

Jacob's House Recovery Center

Relapse Policy

Sober living is a transitional tool to get you from full-time inpatient therapy into independent living. Since a sober living home is meant to be a controlled, safe and substance-free living environment, if you're using drugs or alcohol, you agree not to remain at the home. There is not any level of intoxication where it makes it alright to be there. Leaving the sober living home is not meant as a form of punishment, but rather to keep other members of the sober living family supported and safe from triggers and temptations. This policy is meant to protect your recovery.

All members of the sober living family participate in random urinalysis testing, so if you're using drugs or alcohol while living in a sober living home, it won't be concealed for very long. For your own well-being and the well-being of the other members, it's best to be honest as soon as you relapse. If relapse is suspected, you'll be offered a chance to admit to your use, and a urine test will be conducted.

If you test positive you agree to Voluntarily leave property immediately and will go to either Maryhaven Engagement Center, Netcare, or someplace similar. You will not be allowed to return to the property until you are Completely Sober.

Upon wishing to return, you will appear before your housemates and they will decide if you'll be permitted to stay. If you're allowed to stay, you'll likely be required to comply with consequences for the relapse. This may include attending 12-Step meetings every day for 90 days or community service.

If you do relapse in sober living, don't give up. Use the information that led to your relapse to avoid relapse in the future.

Resident Signature and Date _____

Jacob's House Staff Signature _____