2026

MORE HOUSE

MEMOIRS OF RECOVERY

PROSPECTUS

| NO. 2A UTAN LANE CLOSE ROCKHAVEN, JOS PLATEAU STATE.

Welcome to MORE House Recovery, where the journey to lasting transformation begins. Nestled within a serene and supportive environment, our recovery centre offers a beacon of hope for individuals seeking freedom from the shackles of drug despondency. With an unwavering commitment to a Christian ethos of excellence, confidentiality, compassion, and transformation, we guide our clients towards a path of holistic healing, self-discovery, sustainable recovery, and spiritual growth. Join us on a journey that transcends the boundaries of drug dependency and discover a brighter future, where hope, resilience, purpose, and spirituality converge.

Our Vision

To see lives transformed, freed from drug dependency, empowered by Christ to fulfil their God-given purpose, and to inspire hope in other drug-dependent users.

Our Mission

To provide Christ-centred, evidence-based, compassionate, and personalised interventions for drug-dependent users, guiding them towards spiritual growth and lifelong recovery.

Our Philosophy:

At MORE HOUSE, our faith-based approach to recovery is rooted in the transformative power of Christ, which empowers individuals to overcome the complex issues surrounding drug dependence. Recognising that addiction often stems from a profound spiritual void, we acknowledge that true recovery necessitates a holistic approach that addresses the physical, emotional, and spiritual dimensions of an individual's being.

Our therapeutic methodology is grounded in a nuanced understanding of the interplay between addiction, spirituality, and personal identity. By providing a safe and supportive environment, we facilitate a process of introspection, self-discovery, and spiritual exploration, enabling individuals to rediscover their purpose, meaning, and fulfilment. This conviction informs our commitment to providing compassionate and comprehensive care to those navigating the recovery journey.

Guided by the philosophy 'Reach out to one; create a path for many,' we recognise the inherent value of investing in the lives of individuals, who, in turn, become catalysts for transformation within their communities. From a theological perspective, we believe God is authoring a narrative of hope and redemption in the lives of men, with each transformed individual representing a unique chapter in His ongoing **Memoirs of Recovery**. As these individuals experience transformative change, they inspire others, generating a ripple effect of hope, healing, and transformation that resonates throughout society.

Through our programme, we aim to:

- ✓ Offer hope in Christ to those struggling with drug dependence and addiction
- ✓ Provide a path to transformation through faith in Him, addressing the root causes of dependence
- ✓ Empower individuals to share their stories of transformation and hope with others in their community, propelled by their faith
- ✓ Create a ripple effect of hope and transformation that glorifies Christ and impacts many lives, inspiring others to seek recovery and rediscover purpose and fulfilment
- ✓ Pursue excellence in all aspects of our work, striving for continuous improvement and quality care
- ✓ Operate within the scope of our competencies, recognising our strengths and limitations
- ✓ Embrace a holistic approach to recovery, addressing the physical, emotional, and spiritual needs of individuals
- ✓ Foster collaboration and referrals, building strong relationships with healthcare providers, therapists, and community organisations
- ✓ Utilise evidence-based methods and best practices, integrating faith-based principles with proven therapeutic approaches

Programme Overview:

The Memoirs of Recovery House Initiative is a Christ-centred programme that utilises evidence-based practices to address drug dependency and its associated issues. Our tailored approach ensures that each individual client receives a personalised treatment plan, taking into account their substance use history, any co-occurring medical or mental health conditions, and their personal goals and motivations for recovery.

Our structured programme is divided into four modules, each lasting three months, with designated times for treatment activities, meals, and free time. Clients can be admitted for a minimum of three months to a maximum of one year, depending on the severity of their situation. Upon completing the programme, our clients can expect to have discovered a sense of meaning and purpose, and acquired the necessary skills to maintain long-term sobriety.

Admission and Financial Requirements

Admission to MORE HOUSE Recovery Centre is contingent upon a comprehensive assessment process and availability of space. To ensure a successful treatment journey, we prioritize voluntary commitment from our clients. Our programme's efficacy relies on the individual's willingness to change, as we provide support and guidance rather than a miraculous solution. Hence the need for an intake interview. The intake interview serves several purposes, including:

- Assessing the severity of the issue
- Informing clients about our programme's nature and scope
- Verifying suitability for our services
- Making referrals when necessary
- Ascertain that the Client is at least 18 years old, as we do not admit younger (exceptions may be made following professional assessment)
- Ascertain willingness to participate in the treatment programme and adhere to rules and regulations

Fees:

- The total programme cost is ₦600,000, spanning three months, which covers the cost of programme materials, tests (toxicology and medical), feeding, accommodation etc.
- Clients are expected to pay the full amount before admission
- In cases of financial constraints, instalment payments may be permitted (three payments due monthly, starting from the initial payment date)
- Additionally, we require a minimum monthly pocket money allowance of five thousand naira (₦5,000) for each client, enabling them to purchase personal items or treats, subject to approval by the care coordinator. Clients are also expected to bring some provisions to supplement their meals.

Other Items Required Upon Admission:

- A recent passport-sized photograph
- Bedding (bed sheets, pillowcase, blankets, mosquito net)
- Toiletries (essential personal hygiene items)
- Utensils (plate, food warmer, Soup bowl, cup, cutlery)
- Modest church attire (for Sunday services)
- Full disclosure of the client's medical condition

Important Note:

- Clients will not be permitted to possess mobile phones during their stay.
- However, they will be allowed one phone call and one visit every Saturday from a family member or a pre-approved support person (known to the organisation and agreed upon by the family and client).
- We strongly encourage families to take advantage of these weekly opportunities to stay connected and offer support, as this will greatly benefit their loved one's recovery journey.

