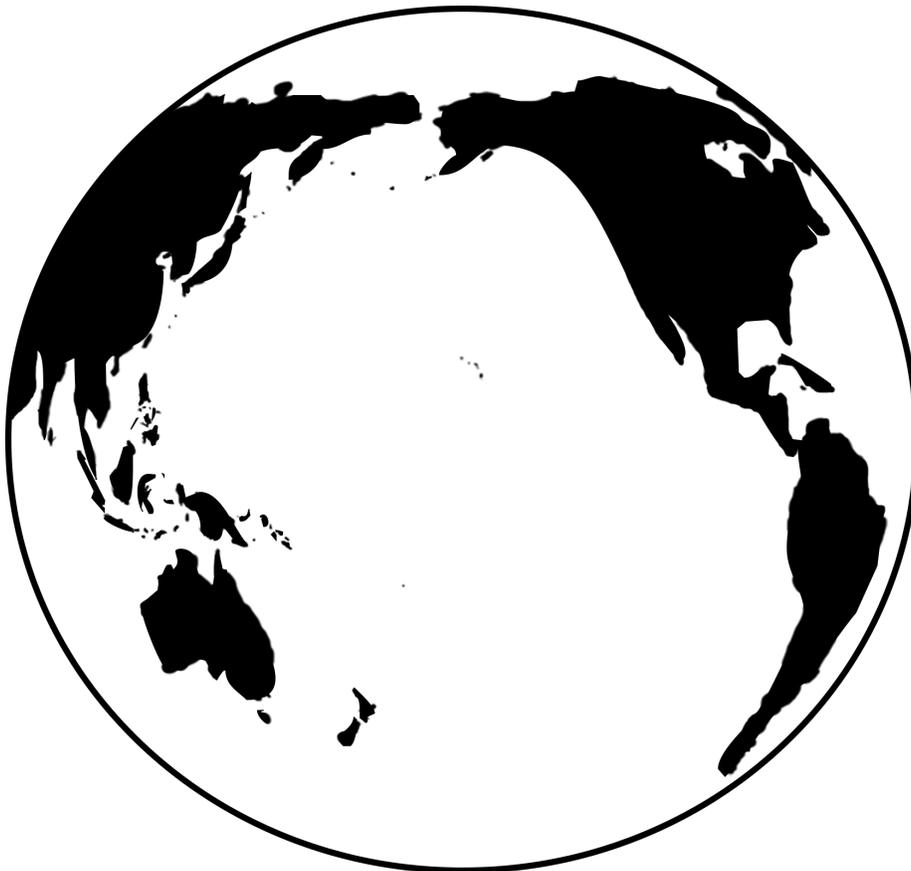


SOBER LIVING

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

- **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 ENCOURAGE PEER SUPPORT FROM FELLOW SOBER HOME RESIDENTS

Going through the recovery process is a difficult journey. However, it does not mean that one has to go through it alone. Sober livings can create the right environment for people to develop a peer support system.

Here are some tips for sober livings on how to encourage peer support in your house and help your residents form strong bonds with one another:

Attend meetings together

Suggest residents go to the same meeting locations and take public transportation together. For senior residents who have cars, ask them to offer rides to new residents so they can look out for one another.

Prepare meals and complete house chores

Food prep can be a great way for residents to bond with each other. Same with house chores, inspire the residents to be accountable for their living space and take care of it as their own.

Workout and meditate

Working out together is a good opportunity for residents to bond with one another. Meditation also promotes self-care and awareness especially during this time of constant changes in their lives

Plan outings and get-togethers

Take residents out of their daily routine by scheduling activities ranging from outdoor activities like hiking and going to the beach to something smaller like board games and movie nights. Don't forget to ask for their ideas as well to make them feel included in the planning.

Encourage creative expression

While it can be sometimes difficult to share raw thoughts and feelings in a house constantly surrounded by people, create a space where they can express themselves in a healthy way through art or music. Encourage them to draw, write letters, create vision boards of their plans when they get out of the program, or provide a piano or guitar for the house.

Find mentors for the residents

Instead of speaking with a professional that will talk about their medical progress, mentors have most likely been through what the residents are currently going through. Having that type of guidance can be one of the most important things that can help them get through the tough times.

Celebrate milestones and successful transitions

The most inspirational form of peer support that you can provide is showing residents that one of them can successfully go through your program and transition out of the house. Seeing their own peers succeed in their goals and develop the confidence to go out into the world again makes them realize that sobriety is a real possibility. There is also a resident app that would allow you to set your sobriety date and notify you on your 30, 60 or 90-day anniversaries.



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RECENT NEWS AND UPDATES

Senate passes Gavarone's 'Relapse Reduction Act'

By: Sentinel-Tribune (OH)

Sober Houses In A Gray Area Between 'Over-Regulating And Under-Regulating'

By: Sarah Mizes-Tan, WGBH News (MA)

Finding Recovery and Support for Opioid Addiction on Social Media

By: Tessa Torgeson, The Fix

Opioid treatment with buprenorphine launches at three D.C. emergency rooms

By: Peter Jamison, The Washington Post, (DC)

Environment, upbringing, genetics play roles in substance misuse

By: Rick Green, The Laconia Daily Sun (NH)

Kentucky receives funding for transitional housing program thanks to Barr's bill

By: Ripon Advance News Service (KY)

St. Matthew's House graduates show what's possible after addiction recovery

By: Liz Freeman, Naples Daily News (FL)



MAY SPOTLIGHT: WEST COAST SYMPOSIUM ON ADDICTIVE DISORDERS (JUNE 1, 8:30-5:45PM)

Building & Sustaining a Successful Sober Home Business - Best Practices for Sober Home Management

C4 Recovery Foundation, in collaboration with One Step Software, is excited to offer a full-day of learning and discussion for sober home owners and professionals at WCSAD. Be ready to:

- **Hear directly from treatment centers on key criteria for being part of a continuum of care organizations
- **Find out from the experts the latest regulatory changes and updates and how to stay ahead of upcoming regulations
- **Learn how to form and nurture great referral relationships from some of the best treatment centers
- **Participate in a Q&A with industry leaders that can help you better operate and manage your facility
- **Gain knowledge of how to create a sober living setting that supports and sustains recovery

The cost for this special event is \$100. Simply use the link below to register. You may add this to your WCSAD registration or choose to attend this event only. After making your selection from the main menu, make sure you select the "Sober Living All Day Event" checkbox on the options page that appears on step 2 of the registration process to be able to select the relevant workshops.

<https://www.wcsad.com/sober-living-event/>