blood draws
- In-office quick tests (e.g., strep testing)

### Employment Services

We offer our clients the services and support they need to increase their ability to work successfully. We work with employers to help find workers that match their specific needs.

### Recovery Coaching & Peer Support Services

Recovery Coaches are peer support professionals who have been successful in their own recovery journey. Through shared understanding, respect, and mutual empowerment, recovery coaches help people become and stay engaged in the recovery process and reduce the likelihood of relapse.

### 12 Step Programming

Substance Use Disorder is a chronic condition that is never cured, but can be controlled by engaging in a 12 step recovery program. This foundational program is essential to long-term recovery, which can effectively control the addiction. As such, clients are immersed into the concepts and practices of 12 Step recovery programming through required workshops, frequent participation in 12 Step meetings and interaction with a sponsor.

### Medication Assisted Recovery Therapy (MAT)

Medication Assisted Treatment (MAT) is the use of medications, in combination with counseling and behavioral therapies to provide a “whole-patient” approach to the treatment of substance use disorders. Medications used in MAT are approved by the Food and Drug Administration (FDA) and MAT programs are clinically driven and tailored to meet each patient's needs.

### Vocational, Educational & Workforce Training

Aspire's Employment Services program provides people with the services and supports they need to increase their ability to work successfully. We also work with employers, at no cost, to help find workers who match their specific needs.

Services we provide include:

- Career Planning and Counseling
- Benefits Counseling
- Job Preparation Skills (Interview training, resume building, cover letter writing, etc.)
- Job Search and Placement
- Ongoing Employment Support
- Pre-Employment Job Skills
- Soft Skills Training
- Work-Ready Employees



## Phase I

*Up to 3 months*

- Undergo a clinical assessment and collaboratively create a treatment plan that is unique to your needs
- Complete individualized treatment plan as defined and agreed upon during assessment
- Attend 32 Recovery Coach and 8 Therapy group sessions
- Attend all individual therapy sessions, as prescribed
- Weekly One-on-One's with Case Manager/Recovery Coach
- Join a 12 Step Home Group
- Attend a minimum four 12-Step Meetings each Week
- Attend all 12 Step Workshop sessions and complete program up through Step 5
- Daily Prayer and Meditation
- Develop and Maintain a Healthy Diet
- Participate in Group Recreational & Social Activities
- Look for and Secure Employment
- Follow All Program Guidelines
- Apply for Senior Residency & Phase 2



## Phase 2

*Up to 6 months*

- Complete Progress House 12 Step Workshop, including working all 12 Steps
- Actively Participate in Home Groups
- Meet with Sponsor at least one time each week
- Attendance at all ongoing clinical treatment sessions, as prescribed in Treatment Plan
- Actively participate as a Big Brother to Residents in Phase 1
- Daily Prayer and Meditation
- Meet with Case Manager/ Recovery Coach as prescribed
- Maintain Healthy Diet
- Begin Physical Fitness Routine
- Participate in Group Recreational & Social Activities
- Gainfully Employed, In School or Participating in Career Development Training
- Follow All Program Guidelines
- Develop a Transition Plan with Staff, which may include moving to Next Step Apartments

## Phase 3

*Up to 2 years*

- Continue to periodically participate in 12 Step Workshop, working the Steps a second and third time
- Service as a Sponsor to Progress House residents in Phase 1 or 2
- Meet with Sponsor one time each week
- Continue Physical Fitness Routine/Maintain Healthy Diet
- Follow All Program Guidelines
- Develop a Transition Plan with Staff
- Gainfully Employed, In School or Participating in Career Development Training





Division of  
Mental Health  
and Addiction



FSSA Division of Mental Health and Addiction Family and Social Services Administration / Division of Mental Health and Addiction: On December 4, 2017 Progress House was notified that we had become an approved Recovery Works provider.

**RECOVERY WORKS:** Designed to provide support services to those without insurance coverage who are involved with the criminal justice system. Dedicated to increasing the availability of specialized mental health treatment and recovery services in the community for those who may otherwise face incarceration. Intended to supplement community supervision strategies to decrease recidivism.

On November 1, 2017 Progress House was certified a Level III Recovery Residence per the National Association for Recovery Residences (NARR) Standards by the Indiana Affiliation of Recovery Residences (INARR).

