



The Magdalen House  
A RECOVERY COMMUNITY  
FOR ALCOHOLISM

# First Step Program

## Our Purpose

The First Step Program provides a safe and understanding setting for an individual with alcoholism to physically separate from alcohol while being immersed in support and education from recovered individuals in the community.

Our **mission** is to help individuals with alcoholism achieve sobriety and sustain recovery from alcoholism at no cost and based on 12-Step spiritual principles.

Our **vision** is to build a thriving community for people in recovery from alcoholism and their families – one person at a time.

## Phone Screenings

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

## Program Details

Conducted in gender specific houses, First Step is a two-week, residential recovery program that consists of daily recovery education, support from recovered volunteers, and more. It is open to an alcoholic woman or man who is struggling to stop drinking, who is seeking education and resources to achieve sobriety and to build a foundation of recovery.

- 100% free – no insurance, no co-pays, no out of pocket costs
- Phone screenings and admissions are accepted 365 days a year
- 14-day, residential stay that includes meals, toiletries, and other basic living necessities
- 12-Step focused curriculum with an intensive orientation to the spiritual solution through 53 solution-focused classes, meetings, and workshops
- Beds are available on a first-come, first-served basis
- Fully trained staff who are also individuals in recovery from alcoholism, many of whom are program alumni
- Daily conversation with recovered alcoholics who volunteer their time
- Daily phone time
- Weekly family visitation
- Assistance with connections to sober living, counseling, health services, and more

## What to Expect

The Magdalen House First Step program provides a safe and comfortable setting for an individual with alcoholism to physically separate from alcohol so that they may learn about alcoholism and begin working 12-Step spiritual principles to achieve sobriety. But it's so much more than that. It's a place that feels like home, surrounded by people that have walked the same path of alcoholic despair, walking shoulder to shoulder towards a solution.