

# A Guide for Potential Recovery Housing Residents



## Living in Recovery Housing

**Recovery Housing** is for people in recovery from alcoholism or addiction. It provides an environment free from alcohol and illicit drug use with a focus on peer support and getting connected to other recovery services and supports.

### Levels of Recovery Housing

Each recovery residence decides how it is structured and operates. Here's what a resident can expect:

#### Level I:

Level I Recovery Housing is democratically run by residents who live together like a family. Housing is most often provided in single family homes. There are no paid positions to run the housing. There are no formal supports, though residents provide peer support and house meetings.

#### Level II:

Level II Recovery Housing is monitored by a house manager. Residents share community spaces and may have roommates. Residents are supported in accessing community services including treatment, healthcare, employment, and connection to the recovery community. Within the recovery housing, residents create recovery action plans, provide peer support, and participate in house meetings.

#### Level III:

Level IIIs offer supervised living and have staff that are connected to a larger organization. Support services include life skill development such as budgeting and employment skills. Community providers may offer services onsite for residents. Peer support and recovery action planning are still the central focus of the support.

#### Level IV:

Level IV recovery housing is Residential Treatment with organizational hierarchy and administrative oversight; licensing varies from state to state; clinical supervision; may be more institutional setting or treatment center with credentialed staff, support services include clinical services; services provided in-house.

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## Recovery Housing and Treatment

Some people living in recovery housing may be participating in addiction treatment or other recovery services. Some residents may not be in services because they completed treatment or may have extensive time in recovery.

This safe and sober living environment is designed to help build a strong foundation in recovery. Residents provide peer support and encourage each other to remain sober and focus on a healthy and purposeful life.

## What can I expect in Recovery Housing?

- A positive, recovery-focused environment with support for abstinence
- Other people in recovery who want to give and receive practical help
- Connection to community services which may include treatment and recovery groups
- Life skill development and employment
- Structure and routines designed to support a life in recovery



**Indiana Affiliation  
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