



Recovered Connections Sober Living offers a residential sober environment for adult men (age 26 +) in Frisco, Texas.

#### Residential Requirements:

- Residents may not have a legal record of violence or sexual crimes.
- All residents are subject to alcohol and drug testing
  - Soberlink option is available
- All prescribed medication must be kept in lock box, which will be provided to each resident.
- All personal and toiletry items must include a full ingredient list to eliminate alcohol-containing items
- All residents must be employed or actively seeking employment
  - Management will assist with revising or creating a resume and offer job seeking guidance
- Residents are required to be good neighbors in all aspects of their behavior in and around the home.
- There will be zero tolerance for any behavior that jeopardizes the safety in the home of the relationships with neighbors.

#### Recovery Requirements

- All residents must attend seven (7) Twelve Step meetings per week, including three fellowships that are based on the book Alcoholics Anonymous (the Big Book).
- All residents must have 12-step sponsors and be actively working the steps outlined in the Big Book.
- Residents will be connected to IOP and counseling as requested by referring providers or institutions.

#### Community Activities and Housing Information

- The home will be monitored 24/7 by a live-in manager, active ownership presence, and security monitoring of all common areas
- All bedrooms will have full or queen sized beds, including bedding and towels
- Wifi and computer access cable TV in common rooms (no TV in sleeping rooms)
- Basic home items provided:
  - Coffee and condiments
  - Dishes and cookware
  - Cleaning products and laundry soap
  - Paper products
- All residents will participate in a weekly dinner meal and meeting to discuss house responsibilities and resident progress. The meal will be prepared by the residents, but groceries for the meal will be provided by the owners.
- All residents will contribute to the maintenance of the home.
- Yoga classes and guided meditation will be offered on a weekly basis.