

## Our Purpose

The Next Step Program provides structure and education using foundational tools to any individual with alcoholism seeking to sustain and grow in their recovery from alcoholism.

## Our Program

Next Step is a three-phase, nonresidential recovery program that lasts approximately three months and consists of recovery education, 12-step meetings, mentorship with meeting chairs, and more. Time commitments vary from 2-4 hours per week.

## Next Step Group

Next Step group is a mandatory weekly meeting where participants learn about fundamental recovery topics, check in with meeting the program requirements, and are informed of the resources and support The Magdalen House offers in their recovery.

## Next Step Group Topics

Each week, the focus of the group will rotate through 12 specific recovery topics:

- Steps 1, 2, & 3
- Sponsorship
- The Magdalen House Resources
- Step 4
- Step 5
- Steps 6 & 7
- Steps 8 & 9
- Step 10
- Step 11
- Carrying the Message
- Chairing Meetings
- Practicing Principles in all our Affairs

## Next Step Group Times

### Women's House

- Sunday 10:30 AM • Sunday 2:30 PM
- Tuesday 1:30 PM • Tuesday 6:30 PM
- Wednesday 1:30 PM • Thursday 1:30 PM

### Men's House

- Tuesday 12:00 PM
- Thursday 1:30 PM
- Saturday 11:00 AM

## Phone Screenings

Phone screenings are done every day between 9 AM and 5 PM. To complete a phone screen for Next Step, call 214.324.9261

## Phase 1 Foundation

## Phase 2 Service

## Phase 3 Servant Leadership

### Purpose

Establish a foundation in recovery and in The Magdalen House community.

Learn how to be of service to others. The focus shifts from what participants are receiving from The Magdalen House programs to what they are giving. Participants learn to be of service to prepare for leadership in Phase 3.

Servant leadership is the principle that one's purpose as a leader is to serve others. In Phase 3, participants take the tools of service they have learned and put them into action through servant leadership.

### Weekly Requirements

- Attend two Magdalen House meetings in person per week.
- Attend weekly in person Next Step group.
- Reach out weekly to assigned buddy.
- Practice weekly assigned spiritual principle.

- Attend one in person meeting at The Magdalen House.
- Shadow a meeting chair in person once per week for 3 weeks (if on steps 10-12).
- Attend weekly in person Next Step group.
- Reach out weekly to assigned buddy.
- Practice weekly assigned spiritual principle.

- Attend one in person meeting at The Magdalen House.
- Shadow a meeting chair once per week for 3 weeks (if on steps 10-12 and not already shadowed in phase 2).
- Attend weekly in person Next Step group.
- Reach out weekly to assigned buddy.
- Practice weekly assigned spiritual principle.

### Phase Requirements

- Complete Phase 1 guided reading.
- Complete four weeks of Phase 1 requirements.
- Present to weekly group on steps 1, 2, & 3 (5-7 minutes).
- Attend volunteer orientation & complete one volunteer shift.

- Complete Phase 2 guided reading.
- Complete four weeks of Phase 2 requirements.
- Complete one volunteer shift.

- Participants are expected tell their story before graduating. Participants must be on steps 10-12 to adequately share their experience, strength, and hope with the clients.
- Complete Phase 3 guided reading.
- Complete one volunteer shift.
- Complete four weeks of Phase 3 requirements.