

## Hope House

Hope House is a sober living home for adults that offers an opportunity for residents to invest in a strong foundation for their recovery from alcohol or other drugs. Hope House was developed to assist Marathon, Langlade and Lincoln County residents with their recovery in a safe, supportive environment while gaining strength and confidence from their peers and house mates.

### Hope House Residents are Required to:

- Be in active substance use treatment or therapy
- Attend community recovery activities such as those from AA or NA
- Have a sponsor or recovery coach
- Maintain lifestyle requirements such as sobriety, curfews, house cleaning, maintenance and cooking
- Spend forty hours per week participating in higher education, volunteering or work activities

Upon acceptance into Hope House, residents would have thirty days to establish these supports and meet requirements for living in the home.

## Equal Opportunity in Service Delivery Policy

No otherwise qualified applicant for service or program resident shall be excluded from participation, be denied benefits, or otherwise be subject to discrimination in any manner on the basis of race, color, national origin, age, sex, sexual identity, sexual orientation, religion, political beliefs or disability. No employee or other person shall intimidate, threaten, coerce, or discriminate against any otherwise qualified individual for the purpose of interfering with any right or privilege secured under one of the applicable civil rights laws, or because they have made a complaint, testified, assisted, or participated in any manner in an investigation, proceeding or hearing under one of the applicable civil rights laws. This policy covers eligibility for access to service delivery, and to treatment in all of the programs, services and activities. All employees are expected to support the goals and programmatic activities relating to nondiscrimination in service delivery.

## How to Apply

Visit [norcen.org/HopeHouse](http://norcen.org/HopeHouse)  
to access the Hope House  
application form.

### North Central Health Care Hope House Wausau

319 North Third Avenue • Wausau, Wisconsin 54401

### North Central Health Care Hope House Antigo

915 First Avenue • Antigo, Wisconsin 54409

## Referral Questions?

For referral inquiries or questions, contact the  
**Sober Living Outreach Program Manager** at

**715.370.9823**



North Central Health Care

Person centered. Outcome focused.

[www.norcen.org/HopeHouse](http://www.norcen.org/HopeHouse)

Recovery Services



North Central Health Care

Person centered. Outcome focused.

## Hope House

Sober Living Opportunities  
in Wausau and Antigo



Building Strong Foundations for  
Recovery in Our Community



## Continuing Recovery at Hope House

Based on the Apricity Model of recovery, Hope House is operated by NCHC staff and a live-in mentor in recovery. This Model promotes building community in a long-term supportive environment with others in similar circumstances.

Hope House is open for referrals from our community including healthcare, social services, law enforcement and justice partners, employers, treatment centers and from North Central Health Care Behavioral Health and Crisis programs. Individuals may also self-refer. You do not need a physician referral to become a Hope House resident.

To start the process, an application form must be completed which includes information about the applicant, previous treatment, sober living experiences and personal references.

## Why Sober Living?

Sober living offers individuals post-treatment an opportunity to invest time building a stronger foundation for their recovery and stop the revolving door of sobriety followed by relapse.

Often a person leaves treatment without the safety and security of housing that honors his or her new recovery lifestyle. Sober living homes provide a nurturing atmosphere where individuals are empowered to continue their recovery in a long-term, supportive environment. Residents will share their experience with others who are in similar circumstances.

This environment prevents potential isolation. Solitude and lack of support, whether personal or environmental, are two of the most common reasons for relapse. Spending time in a Sober Living house helps individuals in recovery gain strength and confidence from their house mates and peers.

Whether you're committed to strengthening your recovery or you desire safe, sober housing as an investment in your or a loved one's recovery, Hope House is here to help.

Studies indicate that the likelihood of maintaining long-term sobriety **doubles** when residing in a sober living house.

## Locations

North Central Health Care operates Hope House in two locations in Central Wisconsin in Wausau and Antigo. Residents participate in regular meals, contribute to the homes overall well-being through chores, and attend house meetings.

### ■ Hope House Wausau

Hope House Wausau is an 5-bed home for men and women in recovery located at 319 North Third Avenue, Wausau. Hope House Wausau reopened in November 2020.



### ■ Hope House Antigo

Hope House Antigo is an 8-bed home for women only located at 915 First Avenue, Antigo. Hope House Antigo opened in May 2021.

