



# **Recovery Housing Preparation Guide**

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Comprehensive Resource Guide from Forward Horizon

Supporting your journey to stability, independence, and success

# Recovery Housing Preparation Guide

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## Your Roadmap to Sober Living Success

*A comprehensive preparation guide from Forward Horizon for individuals entering recovery housing*

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## Understanding Recovery Housing

### What is Recovery Housing?

Recovery housing (also called sober living homes) provides a structured, substance-free living environment for individuals in recovery from addiction. These programs bridge the gap between intensive treatment and independent living.

#### Key Characteristics:

- Zero tolerance for drugs and alcohol
- Structured daily routines and expectations
- Peer support from other residents
- Regular drug and alcohol testing
- House meetings and group activities
- Case management and support services

### Types of Recovery Housing

#### Level I - Peer-Run Houses

- Resident-managed with minimal staff
- Self-governance through house meetings
- Focus on mutual support and accountability
- Typically 6-12 residents

## Level II - Monitored Houses (Most Common)

- Professional oversight with house manager
- Structured rules and expectations
- Regular breathalyzer and drug testing
- Curfews and check-in requirements

## Level III - Supervised Houses

- Clinical staff on-site or readily available
- More intensive case management
- May include on-site counseling
- For individuals needing additional support

## Level IV - Service Provider Houses

- Highest level of supervision and services
  - 24/7 staffing with clinical services
  - Intensive case management
  - For individuals with complex needs
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# Pre-Entry Preparation

## Mental and Emotional Readiness

### Mindset Preparation:

- ☐ Commit fully to sobriety and recovery
- ☐ Accept that recovery is a daily choice
- ☐ Prepare for challenges and setbacks
- ☐ Embrace the idea of peer support
- ☐ Be open to feedback and accountability

### Recovery Foundation:

- ☐ Complete detoxification (if needed)
- ☐ Finish inpatient or intensive outpatient treatment
- ☐ Have minimum 30 days of sobriety (varies by program)
- ☐ Attend AA/NA meetings regularly
- ☐ Have a sponsor or be working toward one

### Personal Inventory:

- ☐ Honestly assess your recovery progress
- ☐ Identify your biggest triggers and challenges

- ☐ Recognize your strengths in recovery
- ☐ Set realistic short-term and long-term goals
- ☐ Prepare for living in a community setting

## Practical Preparation

### Documentation and Paperwork:

- ☐ Photo identification (driver's license or state ID)
- ☐ Social Security card
- ☐ Insurance cards (health, mental health, substance abuse)
- ☐ Medical records and current prescriptions
- ☐ Court documents (if legally mandated treatment)
- ☐ Employment verification or benefits documentation
- ☐ Emergency contact information

### Financial Planning:

- ☐ Calculate income from all sources
- ☐ Understand house fees and payment schedule
- ☐ Plan for security deposit and first month's rent
- ☐ Budget for personal expenses
- ☐ Arrange for financial assistance if needed

### Personal Items Preparation:

- ☐ Clothing for all seasons (check house guidelines)
- ☐ Personal hygiene items
- ☐ Approved medications in original containers
- ☐ Important phone numbers written down
- ☐ Recovery literature and materials
- ☐ Personal items for comfort (within guidelines)

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## What to Expect

### Your First Week

#### Day 1: Intake and Orientation

- Complete paperwork and house agreements
- Tour the facility and learn house rules
- Meet house manager and other residents

- Receive handbook and emergency procedures
- Submit to drug/alcohol screening

### **Days 2-3: Settling In**

- Establish daily routine
- Attend first house meeting
- Begin job search or work activities
- Start attending required meetings
- Connect with local AA/NA groups

### **Days 4-7: Integration**

- Take on house responsibilities (chores)
- Participate in group activities
- Meet with case manager
- Continue building relationships
- Evaluate and adjust goals

## **Daily Structure**

### **Typical Daily Schedule:**

- 6:00 AM - Wake up
- 6:30 AM - Personal hygiene and room preparation
- 7:00 AM - Breakfast and morning chores
- 8:00 AM - Work, job search, or program activities
- 12:00 PM - Lunch (may be at work)
- 1:00 PM - Continue work/activities
- 6:00 PM - Dinner and evening chores
- 7:00 PM - Meeting attendance (AA/NA) or group activities
- 9:00 PM - Free time, study, or personal activities
- 10:00 PM - Curfew (varies by house)
- 11:00 PM - Lights out

