

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



## 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.

Many times individuals in early recovery find themselves needing to make changes in their living environments, social activities, employment, and sometimes family connections. Recovery Housing helps individuals find a safe place, compassionate people, and a life full of purpose and fun that doesn't involve substances.

## HOW RECOVERY HAPPENS

