

Tips for the Recovery Housing Community During COVID-19

Recovery Housing Residents

- 1) *Communicate concerns* - If you're concerned about your physical well-being, mental health or finances, speak to the owner/operator of your recovery house. Quickly addressing these concerns can alleviate some anxiety. **Don't be afraid to ask for help! Self-advocacy is key.**
- 2) *Be accountable* - Accountability is vital for YOU and YOUR community during these times. Examples of accountability include completing daily chores, contacting your healthcare providers, networking with your recovery community, completing recovery work and keeping up personal hygiene, especially washing your hands.
- 3) *Stay connected* - Virtual meetings are available for any recovery path and spiritual growth. This is a great time to get to know your housemates and to continue to grow your recovery network across the country.
- 4) *Check-in with local nonprofits* - If you're available and able, check in with your local nonprofits, 12-step central offices, religious affiliates and next-door neighbors. This is a great time to lend a helping hand - and many nonprofits can use your skills virtually. You can join [SAFE Project's Volunteer Program](#) or simply connect with organizations in your area.

Recovery House Owners and Operators

- 5) *Take care of yourself* - Owning or operating a recovery home is a labor of love and service, but it's essential that you take care of yourself. The residents you serve depend on it!
- 6) *Be transparent and communicate with your residents* - This is a challenging time, and you'll be confronted with questions that you might not know the answer to. Stick to your normal routine with residents. Follow up with the residences' basic needs and requirements and keep an open line of communication.
- 7) *Screen incoming residents* - Be prepared to screen potential residents for travel and COVID-19 symptoms. Asking them if they have difficulty breathing, a cough or fever is essential to keep your recovery residence safe and healthy.
- 8) *Stay connected* - Social distancing amplifies the need to connect virtually. Reach out to other owners and operators through social media. Having your own network is useful during these times. This [Recovery Housing Facebook group](#) connects resources and provides a forum for discussion regarding recovery housing on a local, state and national level. If you're an owner/operator, a person seeking recovery housing, a professional that works with recovery support systems or have an interest in recovery housing, join today! You can also explore many other recovery housing/sober living social network groups.

9) *Prepare for the future* - During a crisis is not the time to create an emergency plan. Create, implement or assess the following procedures for your recovery house, so you are prepared for the future.

- Healthcare provider plan
- Medication plan
- Financial plan
- Recovery plan
- Emergency plan

Community

10) *Offer resources* - Recovery homes are struggling to stay open in this unstable economic environment. Offer your resources, knowledge or expertise. Check-in with your local recovery house to see if they need anything.

We encourage you to look for guidance from the [National Association of Recovery Residences](#) (NARR) and [Oxford House](#). Follow the [Centers for Disease Control and Prevention](#) (CDC) and the [World Health Organization](#) (WHO) for more ways to navigate COVID-19.