

A foundation of recovery is having a safe and stable living environment.

Also known as sober living, recovery housing is a recovery-oriented supportive living environment for individuals wanting to initiate and sustain recovery.

# Recovery Housing Assistance Program



## CHARACTERISTICS OF RECOVERY HOUSING INCLUDE:

### **Safe environment**

This transitional housing provides a physically and emotionally safe, secure, and respectful environment for individuals with the chronic disease of addiction. Recovery houses often have one live-in staff responsible for the management of the house.

### **Structured living**

Daily and weekly schedules and routines provide structure for individuals to focus on physical, social, mental, and community wellness. Regular house meetings, group activities, and community volunteering foster accountability.

### **Rules and responsibilities**

Following rules, paying rent, and completing delegated tasks while being involved in work, school, or treatment instills a sense of purpose and increases self-esteem.

### **Support Network**

A 24-hour network of peers and trained staff dedicated to recovery provides encouragement and support when needed. Individuals often have opportunities to become mentors to other residents fostering individual and community dependability.

### **Community Integration**

Connecting individuals to their local community to build individual resources and adapt to a recovery lifestyle improves social connections and feelings of acceptance.

## FREQUENTLY ASKED QUESTIONS

### What are the Recovery Housing Assistance program benefits?

If approved for the program, you may have up to 12 weeks of your Recovery Housing fees paid directly to the Recovery Housing Assistance Program provider.

### Am I eligible for the Recovery Housing Assistance program?

You may be eligible for the program if you:

- ⊕ Are a ND resident **and**
- ⊕ Are 18 years of age or older **and**
- ⊕ Have a history of substance use disorder **and**
- ⊕ Are enrolled in a Department of Human Services Public Assistance Program **or**
- ⊕ Are enrolled in a Behavioral Health Division substance use disorder or community program **or**
- ⊕ Have a household income at or below 200% of the Federal Poverty Guidelines

### How do I apply for the Recovery Housing Assistance program?

To apply, contact the participating Housing Assistance Program provider of your choice. They will assist you with the application process.

### Which Recovery Houses participate in the program?

Visit [behavioralhealth.nd.gov/recovery-housing](http://behavioralhealth.nd.gov/recovery-housing) to view the current participating providers.

### Do I have to leave the Recovery House at the end of the 12-week program?

No. If you would like to continue living at the Recovery House, your provider will work with you to discuss options for continuing your stay.

## DID YOU KNOW?

The Behavioral Health Division offers many programs to assist individuals with a variety of needs, some of which are outlined below. For more information, visit [behavioralhealth.nd.gov](http://behavioralhealth.nd.gov) or call 701-328-8920.

### Substance Use Disorder Voucher

Provides access to treatment and services for substance use disorders.

### Community Connect

Provides community-based behavioral health services through care coordination and peer support.

### 24/7 Recovery Talk

Connect with a trained peer support specialist with lived experience in addiction to chat and receive support.

### Call Kay

Support for parents who are struggling, day or night. Connect with a peer who has also experienced parenting struggles, substance use, and navigating the child welfare system.

### ND Cares

Community-based effort to strengthen an accessible network of support for ND military service members and their families.

### 2-1-1 Helpline

Free and confidential service available 24/7 to help individuals find local behavioral health resources.

