

# NE Florida Sober Living Q&A

## **What is a sober house?**

In general, a sober house is a group of people who choose to live together in a drug and alcohol free environment.

## **Do sober houses provide treatment?**

There are sober living facilities which provide treatment; however, most people when they speak of a sober house are talking about a facility which provides a safe living environment structured around a 12 step program.

## **Can I work while I live in a sober house?**

Most people who live in sober houses are responsible for paying their own rent; therefore, working becomes necessary to be self-supporting.

## **Will living in a sober house increase my ability to stay sober?**

Living in a therapeutic environment where house mates are working toward the common goal of sobriety has been proven to help create and maintain a sober life style.

## **Do sober houses provide food or transportation?**

Some sober houses provide food while others may have kitchen access for residents to prepare their own meals. Some sober houses provide transportation while others do not. It is a good idea to speak with the sober house before move in to determine if your needs will be met.

## **How much does it cost to live in a sober home?**

Sober homes in Northeast Florida range in price from \$100 a week to \$200 a week. The difference in the cost reflects the variety of services offered.

## **How long can I stay in a sober house?**

Length of residency is determined by the individual sober house policy. Most sober houses in Northeast Florida do not place restrictions on length of stay.

## **Will I have a curfew as a resident of a sober house?**

Most sober houses have a curfew in place.

