



FAQ: Women's Gender Specific Recovery Housing

Is there a requirement for how long I stay at It Is Possible? Long term recovery requires that you make a big investment in yourself by investing the time necessary to build a solid foundation. We encourage you to make an initial 90 day commitment with us so you can have a solid footing for your recovery. Most of the time, people choose to stay for a longer period of time so they can have the support they need to make the changes they want.

It is important that an individual has ample time to stabilize and adjust to their new environment. Once they are settled into their home, most people need time to integrate into their community. Employment, school, relationships, sober network, alliances with housemates and rapport with their supporting treatment providers are variables that often take time to develop. Of course, everyone has different needs and goes at their own pace.

We can help you to create goals that you want to accomplish and develop a plan that will help you to sustain long-term recovery. Everyone is different and has different needs, so we will work with you individually.

This list of rules is overwhelming. We have rules set in place to protect you and to help you succeed. A lot of the time, when we were in our active addiction, we did what we wanted regardless of the rules. We would often take short-cuts and make choices that would hurt ourselves and others. Quite often the rules were secondary thoughts, if at all. The rules are meant to be supportive of you. If you take the time to read through them you will see that they are not any different than what most people do every day such as: coming home at a reasonable time, staying sober, cleaning-up after yourself, and being accountable to others. We want your experience to be enjoyable and supportive of your recovery. But remember, you will be living with several other people that are new to recovery, so rules are going to be necessary.

Can I have electronic devices and access to Facebook and Twitter etc? There is a period of time in the beginning of your transition into It Is Possible Sober Living that you will not have access to electronic devices. The time varies based on an individual's needs. People often struggle with electronic related problems and addictions that hinder their success in their recovery. Online gambling, excessive gaming, texting or talking to user buddies and dealers, contact with toxic relationships, and being distracted from our recovery can sometimes prevent a person from making a successful transition into a new environment. A free phone is available in the home. A written plan and agreement is made to ensure your safety and success. There is a lot of flexibility.

When can I see my friends and family? Children and loved ones are important to you. You deserve to have healthy relationships in you recovery and It Is Possible. Much like the use of personal electronics, there is a period of time in the beginning of your transition into It Is Possible Sober Living that your needs for contact with friends and family will be assessed. Typically we have people that have increased stress with relationships and we want people to have time to stabilize and discuss a plan to approach relationships with others in a proactive and healthy way. People often have friends and family members that are not healthy or supportive of our recovery and well-being. Coming into a new environment, it can be



FAQ: Women's Gender Specific Recovery Housing

tempting to call on people we are comfortable with, even if it may not in our best interest. We ask that you take the time to give yourself space to determine who the healthy people are that you want in your circle of relationships. A written plan and agreement is made to ensure your safety and success.

Stages? I'm confused about stages, what are they? Stages are simply guidelines for people to make progress. Everybody is uniquely different and grows and changes at different rates. Think of it as a target. Everyone develops into their recovery in different ways, experiences unique needs, and arrives at their stages on a personal pace. This is what is important to you. However, you will be living in a supportive environment with many other people so it is very important that your needs are compliant with the rules of the house and supportive and fair to your house mates.

Do I have to work? Quite often, many of us spent our time and effort seeking and finding our drugs of choice any way we could. This was the central focus of our time during the day. Once our drug use and drinking is removed and we are on our own, we sometimes notice that there are huge gaps in the day. We can easily begin to isolate, watch too much TV, or sleep all of the time. This is a trap we want to help you to avoid. Everyone is encouraged to work and learn the necessary skills to provide for themselves. If you already have employment, perfect! Let's just make sure that it is safe for you and will not prevent you from accomplishing your goals with sobriety and that it is compliant with the rules of the home. A personalized productivity plan that is tailored to your needs is our aim. There are many people that implement a strategy to work full-time and develop a budget to eventually move in to their own home. A gradual plan could be your need. Some people have a fixed income and volunteer their time at local places. Others attend school full-time. A mixture of any of these possibilities may be what you are looking for. Our point is that it will be extremely important for you to find ways to be productive and give to yourself. What we don't want to happen is for someone to be idle without a plan and means to successfully transition into their own home.

What if I relapse? We sincerely hope you don't, and will do anything we can to provide you with a supportive recovery environment, but relapse sometimes happens. We will help you to find the level of care that is appropriate for your successful recovery.

