

Tier 3 Supervised Recovery Residence

Program Names

- **Men:** Casa de Recuperacion Andres
- **Women:** Raices Fuertes (Strong Roots)

Program Overview

Key Rule Zero Tolerance: **Absolute abstinence from all non-prescribed substances.**

What is Tier 3 Supervised Sober Living?

Tier 3, as defined by the National Alliance for Recovery Residences (NARR), represents a **Supervised Recovery Residence**. This level provides a robust framework of oversight, structure, and professional support, but grants residents increased autonomy compared to a Tier 4 (Service Provider) environment. It is designed for individuals who have completed initial acute treatment and are ready to re-engage with work, education, and community life while remaining accountable in a safe, sober environment.

1. Definition & Purpose

Feature	Description
Tier Level	Tier 3 (Supervised)
Primary Goal	To bridge the gap between intensive treatment and independent living. Focus is on accountability, practical life skills, and sustainable recovery management.
Resident Status	Residents are generally required to be actively engaged in productive activities outside the residence, such as employment, vocational training, education, or intensive outpatient (IOP) programming.
Focus	Recovery coaching and developing life skills necessary for long-term recovery

2. Staffing & Oversight

The staffing model reflects a supervisory, rather than intensive clinical, presence.

- **Professional Oversight:** 24/7 access to a dedicated House Manager or Recovery Coach who lives on-site or is highly available.
- **Staff Roles:** Staff typically include Certified Peer Recovery Specialists (CPRS) and/or non-clinical support personnel.
- **Clinical Linkage:** While daily clinical services are not mandatory on-site (as in Tier 4), staff are responsible for coordinating external clinical care (IOP/PHP, individual therapy) and ensuring residents attend.
- **Accountability:** Staff enforce rules, manage daily schedules, facilitate house meetings, conduct random alcohol and other drug testing, and provide ongoing recovery coaching.

3. Services Offered (Internal & Linked)

The program focuses on supporting residents' integration back into society.

Supervision and Accountability (Internal)

- **Regular Drug & Alcohol Testing:** Frequent, random testing to ensure abstinence.
- **Mandatory House Meetings:** Weekly or bi-weekly meetings led by staff to address house dynamics, chore completion, and recovery topics. Participants must attend assigned recovery groups/external treatment.
- **Curfew & Phase System:** Structured curfews (often slightly later than Tier 4) and a phase system that rewards compliance and progress with increased privileges and longer passes.
- Residents must sign out and sign in with accurate destination and contact information.

Life Skills (Internal)

- **Recovery Planning:** Staff assist residents in developing individualized, goal-oriented recovery plans. Support with essential resource navigation, including job applications, resume building, educational enrollment, or securing benefits. Structured educational groups focused on identifying triggers, developing coping skills, and crisis planning.

External Service

- Residents are required to be enrolled in and actively attending external therapeutic services (e.g., Intensive Outpatient Programs (IOP), individual counseling, or psychiatric follow-ups) if determined necessary by their primary team.

4. Structure, Rules, and Daily Schedule

The daily structure allows for outside commitments while maintaining firm recovery accountability.

Typical Weekly Schedule (Example)

The schedule is structured but provides significant blocks for external activities like work or school.

Time Block	Focus (Monday - Friday)
7:00 AM	Wake Up / Morning Routine
7:30 - 8:30 AM	Cleaning Duties / Chores
8:30 AM - 4:00 PM	Time for Work, School, or External IOP/PHP
4:00 - 5:00 PM	Check-in Group / Life Skills Workshop (On-Site)
5:30 - 6:30 PM	Dinner / Meal Prep
7:00 - 8:00 PM	Mandatory 12-Step or Mutual Aid Meeting (Internal or External)
10:00 - 11:00 PM	Curfew (Dependent on phase/day of week)

5. Ideal Resident Profile for Tier 3

Tier 3 is most effective for individuals who: Have completed a minimum of 28-30 days of inpatient, residential treatment, or transitioning from incarceration. Are stable enough to manage their medication and clinical appointments semi-independently. Are motivated to seek or maintain employment/education.

Require consistent, supervised accountability but are ready for increased personal responsibility, independence, and family reunification.

