

Individual Recovery Plans (IRPs)

Individual Recovery Plans (IRPs) walk those in addiction through 3 progressive stages designed to equip them with the Biblical foundation and Recovery Support Services (RSS) necessary to experience new life in Christ. A Certified Recovery Specialist (CRS) works one-on-one with each individual to write out a 90-day plan that sets specific goals and engages them with resources offered by both Transformation to Recovery and other partner organizations. At the end of the 90-day period, an individual's progress is assessed, resulting in either graduation from the program or the creation of a new IRP that advances someone to the next step in their recovery journey.

Three Stages of Recovery

1. Phase I: Addiction Management

An initial needs assessment that deals with the physical ramifications of an addiction. When necessary, individuals are linked to appropriate clinical services (i.e. Detox, Rehab, Intensive Outpatient Program (IOP), Mental Health, etc.) to get them to the place where they can productively work towards their recovery.

2. Phase II: Discipleship

The spiritual foundation of the program where men and women learn Gospel truths that in the context of active involvement in our recovery support services teach them how to combat temptation, heal from old wounds, and find new life in Christ.

3. Phase III: Restoration

The final stage where men and women transition to productively give back to the community and engage as healthy members and servants in a bible-believing church.

Hope House Disciple Program

The men of Hope House go through an augmented version of the IRP that has been specifically adapted for a residential program. In addition to the standard requirements of an IRP, the Hope House Disciple Program includes community service/outreach initiatives, weekly bible study curriculum, and integration into the life of Christ Church South Philly, including regular mentorship from an active member and participation in small groups. While on the same 90-day cycle, length of stay at Hope House is not determined or limited by the IRP.