What Is Recovery Housing:

Recovery housing provides a safe, stable, and substance-free living environment that supports individuals working toward long-term recovery. Quality recovery housing offers more than a place to stay; it provides structure, accountability, peer support, and opportunities to build recovery skills that promote independence and wellness.

What Recovery Housing Includes:

- **Substance-Free Environment:** Residents commit to sobriety and follow house policies that support recovery.
- **Peer Support:** Living with others in recovery fosters connection, encouragement, and shared understanding.
- **Structure & Accountability:** Expectations such as house meetings, curfews, and responsibilities help build routine and stability.
- **Connection to Resources:** Residents are encouraged to engage in recovery supports like counseling, mutual aid groups, employment, or education.
- **Life Skills Development:** Recovery housing supports growth in areas like communication, financial responsibility, and independent living.

Why It Matters:

Recovery housing provides a strong foundation for sustained recovery by reducing the risk of relapse and helping individuals transition to independent, healthy living.

Who It's For:

Recovery housing is ideal for individuals who are on a sobriety journey, and would benefit from a structured, supportive environment as they continue their recovery journey.

Questions to Ask When Looking for Recovery Housing:

The best recovery housing is safe, supportive, recovery-oriented, and focused on helping residents build a meaningful life in recovery. Finding the right fit involves evaluating the level of support, quality of the living environment, peer community, resident rights, and access to recovery resources. Taking the time to ask questions and explore options can help individuals find a recovery residence that supports their personal recovery journey and long-term success. Some important questions to ask when looking for recovery housing are:

Understanding the Type of Housing

- What type of recovery housing do I need? Click here [KK1.1] to learn more about the different levels of recovery housing.
- What level of support is provided?
- Is the residence certified or accredited?
- What is monthly rent and how long can resident stay?

Daily Life & Expectations

- What are the house rules and expectations?
- Are there house meetings?
- What does a typical day look like?
- Are rooms shared or private?
- How are conflicts handled?
- What is the relapse policy?
- What is the policy on Medication Assisted Treatment (MAT)/Medication Assisted Recovery (MAR)?

Intake, Rights & Safety

- What does the intake process entail?
- How are residents' rights protected?
- What should I bring and what is NOT allowed?

Supports & Resources

- What recovery supports are available to residents?
- What community resources are residents connected to?
- Is transportation available?

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