Treatment and Support Services:

Our comprehensive approach incorporates a non-pharmacological, psychosocial, and trauma-informed methodology, complemented by a strong spiritual focus to address the complexities of drug despondency and life's challenges. Through a carefully structured schedule, clients engage in a variety of activities throughout the day, with ample time for personal reflection and meditation to address the physical, emotional, and spiritual aspects of their recovery.

Our experienced and compassionate team works tirelessly to sustain clients' motivation and commitment to the recovery process. The facility's peer support Officer (Big Brother figure) provides guidance, support, and a sense of direction, living and working closely with clients to cater to their individual needs.

By leveraging these resources, our clients can harness the full potential of their recovery journey.

The Centre will provide the following treatment and support services to clients:

1. **Non-pharmacological Detoxification**: A safe and supervised withdrawal process, managing symptoms and monitoring for any medical complications.

2. **Assessment and Evaluation**: A comprehensive assessment upon admission, determining individual needs through a thorough evaluation of substance use history, medical and mental health status, and other relevant factors.

3. **Psychotherapy:** Individual and group therapy sessions addressing underlying psychological and emotional issues contributing to substance misuse.

4. **Health Services**: Minor healthcare concerns will be addressed, while more extensive interventions will be the responsibility of parents/guardians; in emergencies, the Centre will provide necessary medical intervention, with the financial burden shouldered by parents/guardians. **MORE House shall not be held liable for any medical complications arising from pre-existing conditions that are the responsibility of parents or legal guardians, fraudulent medical records, or undisclosed medical conditions. By admitting your ward to our programme, you acknowledge that you have disclosed all relevant medical information and agree to indemnify MORE House against any claims or liabilities arising from any undisclosed or pre-existing conditions**.

5. **Aftercare and Relapse Prevention**: At MORE House Recovery, we understand that recovery is a lifelong journey, and our aftercare programme is designed to provide ongoing support and guidance to help clients maintain their progress and achieve long-term success. Our aftercare programme leverages a strong one-on-one mentorship process, in line with the twelve-step methodology, to provide clients with:

- Regular meetings with a dedicated mentor
- Personalised guidance and support
- Accountability and encouragement

In addition to one-on-one mentorship, our aftercare programme also includes:

- Support groups: Regular group sessions with peers and trained facilitators to share experiences, receive support, and build a sense of community
- Relapse prevention planning: Developing strategies and coping mechanisms to manage triggers and prevent relapse
- Ongoing therapy sessions: Access to regular therapy sessions to address ongoing challenges and concerns
- Family support: Support and guidance for family members and loved ones to help them understand the recovery process and how to support their loved one

6. **Therapeutic Community**: A 24-hour safe space for clients to leverage professional and peer support, initiating personal and lifestyle change away from triggers and negative influences.

7. **Spiritual Formation**: Encouraging clients to acknowledge imperfections, admit powerlessness, and turn their lives over to a God, thereby fostering spiritual development for lifelong sobriety.

Facilities and Accommodation:

MORE House Recovery is a 22-bed facility nestled in a serene and peaceful environment, carefully designed to promote relaxation and focus on recovery. Our centre offers a range of amenities to support physical and mental well-being, including:

- Spacious and comfortable bedrooms with ensuite bathrooms
- Communal areas for socialising and relaxation
- Games - ping-pong, basketball, and board games
- Outdoor spaces for recreation and reflection
- Healthy meals prepared by our in-house cook

Our tranquil setting and supportive environment provide the perfect backdrop for individuals to focus on their recovery journey, free from distractions and stress. We strive to create a sense of community and belonging, where clients can build meaningful relationships with peers and staff, and feel supported every step of the way.

Confidentiality:

MORE House adheres to strict confidentiality standards, in line with therapeutic practice ethics. Clients are expected to maintain the confidentiality of fellow clients, including medical records and personal information.

Behavioural Expectations:

- Clients are expected to behave responsibly and respectfully at all times.
- Clients must be honest, and trustworthy, and maintain confidentiality regarding their own and others' information.
- Clients must adhere to programme policies and procedures, as outlined in the client agreement form.
- Clients must attend all scheduled treatment activities and meetings.
- Clients must maintain a clean and tidy living environment.
- Clients must refrain from using drugs, alcohol, and other mood-altering substances while in the programme. Management reserves the right to conduct unannounced drug tests at intervals. A positive test result will result in expulsion from the programme.
- Residents must respect others' privacy and property.

Prohibited Items:

The following items are strictly prohibited on the premises:

- Illegal drugs and controlled substances (except with a valid medical prescription)
- Alcohol
- Weapons of any sort
- Harmful or hazardous materials
- Pornographic materials
- Any other items deemed inappropriate by MORE House staff

Violations:

- Residents who violate programme rules and regulations may face consequences, including:
- Verbal warning
- Expulsion from the programme
- Disciplinary action (such as extra chores or assigned tasks)
- Criminal prosecution, if applicable (we are legally required to report criminal offences, such as vandalism and arson, which harm others)

Conclusion:

At MORE House Recovery, we are committed to providing a supportive and empowering environment for individuals seeking recovery. Our programmes cater to each client's unique needs, ensuring lasting recovery and improved quality of life. By helping one person, we create a path for many, inspiring hope and positive change.

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