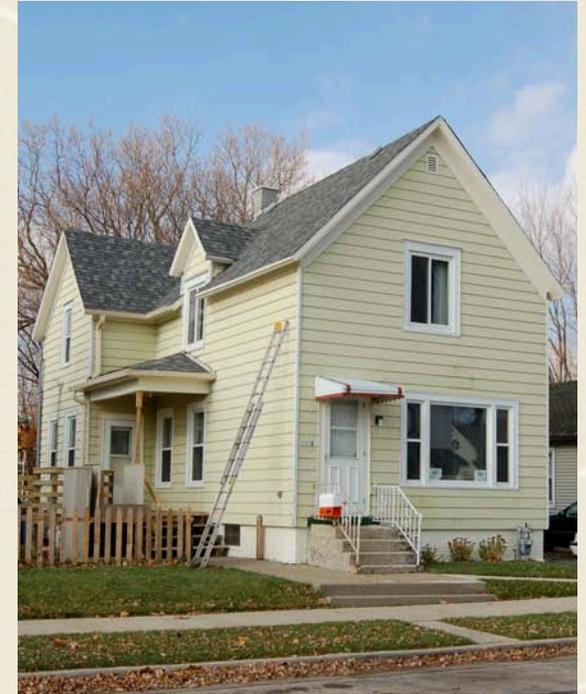


The purpose of
Last House on the Block, Inc.
is to establish enough self-run,
self-supported recovery houses in
Racine, Wisconsin to provide an
opportunity for every recovering
individual to learn a clean and
sober way of life - forever.

LAST HOUSE ON THE BLOCK

1303 Chatham Street
Racine, Wisconsin 53402
(262) 633-5493
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LAST HOUSE ON THE BLOCK



A 501(c)(3) non-profit
dedicated to sober living

Recovering From Alcoholism and Drug Addiction

Alcoholism and drug addiction are chronic and progressive problems. The alcoholic and drug addict become “hooked” on their drug of choice and physically all cells in their bodies call out for a steady supply of the drug. This physical compulsion causes the mind to trigger any kind of behavior needed to get the next drink of alcohol or other drug “fix.” Once addicted the only “cure” is total abstinence -- stopping the use of the alcohol and drugs -- forever.

Stopping the use of drugs and alcohol use is difficult, but not impossible. When an addict stops, he or she feels sick because of withdrawal; i.e., every cell in the body is calling out for the drug and the body shakes, sweats and produces great anxiety. The addict really “feels” he or she is going to die unless the drug of choice is obtained quickly. This is called detoxification and it usually ends within minutes after the addict has ingested his or her drug of choice. However, for a fortunate few -- who can go three to seven days without taking their drug of choice -- detoxification is the beginning of a whole new life.

Short-term custody -- in a hospital setting or a supervised detoxification facility -- is the usual way to stop an addict’s compulsive use of alcohol and drugs. Treatment can educate and motivate an individual to stay stopped, and Last House on the Block can help to make treatment successful.

Residents of Last House on the Block run the house and pay expenses. Operations are maintained by following a disciplined, democratic, self-help system of operation.

Staying Stopped

Behavior change is never easy and it is especially difficult for the individual who is recovering from addiction. While the physical craving for drugs ends within a few days, the mind tries to trick an individual into returning to alcohol or drug use. When you think about it, the mind is doing what comes naturally -- forgetting pain and remembering pleasure.

Professionals speak often of “denial” when dealing with recovering addicts. The addict really does not believe that alcohol and drug use produces harm. The addict “remembers” the good feeling that came from the alcohol or drugs and wants to recapture it. At the same time, he or she forgets the violence, irrational behavior (fights, loss of job and family), and physical withdrawal that makes one feel sick (hang-overs).

Treatment plus Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) – twelve-step self-help programs – have helped millions of recovering addicts to change their behavior to adopt lifelong abstinence. Unfortunately, many recovering individuals need more support than AA and NA alone. Last House on the Block provides the additional support and the time to learn new behavior.

Many Last House residents continue aftercare counseling. Residents also go to an average of 5 AA or NA meetings a week - even though there is no requirement to do so.

Getting into Last House on the Block requires application and acceptance by 80% of the existing residents.

How Last House on the Block Works

Last House on the Block consists of residential homes where groups of recovering individuals rent to live together in an environment supportive of recovery from addiction. Each house is self-run and self-supported following a standardized system of democratic operation.

There are three basic requirements for the group:

- it must be democratically self-run,
- it must be financially self-supported, and
- it must expel any resident who returns to using alcohol or drugs.

Individuals living in a Last House project learn or relearn values, responsible behavior and slowly, but surely, develop long-term behavior to assure comfortable sobriety – forever. Some individuals live at Last House for a few months, others for years. Together, these individuals develop the house into a place to learn comfortable sobriety without relapse.

To make a tax-deductible donation to Last House on the Block, or to apply for residency, contact us via the information below.

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