

# Allies in Recovery Inc.

Allies in Recovery sober living housing program provides a structured setting where newly-sober addicts and alcoholics learn basic skills for sober living.

Allies in Recovery Inc. sober living housing is based on the guiding principles and standards of the National Association of Recovery Residences level 3. Level 3 structured setting offers supervised living and qualified staff who are linked to community treatment and support services. Allies in Recovery Inc. will provide administrative oversight for staff and procedures, adherence to standards, house rules, peer facilitated groups, drug screening, with emphasis on life skills development. The case manager will assist residents in connecting to clinical services and community-based recovery groups, dental and physical care as needed.

## **Recipient Rights**

Recipients of substance abuse services have rights protected by the state and federal laws and promulgated rules. For information, contact Anne King-Hudson at 810-599-5346, or Recipient Rights Coordinator, Michigan Department of Community Health, Mental Health and Substance Abuse Services, Bureau of Substances Abuse, 320 South Walnut St., 5th Floor, Lansing, MI 48913.

Funding for this program is provided through the Purdue Pharma Foundation, and Michigan Department of Community Health Bureau of Substance Abuse and Addiction Services, Community Mental Health Partnership of Southeastern Michigan.

## **What about employment? Do I have to work?**

Residents are required to maintain employment or be going to school. If at any time a resident is/ becomes unemployed or not enrolled in school and is capable of working (not injured or sick), he/she must actively seek employment from 8:00 am - 5:00 pm. Residents must attend a daytime meeting while job searching.

## **Are there house chores?**

All residents are expected to complete house chores. Chores are designed to aide in the development of independent living skills. The house manager will assign and monitor resident chores. All chores must be completed before a resident leaves for work or no later than 9:00 a.m.

## **Can I have visitors?**

No visitors are allowed on premises without prior approval from the house manager. Guests are not permitted at the house beyond curfew and are only permitted in the common areas. There is no visitation before 9:00 a.m. or after 10:00 p.m.. Visitors must adhere to the state and federal confidentiality laws. Under no circumstances will a visitor under the influence of mood-altering substances be allowed on-site.

## **Is there a curfew?**

New Resident curfew is 6:00 pm every night for 2 weeks. All others must be in by 10:00 pm Sunday through Thursday and 11:00 pm Friday and Saturday. Residents must adhere to more strict curfews when required (i.e., Parole, Probation, etc.).

## **What about meals /food?**

Meal preparation is the responsibility of the resident. Food is to be prepared and eaten in designated areas only. The house manager will help in accessing the different food banks in the community.

## **Do you conduct random urine and/or alcohol screenings?**

Yes, all residents will be tested at random to protect the safety and integrity of the facility and the residents. Testing shall occur at intake and no less than one time per month.

## **Are there any services/groups at the house?**

Yes, all residents are required to attend a weekly community education group and a house meeting. The group focuses on relapse prevention, behavior modification, spirituality, occupational and financial counseling, impulse control, self-esteem, core belief systems, and a variety of other recovery-based subjects. The case manager will assist the resident in connecting to other community services.

## **Can I take an overnight pass?**

Residents are allowed to request overnight passes. Specific policies and procedures are outlined in the resident handbook.

## **How long can I stay?**

We encourage residents to make a minimum 4 month commitment to the house. Residents may remain in residency as long as they are achieving life goals and there is mutual benefit between the program and the resident. For up to a year.

## **How much are the fees?**

Fees are \$113 per week.

## **Can I bring my car and/or motorcycle?**

Parking space is limited. Residents needing to have automobiles and/or motorcycles will need prior approval. The resident must provide Allies in Recovery with a copy of their valid driver's license, vehicle registration and proof of insurance.

How to apply:  
Call 810-599-5643

Anne King-Hudson.

Submit an online application at [recoveringallies.org](http://recoveringallies.org)

Allies in Recovery Inc. Sober Living House Residents:

- ◆ Are 18 years or older.
- ◆ Are medically and psychologically cleared to attend. Have a current TB test.
- ◆ Have a strong desire to change their life circumstances.
- ◆ Abstain from alcohol and drug use.
- ◆ Willing to commit to a continuing plan of care.
- ◆ Consider medication for treatment if opiate user.
- ◆ Agree to frequent, random drug and alcohol screening.
- ◆ Abstain from relationships and sexual activity, unless in a previous committed relationship.
- ◆ Attend all house meeting.
- ◆ Adhere to the curfew hours
- ◆ Attend all house group activities and community meetings engagement with the community.

Items to Bring:

- \* Bed & Bath Linens.
- \* Toiletries.
- \* Insurance Cards.
- \* Request for other Drug Screens
- \* Prescription for any medication.
- \* TB Test Results.
- \* Discharge plan from referents, if applicable.
- \* Initial Groceries.
- \* Appropriate attire for professional interviews.
- \* Items to personalize your space.
- \* Cell Phones are encouraged as a means of communication and accountability.
- \* Cars are allowed, but cleared on an individual basis.



Allies in Recovery Inc., 501(c)(3) nonprofit, was established in March of 2019, to provide sober living recovery housing to women in recovery in Livingston County. Anne King-Hudson was the founder and director of Key Development Center, CARF accredited 501©3 nonprofit, for 21 years retiring in September 2019. Anne is the director of Allies in Recovery.

#### **Welcome & Diversity**

Those individuals who are identified as having a substance abuse disorder or a substance abuse disorder and a co-occurring mental health disorder shall be welcomed at every Allies in Recovery Inc. operated and contracted program.

Allies in Recovery Inc. holds respect for the worth, dignity and capability of every human being as its primary value. Therefore, Allies in Recovery shall not discriminate against anyone on the basis of race, color, language, religion, age, sex, sexual orientation, marital status, physical or mental ability, economic condition or national ancestry.

# Allies in Recovery Inc.

Aligning resources to benefit people in recovery and rebuild lives.



*“ Hope begins here....”*

A sober living community  
for women.

[www.recoveringallies.org](http://www.recoveringallies.org)

810-599-5346