



# JOHN ROBERTS FOUNDATION

Here are **clear, strong, IRS-friendly, and practical** examples of the *special features* and *core resident benefits* that sober living homes typically provide. These are ideal for program descriptions, websites, and your 1023 application for the **John Roberts Foundation**.

## ✦ Special Features of Sober Living Homes

### ✓ 1. Safe, Stable, Substance-Free Housing

- Alcohol- and drug-free environment
- Regular drug/alcohol testing
- House rules create consistency and predictability
- Residents feel physically and emotionally safe

### ✓ 2. Structured Daily Living

- Quiet hours, curfews, and visitor policies
- Chores and shared responsibilities
- Promotes accountability and routine

### ✓ 3. Peer-Supported Community

- Residents live with others in recovery
- Encouragement, shared experiences, and mutual accountability

- Reduces isolation—a major relapse trigger

#### ✓ 4. **House Manager or Peer Leader On-Site**

- Provides guidance
- Helps with conflict resolution
- Ensures rules and safety standards are followed

#### ✓ 5. **Connection to Local Recovery Resources**

- Referrals to AA, NA, Celebrate Recovery, SMART, etc.
- Transportation assistance to meetings
- Partnerships with outpatient treatment or therapists

#### ✓ 6. **Life-Skills Development**

- Budgeting and money management
- Job readiness or help finding employment
- Cooking, meal planning, and household skills
- Time-management and goal-setting

#### ✓ 7. **Relapse Prevention Environment**

- Routine check-ins and support
- Zero-tolerance policy for substances
- Quiet, stable environment reduces triggers

#### ✓ 8. **Accountability Structure**

- Mandatory meeting attendance
- House rules, contracts, and behavioral expectations
- Random drug testing

#### ✓ 9. **Family Support/Communication Policies**

- Encourages rebuilding healthy relationships
- Guidance on boundaries and healthy communication

#### ✓ 10. **Affordable Housing Alternative**

- Often far cheaper than treatment centers
- Residents can stay long-term while rebuilding their lives

# ☆ Key Resident Benefits

## ✓ 1. A Safe Haven

Residents gain a protected, stable home where they can focus on recovery without exposure to their old triggers.

## ✓ 2. Improved Recovery Outcomes

Sober homes significantly reduce relapse rates by providing structure and support.

## ✓ 3. Emotional Support

Residents benefit from:

- Peer companionship
- Encouragement
- Accountability
- Reduced loneliness

## ✓ 4. Consistency & Routine

This helps residents:

- Build healthy habits
- Maintain employment
- Follow medical/therapy schedules
- Improve mental health stability

## ✓ 5. Community & Belonging

Residents gain a sense of family, connection, and purpose—huge protective factors in sobriety.

## ✓ 6. Mentorship & Guidance

Many homes include experienced people in recovery who can mentor residents.

## ✓ 7. Renewed Life Skills

Residents leave with stronger:

- Job readiness
- Financial responsibility
- Daily living skills

- Personal discipline

### ✓ **8. Long-Term Stability**

Sober living gives individuals time to:

- Rebuild careers
- Repair relationships
- Save money
- Re-establish independence

## ☆ **Optional Program Enhancements (Great for Nonprofits)**

These features look excellent in grant applications and IRS filings:

### ✓ **Guest Speakers & Educational Workshops**

- Licensed counselors
- Recovery coaches
- Former residents with long-term sobriety
- Mental health professionals
- Nutrition/fitness trainers
- Life-skills instructors

### ✓ **On-Site Support Meetings**

- AA or NA
- Bible-based recovery groups
- Smart Recovery
- House-led meetings

### ✓ **Transportation Assistance**

- Rides to work, meetings, court, or medical appointments

### ✓ **Partnerships With Local Organizations**

- Churches
- Treatment centers
- Job-training programs

- GED centers