



RECOVERY

*Through Shared Experience*



## Is TLC the same as a half-way house?

No. Therapy, treatment and formal counseling are not part of our service. Our approach succeeds because we encourage you to assume responsibility for yourself and for the family group. We create a wholesome environment with minimal structure through sharing and self-discipline. We adhere to house standards, because to violate them hurts our common goal, to maintain a supportive “family-like group”.



## When Do I Enter TLC?

Ideally, you would enroll in TLC during your final days of treatment and transferring immediately after discharge. We require that our residents complete a primary treatment program before arriving. You may also come to TLC any time you feel your recovery is in jeopardy.





*TLC is appropriate if you are serious about recovery, know what you need to do, and are*

*looking for a safe, nurturing environment to focus on developing a foundation of permanent sobriety.*

## **What are entry requirements?**

- A serious commitment to recovery.
- A sincere desire to become an active supportive member of the family.
- Willingness to honor the TLC standards.
- Ability to pay the nominal residential fee.
- Minimum 30 day commitment.
- Adult male or female (18 years or older).
- Clean and sober for at least 24 hours.

## **Many convenient male and co-ed locations**

We feature large homes situated in quiet neighborhoods close to shopping and public transportation. Each home is well maintained and radiates the warmth and ease of living expected in a family environment. A comfortable group size is vital both for economic reasons and for the emotional support and understanding a family generates.

## **Who manages the homes?**

Each home is managed by a House Parent and an assistant, both long-term TLC residents with managerial skills and demonstrated recovery. Each House Parent strives to maintain an atmosphere conducive to a healthy, balanced life for residents.



## **What should I bring?**

Your clothes, toiletries, towels and bedding. Some homes provide bedding. You are responsible for your own meals.

## **TLC Standards**

- Abstinence from addictive drugs and alcohol.
- Attend recovery meetings.
- Work a recovery program with a sponsor, counselor or therapist.
- Attend evening house meeting Sunday through Thursday.
- Fulfill treatment and aftercare commitments.
- Accept direction from the House Parent.
- Pay required monthly fee on time.
- Complete assigned house chores.
- Respect 12 midnight curfew for the first 30 days.
- Compliance with approved prescriptions and medications.

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## Are visitors allowed?

Absolutely! These are family style homes; visitors are part of the family circle and are welcome as long as they are clean and sober and honor the family spirit.

## Can residents work?

Certainly! In fact outside employment or school is encouraged. Each person is reminded that while a job or education is important, it cannot supersede the essential steps necessary for sustained recovery.

## What about relapses?

If a resident uses drugs or alcohol, he or she is immediately discharged from the home. Reinstatement is only possible after demonstrated proof of sobriety or non-use of drugs for a minimum of 24 hours.





## To walk with dignity again

Treatment offers an important start to recovery. Yet many individuals require a place to live to sort out priorities, change attitudes and to prepare for a new and productive life.



TLC provides the proper environment for this process. Each comfortable, inviting home operates within TLC standards. This enables you to develop and nurture responsibility and self-esteem that is so important to recovery.



While at TLC you begin to function as a transformed person free of drugs and alcohol. Our shared strength and respect for each other, recovering under common circumstances, makes this transformation a reality. When you leave, it will be with a greater sense of self-worth and well-being.

## How does TLC work?



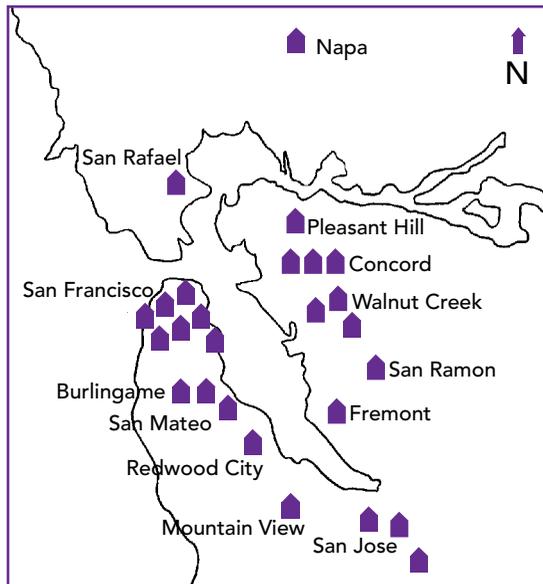
TLC operates as a close-knit family. Our residents share a number of responsibilities, but more importantly, they provide emotional support and encouragement to each other. This caring attitude fosters inward strength so that after leaving a TLC residence, you are mentally, emotionally and physically able to handle the inevitable stress of everyday living without drugs and alcohol.

## What residents say about TLC

*"This is an incredible place. The experience and the people have proven invaluable to my sobriety. Thanks for letting me be part of TLC."*

*"The House support group meetings each night have become an important part of my recovery."*

*"The TLC Standards are maintained and exceeded. The staff does an excellent job."*



*We are here if you need us - call now - 7 days a week*



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