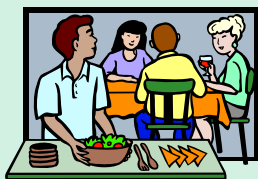


Good Neighbors in Recovery

Recovery housing is a vital component of a comprehensive Recovery Support Service system. People at various stages of recovery from substance use and/or co-occurring disorders need a safe place to live. Individuals in recovery across the state have quietly created a number of dignified, safe “recovery houses” where people are given a nurturing environment in which to rebuild their lives and begin the process of living in mainstream society. **People living in recovery houses are good neighbors** - they keep their yards clean and their houses in good repair. They “give back to the community,” a major component of recovery. They want their recovery houses to feel like homes...to feel and be like families.



The main theme in all successful recovery houses *is one person in recovery helping another:*

- ✦ Sharing household responsibilities and meals
- ✦ Caring compassionately about one another
- ✦ Feeling passionately about recovery
- ✦ Learning to get along with others
- ✦ Helping each other in daily lives

STANDARDS FOR RECOVERY HOUSING

The **Recovery Housing Coalition (RHC)**, comprised of Recovery House owners throughout the state and facilitated by **Connecticut Community for Addiction Recovery (CCAR)**, has established *minimum standards* to open and operate a Recovery House to ensure quality and safe housing for persons in recovery and to protect the integrity of the recovery housing industry. The standards cover:

- Mission statements
- Written house rules
- Admission criteria
- Supervision requirements
- Health and safety
- Living accommodations
- Residents’ grievance policies
- Drug and alcohol screening policies



CCAR provides ongoing training, “*So You Want to Open a Recovery House*” to teach people how to operate safe, lawful and respectable housing for people in recovery.

Contact CCAR at 860-244-2227 to learn about an exciting web-based directory of recovery houses across the state soon to be launched.

What do Recovery House Residents Have to Say?

- ◆ Sober Housing can bring society one step closer to ridding our communities of drugs. *Anonymous*
- ◆ A neighborhood with a sober house is better than one without one. They keep people who are using out of the neighborhoods rather than bringing them in. I hope people realize this before being against sober living. *Anonymous*
- ◆ If it weren’t for this house, I would have been homeless, jobless, and hopeless. I am now working on my marriage, employed, have my own vehicle, and I am able to have a relationship with my children. *Adam S.*
- ◆ I believe if I didn’t have a place like this, I would not still be clean. It gives me hope of a new way of life, one without drugs or alcohol. *Anonymous*
- ◆ This place has saved a lot of lives. Mine included. *Milton B.*
- ◆ In July I will celebrate 8 years clean. I truly believe I would never have made it this far without the foundation made possible by the recovery house I lived in. *Eric L.*