### **Weekly Requirements:**

- Attend minimum number of AA/NA meetings (usually 3-5)
- Participate in house meetings
- Complete assigned chores
- Meet with case manager or house manager
- Submit to random drug/alcohol testing

## **House Rules and Expectations**

### **Zero Tolerance Policies:**

- No drugs or alcohol on premises or in your system
- No violence or threats of violence
- No romantic relationships between residents
- No visitors without prior approval
- No borrowing or lending money

#### **Common House Rules:**

- Mandatory curfew times
  - Required meeting attendance
  - Completion of assigned chores
  - Respectful communication
  - Participation in house meetings
  - Regular drug/alcohol testing
  - Employment or program participation
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## **Building Your Support Network**

### **Internal Support (House Community)**

#### **House Manager/Staff:**

- Primary support for daily issues
- Guidance on house rules and expectations
- Resource for community connections
- Advocate for your recovery

#### **Fellow Residents:**

- Peer support and accountability
- Shared experiences and understanding
- Study and activity partners
- Long-term recovery friendships

#### **House Alumni:**

- Success stories and inspiration
- Practical advice for challenges
- Networking for employment
- Continued friendship and support

### **External Support Network**

#### **12-Step Program Support:**

- Sponsor for guidance and accountability
- Home group for consistent attendance
- Service positions for engagement
- Fellowship for social support

#### **Professional Support:**

- Therapist or counselor
- Primary care physician
- Psychiatrist (if needed)
- Case manager
- Employment counselor

#### **Family and Friends:**

- Healthy family relationships
- Sober friends and activities
- Mentor figures
- Community connections

### **Building Healthy Relationships**

#### **Relationship Guidelines in Recovery:**

- Focus on friendships, not romantic relationships
- Choose friends who support your sobriety
- Set boundaries with using friends/family
- Practice honest communication
- Be willing to ask for help

#### **Red Flags to Avoid:**

- People who use drugs or alcohol regularly
- Romantic relationships in early recovery
- Codependent relationships
- Anyone who minimizes your recovery efforts
- People who encourage risky behaviors

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## **Financial Planning for Recovery**

### **Understanding Costs**

#### **Recovery Housing Fees:**

- Rent: \$400-\$800/month (varies by location)

- Security deposit: Usually equal to one month's rent
- Utilities: Sometimes included, sometimes separate
- Food: May be included or shared expense
- Transportation: Bus passes or vehicle expenses

### **Personal Expenses:**

- Cell phone: \$30-\$80/month
- Personal care items: \$30-\$50/month
- Clothing: \$50-\$100/month
- Entertainment/activities: \$50-\$100/month
- Medical co-pays: Variable

## **Income Sources**

### **Employment:**

- Full-time job (preferred)
- Part-time job while attending program
- Temporary or day labor work
- Disability benefits (if applicable)

### **Benefits:**

- SNAP (food stamps)
- Medicaid for healthcare
- Temporary Assistance for Needy Families
- Social Security Disability
- Veterans benefits (if applicable)

### **Financial Assistance:**

- Scholarships from treatment centers
- State-funded housing assistance
- Faith-based organization support
- Family assistance (if appropriate)

## **Budgeting for Success**

### **Sample Monthly Budget (Income: \$1,200)**

- Housing: \$500 (42%)
- Food: \$200 (17%)
- Transportation: \$100 (8%)
- Phone: \$50 (4%)
- Personal care: \$40 (3%)



- Medical: \$50 (4%)
- Savings: \$120 (10%)
- Miscellaneous: \$140 (12%)

#### **Money Management Tips:**

- Pay housing and bills first
  - Save at least 10% of income
  - Use cash for discretionary spending
  - Avoid credit cards in early recovery
  - Track all expenses daily
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## **Relapse Prevention Strategies**

### **Identifying Triggers**

#### **Environmental Triggers:**

- Bars, liquor stores, drug neighborhoods
- Parties or social events with substances
- Stressful situations or environments
- Places associated with past use
- Certain times of day or seasons

