

Choosing *a* SOBER LIVING FACILITY

Sober Living refers to a variety of structured living situations that assist the newly sober person in maintaining their sobriety. Choosing the right facility for yourself or a loved one can be a complicated process because there are many **LEVELS of CARE**.

WHAT ARE THE AVAILABLE LEVELS OF CARE?



WHO BENEFITS

FROM A HIGHER LEVEL OF CARE?

CHRONIC RELAPSE

Persons with a history of multiple instances of relapse may require a higher level of supervision, accountability and therapy.



DUAL DIAGNOSIS

Emotional problems, mental disorders, trauma and secondary addictions complicate recovery.

Persons with dual diagnosis benefit from facilities that offer therapy services.

FAILURE TO LAUNCH

Young users often fail to develop necessary life skills such as:

- holding a job
- budgeting finances
- personal relationships

Working to develop these will improve their chances for success.



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Solutions for Women in Recovery

877.373.9898
www.windhavenhouse.com