

Within Reach West Virginia fosters a sober living environment, provides opportunities to rejoin the workforce, and guides clients down the road to being recovered.

# Client Handbook

Beginning the rest of your life.

Within Reach West Virginia, Inc

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## Within Reach WV, Inc.

525 5<sup>th</sup> St. Huntington, WV 25701

T: 304-529-5155

Welcome to the opportunity of a life-time.

We will be walking hand in hand with the Spirit of the universe. Each new man will be rocketed into an existence beyond your wildest dreams.

With this place you will be granted an opportunity from which you can build a life of sobriety.

### WELCOME TO IT!

What is IT!?! It is a program of recovery that can work for YOU!

In order to get IT you have to do IT and live IT. In order to keep IT, you have to hang onto IT, take IT with you, share IT, and pass IT on.

You can observe IT in meetings, you can observe a lack of IT in meetings and you need to see both types of IT in order for you to understand IT better.

*Happy, Joyous and Free explains IT. Restless (something's missing), Irritable (easily annoyed) and Discontent (never satisfied) shows a lack of IT.*

*In summary, the miracle of IT can happen to anyone and everyone who is aware of IT, can recognize IT, and who can use IT to help others who have no idea IT exists.*

### **YOU HAVE TO WORK IT!**

*So many have recovered from a seemingly hopeless state of mind and body. Why not YOU!?*

WRWV is a place to recover as a launch-pad for a lifetime of sobriety one day at a time.

This type of program has helped many men to find a starting point for the rest of their lives. Families have been reunited, loneliness has vanished, and restitution has been commenced. Men involved thoroughly with WRWV have changed their lives and the lives of those around them for the good of all.

## GETTING IN THE GROOVE

### LET'S GET STARTED!!

Please get accustomed with the suggested meeting schedule that you were given upon introduction to the program and facility.

It is very important that we surround ourselves with like-minded individuals

### WHAT DO WE WANT TO HAVE HAPPEN?

#### **The Foundation Building Process for The Rest of Your Life.**

This is about setting a foundation for the rest of your life for a happy journey of sobriety. You have a house to live in, so make it your home. See what you can contribute to the harmony of the environment and the overall wellness of your living space.

**"TRUST GOD, CLEAN HOUSE, HELP OTHERS." – DR. BOB**

#### **Meetings, Literature, Meditation, Prayer**

Finding yourself hanging out and becoming friends with like-minded individuals starts at the meeting places.

Aside from meetings there is so much more to this program that will help you to elevate your thinking to the spiritual plane:

- Make sure you have your Big Book, 12 & 12, and other literature as soon as possible.
- Any book that has the word Meditation in the title is a good place to start learning about the practice.
- Prayer sheets and cards are available upon request.

*God, grant me the serenity to accept the things I cannot change,*

*Courage to change the things I can,*

*And the wisdom to know the difference.*



### GOOD MEETINGS TO ATTEND

#### WEEKDAYS AT NOON

Miracles on 20<sup>th</sup> St.  
6<sup>th</sup> Ave. Church of Christ  
Bus Leaves at 11:00 AM  
Meeting starts at 12:00

#### MONDAY NIGHTS

Primary Purpose – Sixth Sense  
5 ½ Ave. alley and 13<sup>th</sup> Street  
Bus Leaves at 6:00 PM  
Meeting Starts at 7:00 PM

#### WEDNESDAY NIGHTS

Ceredo-Kenova Serenity  
United Bank, Ceredo, WV  
Bus leaves at 7:00 PM  
Meeting starts at 8:00 PM

#### THURSDAY NIGHTS

Sacred Heart Meeting  
Bus leaves at 7:30 PM  
Meeting starts at 8:00 PM

#### SATURDAY NIGHTS

Miracles on 20<sup>th</sup> St. Group  
6<sup>th</sup> Ave. Church of Christ  
Bus Leaves at 6:30 PM  
Meeting starts at 8:00 PM

#### SUNDAY NIGHTS

Sunday Miracles  
6<sup>th</sup> Ave. Church of Christ  
Bus Leaves at 7:00 PM  
Meeting starts at 8:30 PM

### A GREAT START TO THE DAY!

Every Weekday and Saturday there is a meeting at the Al-An Clubhouse at 7:30 AM

- **Structured, sober living environment.**

This is a place where you can find peace and harmony in a living environment where there is no possible temptation from the outside world, nor the usual headaches of trying to deal with life in the madness. This is a place where everyone is working together toward a common solution of living without the use of alcohol or drugs.

- **Fun.**

There are many things to do around the great metropolis of Huntington, WV, including parks, bowling alleys, and special functions for the men in the house (i.e., barbecues, firepit meetings, and the like...).

- **WRWV has your best Interest in mind.**

Stick with the winners! We're all here to recover from a seemingly hopeless state of mind and body. Everyone has to live up to certain accountability standards to each other. We're in this together!