Is there drug testing? Yes. Drug testing is random. You will never be charged more than \$30 dollars per week for testing and we work really hard to keep it below this amount.

Do I have to go to meetings? Yes, five per week. There are daily 12-step meetings within walking distance of the home. You can pick which ones are best for you. Take time to meet people in the recovery community and gain healthy and supportive friends. You may already have a sponsor, a meeting that you like, or supportive people that you know at meetings. We encourage that you keep all of your past supports and begin to make alliances with new people in the Milford recovery community so that you can have a solid footing with people in the community that you are living in.

Do I have to go to Milford Counseling for therapy? No. However, the majority of our participants do. We will coordinate with other outpatient facilities to best serve you if you



FAQ: Women's Gender Specific Recovery Housing

are receiving other services. Some participants may come to our homes with long term sobriety and will not have a clinical need for therapy. You must be engaged in therapy that is providing you the appropriate amount of care while living at It Is Possible Sober Living Homes based on your assessment, recommendations, and stage of recovery you are in. We offer you a full level of services at Milford Counseling, including psychiatric care, that is within walking distance to the homes and would be extremely convenient. The combination of living at the home along with receiving counseling services at Milford Counseling is considered by the majority of the participants to be one of the best supportive features provided to them and a huge reason for their success in recovery.

What to bring- linens and bed bug policy. You are going to sleep well in a safe and healthy environment. You really only need your clothing, and toiletries. We do not allow any items that are alcohol based. We ask that you bring your clothing in a disposable plastic bag. It Is Possible Sober Living Homes has a very protective bed bug policy to keep the critters away. This is why we ask you to bring your clothing in plastic disposable bags. We have never had a single bed bug on our premises and we aim to keep it that way. This is for your comfort and health. Speaking of comfort, we provide all linens and our beds are the best. We provide Posturepedic memory foam mattresses.

How long will my funding last and is there a copay? Not everyone is eligible for funding. This varies depending on your needs. The funding is meant to be a small "short-term" buffer to help you make a start in your recovery. There is no guarantee that it will always be available for you, so working with us to create a reasonable plan is going to be critical. You will be encouraged to live responsibly and to be accountable for yourself. The goal is to help you to gain independence as soon as possible. There is a time in a person's recovery when we have to learn how to do what is necessary to take care of ourselves. For some of us, this has been a problem. We will work with you to help you learn how to successfully gain independence and live a productive life in recovery.

Is there work available? Yes. There are plenty of part-time and full-time jobs available within walking distance of the home. If you put forth a solid effort, you will have no problem finding employment.

Is there anything to do? If you enjoy shopping, spending time outdoors, going to parks, going to restaurants and want an amazing recovery community, then Milford is perfect for you. Considered to be one of the safest places to live in Michigan, Milford offers everything you would expect from a great community.

Do I need to have a car? No. Everything you need to have a happy and balanced well-being is within walking distance. A majority of our residents do not drive. We are constantly hearing from residents that they enjoy the convenience of everything being in walking distance. Let's just say we have a lot of healthy people living at the homes. You are welcome to bring a car if you choose, providing it is registered to you, plated, insured and you have a valid license.

What if I want to exercise? If exercise and fitness is your goal, then you have hit the jackpot. We encourage you to look at your health as an important part of your recovery. You will have access to miles of running, walking and biking trails, swimming, the YMCA, fitness centers,



FAQ: Women's Gender Specific Recovery Housing

dance studios, and yoga studios, including Milford Counseling's very own Yoga 12 Step Recovery Program. Please keep in mind that many of us have struggled with body image and eating so each individual will have their own needs for working on these types of health goals.

Medications: Our goal is to help build you up to be the healthiest person possible. All medications must be approved prior to admittance. We do not dispense medications. The participants are required to provide their own lockbox for their medications. Some people are in need of taking medications for their health, we encourage those who take medications to do so as directed by their physician. However, we have strict guidelines since It Is Possible Sober Living Homes is a place for recovery from addiction and we are in the midst of the worst prescription drug epidemic that the United States has ever experienced. You are really making an investment in your life. We want to set you up with helping you to get what you need so you can meet your goals. Milford Counseling's outpatient services do provide psychiatric care that may be beneficial to you.