



Choosing the Most Effective Sober Living Home for Yourself or Your Loved One: 11 Factors to Consider

At Purpose House Sober Living we're continuously learning as we go. Here are the 11 Considerations we believe are the most important when selecting a sober living home for yourself, a loved one or a current client looking at continuing care.

1. Structure

Although most grown men and women don't enjoy having a curfew, being told they must attend a specific number of meetings every week, or being asked to do chores, etc., this is a very important piece to staying the course in early recovery. Going into a home that has no or low expectations of you can easily lead to relapse due to lack of structure and not partaking in any recovery activities. The home you select doesn't necessarily need to have a textbook full of rules, but it should have standards and expectations of you, this can make all the difference in your success in early recovery.

2. Accountability

Being held accountable in early recovery is absolutely essential. Every resident is different – some require large amounts of accountability while others take the reins and naturally do everything expected of someone in early recovery. Having a sober living home with a set standard for daily and weekly accountability will make all the difference in your own recovery, as well as how the home functions overall.

3. Community

The sober living home you choose should have a feel of community where the residents are there to help and support one another. Community feel encourages vulnerability between residents and cultivates a sense of brotherhood or sisterhood between the residents.

4. On-Site House Managers

It is important and comforting to know that there will be someone living in the home that is there to support you through your early recovery struggles. The house manager should ideally have a minimum of 9 months sober and be actively working a program of recovery. Having a house manager that is also a Certified Recovery Coach, who can support residents when they are coming up against the recovery process, is highly beneficial.

5. Activity-Oriented

Health and fitness play a vital role in mood and overall well-being. The sober living home you select should understand the importance of physical activity. Ideally, it should be located somewhere near workout facilities, outdoor activities, mountains, or parks where a program of physical activity is able to be easily maintained.

6. Ethical & Well-Intentioned

It is unfortunate that this one needs to be included, but the business of sober living can easily be a place for imposters to take advantage of people in desperate situations. Be sure that you get a good feel from the home you choose, get recommendations, and speak to past residents before you make your final decision.

7. Caring & Compassionate Staff

In addition to being well-intentioned, it is imperative that the staff be caring and compassionate while holding the space for recovery to occur. In speaking with the staff, ask questions to understand if they are just “doing a job” or if they have an authentic, deep-rooted purpose and commitment to the recovery and sober living – it will make all the difference in the world!

8. Resident Satisfaction

One of the best ways to know if sober living is going to be a good fit is by observing the current residents! Are they happy with their experience at their current sober living? Make sure you are getting a feel for the sober living home you are looking into by asking for a tour of the home before committing!

9. Gender Specific

Although there are many treatment programs that are co-ed, sober living is a different story. In sober living, there is less structure and more freedom. Having men and women under the same roof can be very distracting and changes the recovery dynamic – not the best environment for focusing on recovery as the number one priority.

10. Comfortable Living

Is the home in disrepair outside or a disastrous mess inside? Does the home seem to be well-respected by the residents living there? You may be living in this home for anywhere between 3-12 months – it will be your new home away from home – so be sure that the home is comfortable, has a good feel to it, and is well-cared for by the residents.

11. Certified by Accrediting Body

Many states have accrediting bodies that will certify that sober living homes are held to a higher level of ethical standards. In Colorado, this certifying body is CARR (Colorado Association of Recovery Residences). Be sure to look into your own state's certifying body and see if the sober living you are looking into is certified!

As always, if you or a loved one is in need of sober living, we are here for you!
Call 970.889.3155 or email Contact@PurposeHouseSoberLiving.com