- **Guidance and assistance with commencing to rebuild one's life.**

WRWV provides information about all the area benefits available, including but not limited to getting in contact with the DHHR and Social Security Office.

- **Peer support and camaraderie.**

Again, we're all in this thing together! You have like-minded individuals around you all the time. Stick close to them. We all have experiences we can share to help each other overcome any situation or challenge.

- **Doing sober things with sober people.**

It's all about that FUN! We have the ability, actually we insist upon enjoying life where alcohol and drugs play no part. From gatherings related to sobriety anniversaries, to taking a walk with a fellow WRWV client to get something off your chest, we can do these sober things on a daily basis to work on a piece of mind.

- **Guidelines and Code of Conduct to follow.**

Privileges have to be earned by following the suggestions of healthy living in the facility. Please refer to the Code of Conduct in this handbook and also in your admittance paperwork.

- **Transportation to local Recovery events and outside medical/social appointments.**

Do you need to go somewhere? We will do everything possible to help you get there... within reason. We're not going to drive you to McDonald's!! I hope you understand that. We will be providing rides, when necessary, to medical, dental, psychiatric appointments. There is always a need to get to one benefit center or another from time to time, but it is highly suggested to get familiar with the bus schedule.

- **Opportunity for Permanent Sobriety.**

The tools will be laid at your feet to help construct the foundation of your recovery journey. From helping to develop regular prayer and meditation schedule, to walking each other through the recovery literature, we want to help to open your mind to all things positive in this new spiritual life.

## WHAT IS EXPECTED FROM YOU.

- **100% Abstinence.**

Period. No mood or mind altering substances. Please reveal your recovery status to all physicians you come in contact with.

- **100% Willingness to practice WRWV program of recovery.**

We want you to recover. We know we have a formula which can help you to get there – to that place where you can enjoy a good relationship with your Higher Power. That's the Point!

- **Responsibility and accountability to home and other clients living in the home.**

The mentality of "I don't want to snitch" has to go out the window. No Co-Signing others' crap. If you see or suspect something going wrong in the facility bring it to the staff's attention immediately.

- **Meeting attendance tracked on assigned meeting sheet.**

Please keep your sheet with you. Get it endorsed at every meeting you attend! This is for BOTH your records and WRWV's. Meeting sheets need to be taken seriously, and always remembered when leaving for a meeting. Loss of meeting sheets will result in loss of privileges.

- **Staying current on facility fees.**

We have to keep the lights on.

- **9 months to 1 year commitment to the facility/program.**

This is about the rest of your life! Please give us a significant amount of time to help you build this foundation of recovery.

- **Daily Journal entries into provided journal to track your progress.**

This is a good place to write ANYTHING! Of course, a daily inventory is always a good practice to work on.

- **Willingness, Open-mindedness, Honesty.**

These are essentials of recovery. They are indispensable.

- **Randomized Alcohol/Drug Testing upon Suspicion.**

This is where the accountability to each other shows up. There can also be drug testing on a monthly basis not based on suspicion. This is up to the discretion of the facility staff and, of course, the collective of the recovering individuals.

