



Home Phases

Phase 1: Minimum of 4 weeks

- **Find your sponsor:** Obtain a same-gender sponsor or recovery support person in a support group from one of the following fellowships: AA¹, NA², CR³, or MARA⁴.
- **Make your support list:** Build a sober support network by building a list of names and phone numbers of others in recovery.
- **Attend meetings:** Participate in at least 5 meetings a week.
- **Join a home group:** Find a home group in your chosen fellowship.
- **Check in with your guide:** Meet with peer support at Intensive Health two times a week (until you find a sponsor). When you find a sponsor, provide documentation of your step work to your sober living manager. If you cannot find a sponsor, continue to work with peer support at Intensive Health.
- **Do the work:** Begin working on recovery Steps 1-3.
- **IOP:** Participate in all scheduled Intensive-Outpatient sessions.
- **Education Groups:** Participate in 2 education groups a week.
 - Education groups meet at Intensive Health.
 - Get a current copy of the schedule at the weekly house meeting.
 - After attending 2 education groups, you can begin to count these as meetings.
 - If you are in phase one of IOP, you do not need to do education groups yet.
- **House Meetings:** Participate in weekly house meetings.
- **Chores:** Complete your assigned house and individual chores.
- **Daily Schedule:** Develop a daily schedule. Submit a copy to your Intensive Health Therapist or Peer Support Specialist (PSS). (You can also do this with your sponsor, but you must submit a copy to your House Manager).
- **Applications:** Apply for food stamps, a driver's license, and any other necessary services.
- **Find Employment:** Apply for at least 3 jobs. If you are disabled, identify 3 locations for volunteer service.
- **Community:** Build positive relationships with other members of the Stepworks Sober Living community.
- **Prevent a relapse:** Develop your relapse prevention plan. Submit it to the Intensive Health Therapist or PSS. (If you do this with your sponsor, submit a copy to your House Manager).
- **Make the most of this opportunity to build a better life:** Comply with all aspects of the sober living program, understanding that your recovery is the goal.

¹ Alcoholics Anonymous (aa.org) ² Narcotics Anonymous (na.org) ³ Celebrate Recovery (celebraterecovery.com) ⁴ Medication-Assisted Recovery Anonymous (mara-international.org)

Phase 2

- **House Meetings:** Participate in weekly house meetings.
- **Check in with your guide:** Meet with peer support at Intensive Health two times a week (until you find a sponsor). When you find a sponsor, provide documentation of your step work to your sober living manager. If you cannot find a sponsor, continue to work with peer support at Intensive Health.
- **Attend meetings:** Participate in at least 4 meetings a week.
- **Education groups:** Participate in 2 education groups a week.
- **Do the work:** Begin working on recovery Steps 4-7.
- **Chores:** Complete your assigned house and individual chores.
- **Rent:** Make your rent payments on time.⁵
- **Employment:** Actively seek employment by applying for at least 3 jobs per day. If employed, demonstrate excellent work ethic and professional conduct to your employer. Also, submit a proof-of-work schedule to your House Manager.
- **Make the most of this opportunity to build a better life:** Continue to comply with the program. Build on your successes. Learn from your mistakes. Your recovery is the goal.

⁵ Unless participating in the Operation UNITE grant program.

Phase 3

- **Education groups:** Participate in 2 education groups a week.
- **Attend meetings:** Participate in at least 3 meetings a week.
- **Check in with your guide:** Meet with peer support at Intensive Health once a week (until you find a sponsor). When you find a sponsor, provide documentation of your step work to your sober living manager. If you cannot find a sponsor, continue to work with peer support at Intensive Health.
- **Do the work:** Begin working on recovery Steps 8-9.
- **Begin to lead:** Lead a house meeting.
- **Educate others:** Conduct an education group on a recovery topic you choose.
- **Chores:** Complete your chores.
- **Rent:** Make your rent payments on time.
- **Employment:** Secure employment. If employed, thank your employer and discuss opportunities for increased responsibility and advancement. Continue to submit a proof-of-work schedule to your House Manager.
- **Budget:** Develop a budget and submit it to the Intensive Health Therapist or PSS. (If you do this with your sponsor, also submit a copy to your House Manager).
- **Stay accountable overnight:** You are eligible to request a weeknight overnight pass. (You are eligible for weekend passes after 90 days.)
- **Make the most of this opportunity to build a better life:** Continue to comply with all aspects of the Sober Living

program.

Phase 4

- **Education groups:** Participate in 1 education group a week.
- **Attend meetings:** Participate in at least 2 meetings a week.
- **Continue to lead:** Lead a house meeting.
- **Educate others:** Conduct an education group on a recovery topic you choose.
- **Check in with your guide:** Meet with peer support at Intensive Health two times a month (until you find a sponsor). When you find a sponsor, provide documentation of your step work to your sober living manager. If you cannot find a sponsor, continue to work with peer support at Intensive Health.
- **Do the work:** Begin working on recovery Steps 10-12.
- **Rent:** Keep up with rent.
- **Chores:** Complete your chores.
- **SMART goal:** During a house meeting, share a SMART⁶ goal you plan to pursue in the future.
- **Make housing plans:** Begin the process of finding another location to live after graduation.
- **Make the most of this opportunity to build a better life:** Continue to follow the program.

⁶ smartrecovery.org

Phase 5

- **Education groups:** Participate in 1 education group a week.
- **Attend meetings:** Participate in at least 2 meetings a week.
- **Stay accountable through the weekend:** You are eligible to go away on the weekends, and you do not have to submit a pass request.
- **Be a leader:** Lead a house meeting.
- **Educate others:** Conduct an education group on a recovery topic you choose.
- **The work never stops:** Continue to actively work the Steps.
- **Check in with your guide:** Meet with peer support at Intensive Health once a month (until you find a sponsor). When you find a sponsor, provide documentation of your step work to your sober living manager. If you cannot find a sponsor, continue to work with peer support at Intensive Health.
- **Be a mentor:** Seek to sponsor a newcomer in recovery.
- **Rent:** Make your rent payments.
- **Chores:** Complete your chores.
- **Share your story:** Tell your story to the sober living community.
- **Finish strong:** Continue to comply with all aspects of the sober living program.
- **Finalize housing plans:** Finish the preparations of finding another location to live after graduation.
- **Graduate:** From Stepwork Sober Living and the entire recovery community, congratulations. You've begun to build a better life. We encourage you to continually reflect on this experience. You can do this. Your journey continues.