

# Transitional Living Profile

Date: June 8, 2009

Name: Oak Hill House

Gender: Men

Specific location: South; Oak Hill

6803 La Concha Pass, Austin, TX 78749

How close is the nearest bus stop? .5 mi. #333, .7 mi. #171

Your ideal or desired resident: Men 18 yrs. and over who will work the 12 steps.

Size of house/layout: 3600 sq. ft. living space. 4 bedrooms to accommodate 14 men.

Handicap accessible? Not at this time.

Fee structure: Monthly fee, \$875, includes all meals and snacks, free long distance telephone, Road Runner Hi-speed WI-FI internet access, Hi-Def cable TV with on demand programming, free laundry with soap provided, and many extras. Limited scholarship funds may be available to qualified individuals. Move-in cost, \$1000, equals first month, \$875, plus a onetime fee, \$125, for random testing supplies and processing.

Philosophy: Oak Hill features a social model program. We emphasize family style structure and support. Our home cooked meals are prepared by the residents. We share meals mornings and evenings. At breakfast, we take time to share our plans and meditate together. This check in system promotes accountability as well as teaching the value of taking personal responsibility. Residents develop a positive support matrix by including in their plans residents, staff and other sober members.

At Oak Hill, we keep a low profile in our community always being good neighbors while respecting the confidentiality our members deserve.

Oak Hill Sober Living for Men is a facility that provides a safe and structured environment for the newly recovering alcoholic and addict. At Oak Hill, the residents are provided a drug and alcohol free living environment that promotes recovery. In this environment residents find support among themselves in developing a new outlook on life: learning how to deal with life as a sober and responsible member of society. Each week the members have peer meetings and support sessions to help in understanding their part in dealing with their recovery. House residents attend daily 12-step meetings, build a support group and learn to apply the 12-step recovery program to effectively deal with their chemical dependency problems.

Structure: Oak Hill House is designed for both individuals in transition from treatment facilities as well as persons that have the need for additional safety, structure and support. The following structure components will help them to build a solid foundation in sobriety.

12-Step Meetings: 12-step meetings are attended on a nightly basis. In addition, morning meetings are suggested for those currently unemployed or not in school.

12-Step Sponsorship: 12-step sponsors should be included by those seeking a solid foundation for recovery within 14 days.

Peer Meetings: Weekly peer meetings are attended by all house residents to evaluate individual progress and address issues pertaining to applying the 12-steps to daily life.

Resident Breakfast Meeting: Following breakfast a discussion and morning meditation meeting is conducted. This reflective discussion centers around a daily topic selected from meditation literature. Individual daily goals and schedules are also discussed.

Resident Dinner Meeting: During this nightly meeting house members plan their personal business for the evening and the next day. Such items as coordinating rides to meetings, after care and other personal appointments are addressed.

Transparent Accountability: All residents are asked to make transparent their daily plans and activities and to be 100% accountable to the Oak Hill community.

Random Drug and Alcohol Testing: All residents are subject to random testing and must comply within 3 hours of request.

24 Hour Management: Resident Managers are available to help with resident's living and community needs and to assure the safety and integrity of the environment. They may help outline a plan of action along the lines of the 12-steps.

Newcomer Meeting: Weekly meetings are attended by new residents to provide extra support and to address the problems of early sobriety.

Curfews: All residents have a curfew depending upon their status in the house. Weekdays may be 10:00pm to 12:00am and weekends may be 10:00pm to 2:00am.

Overnight Passes: Residents may become eligible for overnight passes after completing Phase one status and being in good standing in the house.

Transition Plan: When a resident has become well grounded in sobriety and the 12-steps, has built an outside support group, and has become functional and self-supporting, he develops a transition plan. The plan is presented to the Oak Hill community with emphasis on identifying potential relapse issues.

Continued Involvement: Oak Hill alumni are welcome to attend all house functions and are encouraged to return and participate with new residents.

Programs/Activities: Daily morning mediation meeting at breakfast.

In-house step study Saturday 8:00 pm

In-house guest speaker/participation Sunday 6:00 pm

Weekly house meeting Sunday 7:05 pm

### 12 Step meeting schedule:

Internal- Saturday 6:00 pm step study.

Sunday 6:00 pm guest speaker/participation meeting.

External- All residents are asked to do 90 & 90, establish a home group, and keep a commitment.

### Contact information:

Program Director: Jim Mann      512-350-0250

### References:

#### User Reviews:

tayzor

Oak Hill House offers the most services of any facility in this area. All meals and food snacks are included and the fellowship around mealtimes is the best. I am personally grateful to have been given a second chance to come back here when I needed it most. This is the best house in Austin.

jh123

Oak Hill House was a fantastic aid in my recovery after rehab. It provided the support I needed to continue in sobriety. The house is very nice, and the meals are awesome!

Photos:

