



MICHAEL J DIAS FOUNDATION

Michael's House Philosophy:

1. Orientation Phase (1-3 Months): Restriction, Curfew and Length of this phase determined by length of Sobriety, Recovery efforts and employment.
 - Generally, the first stage of their stay is dedicated to utilizing the Big Book, Orientation.
 - Attend 12 Step Meetings 3-4 times weekly.
 - House meetings are held every Monday night; attendance is MANDATORY.
 - Must seek gainful employment within first 30 days. If Guest is not employed at end of 30 days, volunteer work is required.
 - Resident to meet with Director for at least one hour weekly.
 - No passes are allowed during this Phase (first 3 months).
2. Preparation Phase (2-6 Months): Passes, Curfew and Length of this phase determined by length of Sobriety, Recovery efforts and employment.
 - Must have an outside Sponsor and Home Group before overnight passes will be granted.
 - Must meet with the Director for at least one hour weekly.
 - House meetings are held every Monday night; attendance is MANDATORY.
 - Continue to work the 12 Steps of Recovery with an outside Sponsor.
 - Must be employed.
 - Pass schedule for Phase 2: 3 - 24-hour pass per month to be utilized on weekends ONLY IF ALL ASSIGNED CHORES ARE COMPLETED AND ROOM IS CLEAN. *If a resident works weekends, he can make a Special Request for a pass for a week night; however, this pass will be granted at the discretion of the **Director** and/or Board of Directors.
3. Maintenance Phase (5-9 Months): Passes, Curfew and Length of this phase determined by length of Sobriety, Recovery efforts and employment.
 - Must have an outside Sponsor and Home Group before overnight passes will be granted.
 - Must actively continue to work the 12 steps of recovery with an outside Sponsor.
 - Attend 12 Step Meetings 2-3 times Weekly.
 - House meetings are held every Monday night; attendance is MANDATORY.
 - Mentor incoming guests working in earlier phases.
 - Must be employed.
 - Pass schedule for Phase 3: 4 - 24-hour pass per month to be utilized on the weekends ONLY IF ALL ASSIGNED CHORES ARE COMPLETED AND ROOM IS CLEAN. *If a resident works weekends, he can make a Special Request for a pass for a week night; however, this pass will be granted at the discretion of the Director and/or Board of Directors.
4. Transitional Phase (9-18 Months): Passes, Curfew and Length of this phase determined by length of Sobriety, Recovery efforts and employment.
 - Must have an outside Sponsor and Home Group before overnight passes will be granted.
 - Must actively continue to work the 12 Steps of Recovery with an outside Sponsor.
 - Attend 12 Step Meetings 2-3 times Weekly.

- Must meet with Director Bi-Weekly for one hour.
- House meetings are held every Monday night; attendance is MANDATORY.
- Mentor incoming Residents working in earlier phases.
- Must be employed.
- Must be actively seeking Transitional Housing.

DURING ALL PHASES OF YOUR STAY Residents must adhere to

ALL requirements outlined in our Philosophy and ALL Policies of the House.

1. Safety – Michael’s house is under 24-hour camera monitoring, for resident’s safety. Residents are also required to use the Sober Housing App developed by One-Step for communication and Monitoring. Length of Sobriety and Stay at Michael’s House will determine the appropriate level of monitoring.
2. Sponsor - By Phase 2, ALL Residents are required to obtain an outside Sponsor (neither the Director nor a House Captain can serve as a Sponsor to a resident while at Michael’s House).
3. With regard to Passes
 - a) All passes MUST BE SUBMITTED, electronically or writing/hand delivered in person to the Program Director, no later than Thursday at 6:00 p.m.
 - b) Passes will only be granted if all Phase requirements are met to the Director’s satisfaction.
 - c) Be aware that when passes are taken, upon your return, you have two hours to notify the Staff that you are back in the House and a drug and/or breathalyzer test will be taken.
4. House Cleanliness - Trash cans MUST BE EMPTIED DAILY and FLOORS MUST BE SWEPT DAILY and WASHED SEVERAL TIMES PER WEEK.
5. Full House and/or chore inspection – This inspection will be conducted by the Director every Friday between 9:00 – 3:00 p.m. Individual passes will be withheld if the inspection is deemed inadequate. Once the problem is corrected, the pass will be released.
 - a) Rooms shall always be neat and clean, and all beds must be made daily.
 - b) All personal belongings must be stored in appropriate /assigned locations and not scattered throughout your room (example: laundry in laundry bin, clothes in dressers, toiletries in caddy, shoes under bed, etc.).
6. Surveillance Cameras - Be aware that for all activities at Michael’s House are monitored and recorded by video surveillance cameras.

Contact Info: The person seeking recovery would contact (413) 788-0270 or (413) 304-0715

The Michael J. Dias Foundation is a 501c (3) charitable organization and donations are fully tax deductible to the extent allowed by law. Tax ID#: 45-4675913

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Michael’s House: 413-788-0270

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“Moving toward a drug-free community”