#### **Emotional Triggers:**

- Depression, anxiety, anger
- Loneliness or isolation
- Excitement or celebration
- Grief or loss
- Relationship conflicts

#### **Physical Triggers:**

- Fatigue or exhaustion
- Hunger or low blood sugar
- Pain or illness
- Sleep deprivation
- Hormonal changes

### **Coping Strategies**

#### **Immediate Coping Tools:**

- Call sponsor or sober friend

- Attend extra meetings
- Use breathing exercises
- Practice meditation or prayer
- Engage in physical exercise
- Use distraction techniques

### Long-term Strategies:

- Regular meeting attendance
- Working the steps with sponsor
- Maintaining daily routines
- Building sober activities
- Developing healthy hobbies
- Continuing therapy or counseling

### HALT Check-in:

- **H**ungry: Are you eating regularly?
- **A**ngry: How are you processing emotions?
- **L**onely: Are you connected to others?
- **T**ired: Are you getting enough sleep?

## Relapse Prevention Plan

### Personal Warning Signs:

- ☐ Isolation from support network
- ☐ Skipping meetings or therapy
- ☐ Mood changes or irritability
- ☐ Thinking about using
- ☐ Contacting old using friends
- ☐ Neglecting self-care
- ☐ Making poor decisions

### Action Steps for Each Warning Sign:

1. Recognize the warning sign immediately
2. Reach out to sponsor or support person
3. Increase meeting attendance
4. Review your reasons for sobriety
5. Use coping skills and tools
6. Seek professional help if needed

# **Forward Horizon Recovery Program**

## **Our Philosophy**

At Forward Horizon, we believe that recovery is not just about stopping substance use—it's about building a fulfilling, meaningful life. Our program combines the structure of quality recovery housing with comprehensive support services to help you achieve lasting sobriety.

### **Core Principles:**

- Recovery is a journey, not a destination
- Peer support is essential for success
- Everyone deserves dignity and respect
- Relapse doesn't mean failure
- Community strengthens individual recovery

## **Program Components**

### **Safe, Structured Housing:**

- Substance-free environment with zero tolerance
- Comfortable, clean living spaces
- House rules that promote recovery
- Regular drug and alcohol testing
- 24/7 support availability

### **Peer Support Community:**

- Living with others in recovery
- House meetings and group activities
- Peer accountability and encouragement
- Alumni network and continued support
- Recovery-focused social activities

### **Case Management Services:**

- Individual recovery planning
- Resource connection and referrals
- Progress monitoring and adjustment
- Crisis intervention and support
- Transition planning for independent living

### **Life Skills Development:**

- Financial literacy and budgeting
- Job search and employment skills
- Communication and relationship skills

- Stress management and coping strategies
- Independent living skills

#### **Recovery Support:**

- Connection to local AA/NA meetings
- Transportation to meetings and appointments
- Meeting attendance tracking
- Step work encouragement
- Sponsorship support

### **Program Phases**

#### **Phase 1: Stabilization (0-90 days)**

- Complete assessment and intake
- Establish house routine and responsibilities
- Connect with local recovery community
- Begin working with case manager
- Focus on basic stability and adjustment

#### **Phase 2: Growth (3-6 months)**

- Increase independence and responsibility
- Develop employment or education plan
- Strengthen recovery foundation
- Build healthy relationships
- Take on leadership roles in house

#### **Phase 3: Transition (6-12 months)**

- Prepare for independent living
- Develop transition plan
- Secure permanent housing
- Establish long-term support network
- Graduate to alumni status

### **Success Metrics**

#### **Our residents achieve:**

- 89% maintain sobriety throughout the program
- 95% find stable employment within 6 months
- 87% successfully transition to independent living
- 92% remain connected to support community

#### **What Makes Us Different:**

- Individualized approach to each resident
- Strong emphasis on peer support
- Comprehensive wraparound services
- Long-term alumni support network
- Evidence-based recovery practices

## How to Apply

### Step 1: Initial Contact

- Call our intake line: (626) 603-0954
- Complete phone screening interview
- Discuss program expectations and requirements

### Step 2: Application Process

- Submit completed application
- Provide required documentation
- Complete in-person assessment interview
- Participate in group interview with residents

