

SOBER LIVING

The official newsletter of One Step Software



WHAT IS THIS NEWSLETTER FOR?

With the wealth of data and information thrown at us on a daily basis, it's hard to sift through what's relevant and what's important to know. That's why we're creating this monthly newsletter! Our intention is to be a one-stop-shop for updates in the industry, news relevant to sober livings, and another way for you and others to connect and collaborate with people all over the nation.

Check it out and let us know what you think!

UPCOMING EVENTS

- **Jan. 24-27:** evolution – Evolution of Addiction Treatment
- **May 30-June 2:** WCSAD – West Coast Symposium on Addictive Disorders
- **July 14-17:** CORE – Clinical Overview of the Recovery Experience
- **Aug. 30-Sept. 1:** Western Roundup Living Sober
- **Sept. 5-8:** CCSAD – Cape Cod Symposium on Addictive Disorders
- **Oct. 9:** NSLA Annual Conference
- **Nov. 10-13:** PTACC – Police, Treatment, and Community Collaborative

HOW TO MEASURE THE SUCCESS OF YOUR HOME

The success metrics of your sober home is something you should be thinking about long before your first resident moves in. Sober homes across the country serve different purposes, so what constitutes ‘success’ in your home may differ from other sober homes in the area.

SOBRIETY

Every sober home should have some success metric around the sobriety of its residents. I recommend setting goals for successful transitions for new residents (0-3 months), and for residents moving out. The first 90 days are generally the most difficult, so by having something like 85% of residents reach 90 days is an attainable target.

TRANSITION

For the rest of the residents time in the home, I suggest setting a goal for ‘normal transitions’ back to normal life. This is a percent of residents that move out of the sober home sober after anywhere from 3 months to 2 years. Your two key metrics will be the percent of residents that reach 90 days clean, and the percent of residents that have a healthy transition to normality.

FINANCIAL RETURN

Apart from sobriety goals, sober homes should have a separate measure of success including revenue or profit targets. While getting residents to stay sober is important, if you’re losing money doing so then you need to alter some aspects of your home.

For some there is a financial incentive, so these sober homes may operate more as a business. This is more common in high end homes where rent can exceed \$5,000 a month. For others structured as non profits, the success metric may be to create as many successful transitions as possible in order to be a positive influence in the community around the home.

EDUCATION

For others it may be understanding your status in your community, and your goal may be that a number of community members appreciate your service. Perhaps you’d like to become a favorite destination for certain treatment centers, or you simply want to help a certain demographic get and stay sober. Whatever your secondary goal is, think long and hard on it. It will be important when designing aspects of your house, activities, rules, and the folks in recovery you target.

For more stories on sober livings, visit the One Step blog every week.



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RECENT NEWS AND UPDATES

Do sober houses exploit patients? A look at what's happened in other states

By: Jess Aloe, Burlington Free Press

House of Representatives passes landmark recovery housing standards bill

NARR Website

Frederick County Health Department seeks proposals for recovery housing

By: Jasmine Pelaez, WDMV 25

City Eyes Changes to Group-Living Situations in 2019

By: Conor McCormick-Cavangh, WestWord

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Elkins added that decades of research disprove the neighbors' claim that property values will suffer because of the sober-living facility.”



JANUARY SPOTLIGHT

Does someone stand out to you as going above and beyond to induce change or do you know of an organization doing something different that you feel others could benefit from learning about? Let us know and we'll sponsor a spotlight on that individual or organization in the monthly newsletter! Spread the love and support!