



HOPEFUL WAY OXFORD HOUSE

housing, fellowship, self-reliance, self-respect for recovering individuals

MMERE DANE

"Time changes"
Change, life's dynamics



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plan to have a number of activities at the House.
Any suggestions?

Q. Will the House cure me of alcoholism?

A. As far as we know, there is no cure but alcoholics can learn to live healthy and happy lives one day at a time and for the rest of their lives.

JOIN OUR FAMILY

The recently registered NGO – "Hopeful Way" – hopes to build a network of members, friends and supporters. We would like to see a fellowship of Ghanaians who want to improve their lives and the lives of others.

The first priority of the Hopeful Way is to establish a Recovery House/Oxford House in Oyarifa-Accra. Our vision is to have a supportive, family home where men will live in an environment that leads to long-term sobriety and positive living. We may later have a house for women. The Hopeful Way also wants to work on ways of reducing the suffering caused by drug and alcohol use in Ghana. We want to promote positive and creative approaches to living a good life. You would be most welcome to join us with your ideas and good-will. For updated information on Hopeful Way, and an invitation to our next gathering, please provide your name, address, email address and telephone number to danagnes1@yahoo.com or Tel: Dan O. @ 054 884 1399. To schedule an interview for membership into the house, contact Mike B. @ 020 300 2857(cell) or Edwin A. @ 027 887 8299(cell).

Q. Will the House provide food for me?

A. No. Each person will be required to prepare or arrange for his own food. Two or more residents may wish to cook together. A stove and fridge will be provided.

Q. How can people get into Hopeful Way House?

A. Recovering alcoholics can be referred to the House if they have a sincere desire to stay sober. The Hopeful Way Foundation and 80% of the residents in the House must approve of the application. A recommendation from a professional is needed.

HOPEFUL WAY

Hopeful Way House Oxford House™

"In Ghana many people are treated for alcoholism and drug addiction in hospital. Due to lack of appropriate support system and rehabilitation, most of them relapse after returning to their communities".

- Doctor Joseph Asare



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HOPEFUL WAY

The Hopeful Way is an NGO that was registered in September 2008, and has four main objectives:

- 1) To assist in providing housing and a protective environment for recovering alcoholics and drug addicts;
- 2) To provide information, awareness and training on the dangers of alcohol and drug use;
- 3) To promote positive approaches to living, particularly among the youth and families of alcoholics and drug addicts;
- 4) To make use of creative approaches for personal development.

The immediate objective of Hopeful Way is to establish and nurture an "Oxford House" type of facility for recovering alcoholics and drug addicts who demonstrate a sincere effort to remain sober or clean. The House will start small and grow to a maximum of about twelve residents. It will be a family house of recovering individuals who live together in a supportive environment to overcome addiction. When the House gets full, we would like to rent another house for more people in recovery. Replication would be feasible, however, only if market rates are charged for the rent and other expenses of the House.

We are making use of the principles developed by Oxford House International which state that each House:

- 1) Must be democratically self-run
- 2) Must be financially self-supporting, and
- 3) Must expel any resident who uses alcohol or drugs.

If the House meets the requirements of Oxford House International, we hope to be associated with the organization that affiliates over 1,400 Houses in the U.S.A. and elsewhere. Each House consists of "groups of recovering individuals who rent to live together in an environment supportive of recovery from addiction". Each House is democratically run, financially self-supporting and expels anyone who returns to using alcohol or drugs. In order to cover the rent and other expenses, we expect to charge rent of approximately GHC75.00 (¢750,000) per month. A three-month rent advance will be required from each resident, as well as a GHC50 "Move In and Damage Deposit". No medication or medical facilities will be provided but many activities will take place including AA and NA meetings.

RECOVERY FROM ADDICTION

We believe that alcoholism and drug addiction are chronic and progressive diseases that can be treated. Persons who have been treated in

Accra's hospitals and clinics often need to be placed in a protective environment before returning to their communities. Going back too soon to the places where they came from often leads to relapse.

QUESTIONS

Q. How much does it cost?

A. In the beginning, we expect that a furnished room, two persons to a room will cost about GHC75.00 per month per person.

Q. How long can I stay in the House?

A. The usual stay may be for a few months but longer stays may be possible if the person is making good progress in recovery and is living according to the spirit of the House.

Q. What will the House do for me?

A. The purpose of the House is to provide a safe environment where its residents can grow in their sobriety. When the person is ready, he will be encouraged to leave the House and return to where he came from.

Q. What will I do in the House?

A. Each person must have a paid or volunteer job. Residents must be out in the community working or learning new skills during the day. We