Indiana Affiliation of Recovery Residences (INARR) is an alliance for individuals and organizations operating quality recovery housing in Indiana. Recovery housing associated with INARR meets quality standards established in accordance with national quality standards and state and federal regulation. INARR focuses on improving associates' knowledge of recovery from substance abuse disorders and establishing practices to benefit both residents and housing operators. We strive to improve the public perception of recovery housing by promoting excellent, well-maintained housing as well as offering outreach and education to Indiana communities.

A state affiliate of the National Alliance of Recovery Residences (NARR) and a subsidiary of Mental Health America of Indiana (MHAI), INARR in cooperation with the Division of Mental Health and Addiction (DMHA), creates and maintains standards of excellence for recovery housing in Indiana. These standards meet or exceed expectations of NARR and DMHA, while providing a review process that regularly documents ongoing commitment to national quality standards. INARR is NOT a regulatory body; we are an organization focused on quality.

In November 2019, Progress House became a subsidiary of Aspire Indiana Health and is now certified as a Level III Recovery Residence. Aspire provides all clinical services to Progress House residents through their licensure, certifications and accreditations.

Progress House is accredited by the Joint Commission with The Gold Seal of Approval, indicating it has undergone an extensive evaluation and assessment process to ensure it meets compliance with the highest standards in the healthcare industry.



## A New Way of Thinking

Mockingbird Hill Recovery Center will open in Anderson in early 2021, bringing a major new treatment facility to Madison County for those with substance use disorder (SUD). It represents a new way of thinking about treating addiction: Instead of scattering the pieces to the recovery puzzle and expecting people to find them, we bring everything needed for long-term recovery right to them while providing a stable, safe place to live.

Onsite services will include primary medical care, behavioral health therapy, peer support groups, Medication-Assisted Treatment (MAT), individual case management, education and job training, and more. Onsite services will include evidence-based behavioral health therapy, recovery coach skills training groups to build resiliency, peer support groups, engagement

## A Song of Hope Renewed

The Center is located on the grounds of the former Mockingbird Hill Park, a famous concert venue for country, bluegrass and blues music from the 1950s to the 1970s.

It is the second major facility in the Whole Health Recovery Continuum, an evolutionary new model created by Aspire Indiana Health and Progress House, with plans for more to come in Central Indiana. Upon full scale-up Mockingbird Hill Recovery Center will house approximately 92 men and have a staff of 40 people.





**Progress House  
(Main Location)**  
201 S. Shelby St.  
Indianapolis, IN 46202  
(317) 637-9816



Our normal business hours are Monday-Friday, 9:00am to 5:00pm. Program Applications are only accepted at this time.

**Next Step**  
2456 N Bolton Avenue  
Indianapolis, IN 46218  
(317) 637-9816



What is my next step after my stay at Progress House? "Next Step" is a sober living apartment complex for residents of Progress House who have successfully completed Phase I at our main residence. These are 2-man apartment units for men who would like to move towards more independence but still wish to live with the structure and accountability of our program.

**Mockingbird Hill  
Recovery Center  
(Opening March 2021)**  
4038 South Ridgeview Road  
Anderson, IN 46013



In spring 2021, Aspire Indiana Health will open our first Whole Health Recovery Center in Anderson, Ind., on the site of the former Mockingbird Hill Park, a famous concert venue for country, bluegrass and blues artists.

It will be credentialed as both a Federally Qualified Health Center (FQHC) and Indiana Community Mental Health Center (CMHC) and certified to the National Alliance for Recovery Residence (NARR) standards by the Indiana Affiliation of Recovery Residences (INARR).

The White House's Office of National Drug Control Policy has called the project "a model for Indiana and the country."

Saving Lives and Serving Others...  
Helping Men from Addiction  
to Recovery Since 1961!

Some thoughts on Addiction and Progress House, Inc. from Dr. Tim Kelly.

First, a little bit about Dr. Kelly, he graduated from Indiana University School of Medicine and for more than three decades has practiced addiction medicine in Indiana. Prior to joining the Community Health Network, Dr. Kelly worked for 30 years at Fairbanks Hospital, where he served terms as President, CEO, and Medical Director. In 2015, Dr. Kelly was selected to serve on then-Governor Pence's Task Force on Drug Enforcement, Treatment, and Prevention.

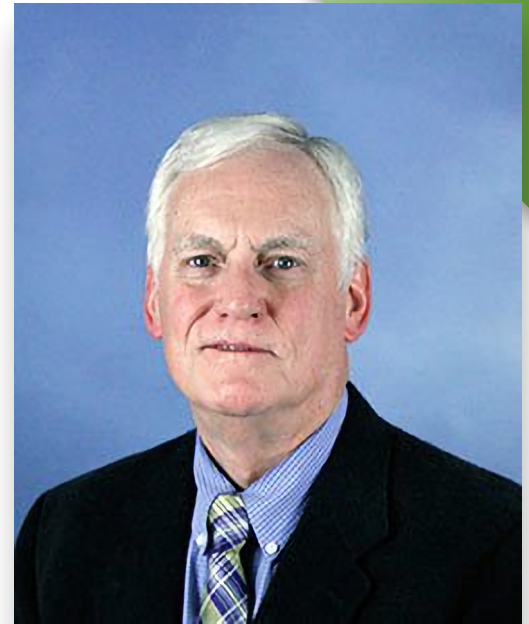
My primary medical specialty is Internal Medicine but I have been practicing Addiction Medicine for more than 35 years. It continues to be a privilege to serve patients and their families. I have learned so much especially from those in recovery and in the 12 Step community. I rarely have the chance to thank everyone as a group so I would like to take this opportunity to express my sincere gratitude for all the support my patients, my family and myself have received from the recovering community. I would likely not be practicing in this field if my family had not been blessed with the miracle of recovery by my father who had been sober for 23 years and still active in AA when he passed away.

Over time I have learned to take seriously the ruthlessly destructive opponent we face every day-the disease of Addiction. I believe that every person engaged in this struggle needs all possible advantages to give them the best chance for the favorable outcome of long-term recovery. For example, we are now in an era where medication management for treatment of those battling addictions to alcohol, tobacco, and opioids has an important role. In addition, the right support system and an environment favorable to recovery are also often critically important. Progress House provides just such an environment to those participating in the program there. They provide immersion in the process of recovery. Not only are participants fed and housed, they also have structure, supervision, and accountability while being taught how to remain clean and sober. The House is a well run tough-minded 12 step oriented facility that while continuing to evolve maintains its roots in the guiding philosophy of the 12 Steps.

Many people underestimate what it takes to successfully manage the illness of addiction. I often say to people "Either you learn how to manage your disease or it will manage you." Progress House continues to offer the basic tools needed in this endeavor but also counseling, coaching, case management, and facilitation of employment. I believe the most valuable component of the program is the staff, members of which serve as role models and help clients engage in the process of recovery.

I am so impressed with them that I am an active volunteer and have the honor of serving on the Board of Directors. I am fortunate to be a part of this amazing place that I consider to be a leader among residential recovery centers.

Once again, thank you, Progress House for all you have done and continue to do for me, for my patients, their families and everyone you serve.



With gratitude,  
Timothy J Kelly, MD, DABAM, FASAM



Progress House was founded in 1961 by a group of men and women who had recovered from the disease of alcoholism and recognized a need for a recovery setting in Indianapolis.

It all started in a small house in the 2000 block of North New Jersey Street, with barely enough room for 10 men. Progress House later moved to 1703 Talbot Street, and then again in 1969 to 14 North Highland, where it would remain for the next 32 years.

In November 2001, Progress House moved to its present location at 201 Shelby Street, just one mile from downtown Indianapolis, and can now serve up to 100 men who typically stay from 90 days to one year. On January 1, 2014, we opened the doors of Next Step, independent apartment sober living, which is home to 48 men, all of whom have successfully completed the Progress House program.

On November 1, 2019 Progress House became a subsidiary of Aspire Indiana Health, an independent nonprofit healthcare provider with more than a half-century of service to some of the most vulnerable Hoosiers. Progress House offers fully integrated “whole health recovery” services including primary medical care, behavioral health care, group and individual counseling, 12 Step programming, case management, skills training, medication assisted treatment (MAT), peer support services, recovery coaching, and employment services.



Progress House  
201 Shelby Street, Indianapolis, IN 46202  
(317) 637-9816 progresshouse.org