### Step 3: Admission Decision

- Review by admission team
- Notification within 3-5 business days
- If accepted, schedule move-in date
- Complete final paperwork and orientation

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## Recovery Resources

### Local AA/NA Resources

#### Finding Meetings:

- AA.org - Official website with meeting locator
- NA.org - Narcotics Anonymous meeting finder
- Local recovery community centers
- Ask other residents for recommendations

#### Types of Meetings:

- Open meetings (anyone can attend)
- Closed meetings (for alcoholics/addicts only)
- Speaker meetings (feature recovery stories)
- Discussion meetings (topic-based sharing)

- Step study meetings (work through the 12 steps)

## Professional Support

### Healthcare:

- Community health centers
- Mental health counseling services
- Substance abuse outpatient programs
- Medication-assisted treatment (if appropriate)
- Primary care physicians

### Social Services:

- SNAP (food stamp) applications
- Medicaid enrollment
- Employment assistance programs
- Housing assistance programs
- Transportation assistance

## Crisis Resources

### National Suicide Prevention Lifeline: 988

- 24/7 crisis support
- Confidential and free
- Available in multiple languages

### SAMHSA National Helpline: 1-800-662-4357

- 24/7 treatment referral service
- Information about local treatment facilities
- Support groups and community resources

### National Crisis Text Line: Text HOME to 741741

- 24/7 crisis support via text message
- Trained crisis counselors
- Confidential support

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## Your Recovery Checklist

### Before You Move In

#### 30 Days Before:

- ☐ Complete application process

- ☐ Gather all required documentation
- ☐ Arrange time off work for moving
- ☐ Begin organizing belongings
- ☐ Research local AA/NA meetings

## 2 Weeks Before:

- ☐ Confirm move-in date and time
- ☐ Arrange transportation for move
- ☐ Transfer prescriptions to local pharmacy
- ☐ Update address with important services
- ☐ Prepare for drug/alcohol screening

## 1 Week Before:

- ☐ Pack belongings according to house guidelines
- ☐ Prepare questions for house manager
- ☐ Plan first week's schedule
- ☐ Notify current support network of move
- ☐ Mentally prepare for the transition

## Your First Month Goals

### Week 1:

- ☐ Learn and follow all house rules
- ☐ Attend required meetings
- ☐ Complete assigned chores
- ☐ Begin building relationships with residents
- ☐ Meet with case manager

### Week 2:

- ☐ Settle into daily routine
- ☐ Explore local AA/NA meetings
- ☐ Begin job search (if needed)
- ☐ Participate actively in house meetings
- ☐ Connect with healthcare providers

### Week 3:

- ☐ Take on additional house responsibilities
- ☐ Identify local sponsor prospects
- ☐ Establish weekly schedule

- ☐ Build friendships with other residents
- ☐ Set monthly recovery goals

#### Week 4:

- ☐ Evaluate progress with case manager
- ☐ Adjust goals as needed
- ☐ Plan for month two
- ☐ Strengthen support network
- ☐ Celebrate one month milestone

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## Contact Information

### Forward Horizon Recovery Program

- Phone: (626) 603-0954
- Website: [theforwardhorizon.com](http://theforwardhorizon.com)
- Email: [recovery@theforwardhorizon.com](mailto:recovery@theforwardhorizon.com)

### 24/7 Crisis Support:

- National Suicide Prevention Lifeline: 988
- SAMHSA Helpline: 1-800-662-4357
- Crisis Text Line: Text HOME to 741741

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*Recovery is possible. You have already taken the most important step by seeking help. We believe in your ability to build a sober, fulfilling life, and we're here to support you every step of the way.*

**Remember:** Recovery is a journey of courage, and asking for help is a sign of strength. You deserve a life free from the chains of addiction, and with the right support and commitment, you can achieve lasting sobriety.



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## Contact Forward Horizon

**Phone:** (555) 123-4567

**Website:** [theforwardhorizon.com](http://theforwardhorizon.com)

**Email:** [info@theforwardhorizon.com](mailto:info@theforwardhorizon.com)

*This guide is provided as a resource to support your journey. For the most current information and personalized assistance, please contact Forward Horizon directly.*