- **Getting involved in Recovery.**

1. **Sponsorship.**

2. **Acquiring appropriate Literature.**

3. **Home Group.**

4. **Step Work.**

5. **Fellowship/Support Group Development.**

6. **Varying types of Meetings.**

7. **Service Work.**

## WITHIN REACH WEST VIRGINIA FACILITY – CODE OF CONDUCT

1. PRIVILEGE: Curfew in this Facility is 11PM.
2. PRIVILEGE: No overnights for the first 60 days in facility. One (1) overnight, out of facility after initial 60 days until 6 months sobriety or 6 months in facility, whichever comes first and two (2) after 6 months. No exceptions. Client must submit an overnight request one (1) week prior to the event. Executive Director and Program Director has blank request forms. Failure to submit request will result in denial of privilege.
3. Keep your room clean and straightened. A messy room is a messy MIND. Take pride in your room. Help Keep your apartment/floor, front/back steps clean (including pet boxes or messes)
4. You will be actively going to Meetings (MINIMUM 5 meetings per week). You will be getting your paper signed. Meeting sheets available from Greg or Program Director (Wes). Failure to make minimum meetings will result in suspension of Privileges. Meeting sheets will be verified by Program Director (Wes) on Thursday evenings prior to Friday payroll.
5. You are required to have a Sponsor (and use him) within 30 days of living in this facility and actively working, taking, practicing, doing and living the 12 Steps. NO EXCEPTIONS!!
6. If it is in the refrigerator or cupboard and it is not yours, it is NOT yours. If you are receiving food stamps it is required, not suggested that you work with your floor mates and pitch in and provide a reasonable fair share from your pay. NO ONE IS EXEMPT FROM THIS REQUIREMENT. NO ONE!! If you have a problem with this please purchase your own mini-fridge. If all floor mates want to pool together for shopping, transportation will be provided and a trip will be arranged.
7. Program Director will instruct you how/where to go to I & R at the library to sign-up for food assistance. You can then take your slip to the Miracles Food Pantry at the Church for food.
8. Late night shenanigans is evidence or erratic behavior and is not normal. Not being able to sleep is normal and is a good time to call your sponsor, do step work, read literature, and/or listen to speakers or recovery music.
9. New Facility Clients are responsible for your first 2 months facility fee, paid monthly for current month. Clients are required to attend meetings from customized suggested meeting sheets for the first 60 days living within the facility and will not work full time until that 60-day recovery foundation has been met. Possible substitute/weekend work will be considered on a per case basis.
10. It is not our intention to keep anyone away from church, however during the first 90 days living in this facility the 11am meeting at the Clubhouse is mandatory. There are other times during the week to attend church. After those first 90 days your foundation will allow you to begin exploring the church of your choice. NO EXCEPTIONS!!
11. It is up to the Executive and Program Director upon failed drug test to give you the opportunity of detox at Recovery Point or another facility or dismissal from WRWV program and facility. Only one detox trip will precede expulsion. This is not a “green light” for you to fail a drug test, it is a fair warning because you might not get the detox option because there is another individual waiting and more willing than you that will get your bed.

**“YOU CANNOT THINK YOUR WAY INTO GOOD ACTION, YOU HAVE TO ACT YOUR WAY INTO GOOD THINKING”**

## BEING A PART OF THE HOUSE

### MAKE IT YOUR HOME

This is a place where we can be the rest of your life.  
Treat the facility with respect.  
Treat your housemates with respect

To build a fellowship of like-minded men is important to the success of continued sobriety.

Every client ought to be able to express his thoughts freely to the next. It is in the actions we take on those thoughts that can either get us in trouble or work to make us better than before. So, if you have an odd thought, bounce it off of someone before you take action on it and possibly make that a bad decision.

### GUIDELINES – FOR BEING OUT OF ORDER

#### NON-COMPLIANCE

- Any client in the Within Reach West Virginia facility can bring up a grievance against another client without any threat to his safety or well-being.
- **“I feel... about... because...” Statements!** What is the reason about the thing that is bothering you, how is it bothering you, and why is it bothering you...
- **No Character assassination.** Let's keep things civil and adult-minded and respectful. This is about helping each other to **STAY ALIVE!**
- This is about accountability with the facility, each other, and to ones' self.
- Please refer to your admissions paperwork first if you have any questions. More than likely the situation is covered with the Code of Conduct points. If you are not satisfied with the information you find there, then start communicating with your housemates and staff.
- If staff asks you to complete a task please remain respectful and conscientious about how you are giving back what has been so freely given to you. Help to make this a harmonious, clean, livable place.
- Privileges will be removed if you are not living up to the Code of Conduct and conditions you agreed to upon admission to the program.
- Facility Manager or other staff will be informing you about weekly Camaraderie meetings when they are scheduled.



### MANAGEMENT IN THE HOUSE

#### GREG POSEY

525 5<sup>th</sup> St. Apt. 1  
Huntington, WV 25701  
304-529-5155

#### CHRIS WARDELL

525 5<sup>th</sup> St. Apt. 2  
Huntington, WV 25701  
239-316-6751

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# WHERE DO YOU FIND A HOME GROUP?

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## Miracles on 20<sup>th</sup> St. Group

530 20<sup>th</sup> St. Huntington, WV 25701

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Best damn group in town!

Do you want real, strong coffee, AA?

Do you want to hear the truth about the nature of this disease?

Do you want to be given the dignity of really exploring the hopelessness of your condition, and diagnose yourself?

Miracles on 20<sup>th</sup> St. would welcome any new member to their family. Just talk to a home group member to ask about becoming a member of the home group. If you're without a home group in the rooms, you're "homeless."

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### What is it worth?

Getting a home group allows your voice to be heard throughout the service structure of your 12 step fellowship.

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### What does it cost?

The only requirement for membership is a desire to stop drinking. There are no dues or fees for membership. We are self-supporting through our own contributions. If you have money to put in the contribution basket, then drop it in. If you don't, then just keep coming back and if you trust in God, your life will change and you will find yourself taken care of beyond your wildest dreams.



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#### 12 STEPS TO FREEDOM WORKSHOPS!!

300 7<sup>th</sup> Ave.  
The MOW Recovery Shop

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### OPPORTUNITIES IN SERVICE

Being a member of a home group not only gives you a voice in the services structure of your 12 step fellowship, but also enables you to be open to service positions at the group level.