

Will Rehab Centers Help You Transfer To A Halfway House?

Recovering from an addiction is sometimes a life-long process. It doesn't end when you are discharged from a rehab facility or an addiction treatment center. What you learn during the course of your treatment is meant to help you live a better, sober life once you go back home.

However, not all recovering addicts are ready to rejoin the world. If your time at an addiction treatment facility is drawing to a close and you don't feel confident enough to completely re-enter society, then you should consider transferring to a halfway house first.

As part of their efforts to ensure as many people as possible recover from addiction and go on to turn their lives around, several drug and alcohol treatment centers often recommend halfway houses in their networks to individuals who have completed addiction treatment. This way, recovering addicts can still receive the support they need as they work on rebuilding their lives.

What is a Halfway House?

A halfway house sometimes referred to as Sober Living Home, is a transitional living facility for those recovering from drugs and alcohol. Halfway houses are designed for those who have been discharged from long-term drug and alcohol treatment but aren't quite ready to go home after leaving their addiction treatment programs.

This type of living arrangement is ideal for those who have already undergone medical detox and have successfully completed an outpatient or inpatient treatment program. This is because halfway houses do not provide detoxing or medication facilities for their residents.

If you're going to live at a halfway house, you need to familiarize yourself with the rules and expectations of the house. While living in these houses is less regimented than being in an inpatient or [partial hospitalization program](#), those in the house need to adhere to some common rules to ensure everything runs smoothly.

Additionally, you need to note that any costs you incur from staying at a halfway house are not covered by insurance. This means that you will have to pay for your rent, buy your own groceries, etc. This can set you back from \$300 to \$2000 per month, depending on the halfway house you choose to reside in.

Who Can Stay At A Halfway House And For How Long?

Halfway houses normally don't restrict who can live there but most residents have to have undergone an addiction treatment program. You also have to have just come out of treatment, are drug-free and can pay your rent, buy your own food, and otherwise support yourself. These houses also encourage residents to get jobs or to continue working if they are employed. Individuals who are in school will have to continue with their studies while they stay at the house.

You also have complete autonomy over how long you choose to stay at a halfway house. The duration varies with every individual but most people stay between 3-12 months. According to studies, the longer addicts in recovery stay at halfway houses learning how to readjust to life after treatment, the higher their chances of maintaining sobriety.

While the length of stay is up to you, ensure you give yourself enough time to get back on your feet, secure a stable job, and learn the skills necessary to help you cope with cravings and other relapse triggers. You should only leave the halfway house when you're confident of maintaining your sobriety.

Common Halfway House Rules and Guidelines

Going from living at a residential treatment facility to a halfway house can be a little challenging so it's better to know the terms and rules you have to follow. The rules vary from facility to facility but there are some common in most halfway houses. Just like going to rehab, moving to a halfway house means that you agree to certain terms, and violating them could lead to fines or even being asked to leave the facility.

Some common halfway house guidelines and rules include:

- Staying sober throughout your stay at the facility and being subject to random drug tests.
- Contributing to the household by doing your assigned chores and cleaning up after yourself especially in the kitchen and other common areas.
- Adhering to the set curfew and informing the house manager if you'll be gone overnight for any reason.
- Fighting or violence towards other residents isn't tolerated.
- Attending a 12-step program or other recovery meetings while at the house.
- Attending all the mandatory house meetings.
- No stealing or destroying the other residents' property.
- You may be required to attend school if you're a student or keep working if employed. If you don't have a job, you may be required to attend interviews or conduct a job search to secure one.

Benefits of Transferring to a Halfway House

Long-term treatment centers understand how difficult it is to pick up the reins of your life after treatment. Helping you transfer to a halfway house allows you to gradually transition back into your life in a safe, slightly controlled way. Additionally, in a halfway house, you will be surrounded by others in a similar situation. Your fellow residents can teach you useful coping skills as well as provide the support and encouragement you need as you start out on your new life. Living in a halfway house also helps you avoid the social isolation or loneliness that might drive you to relapse.

Talk to Us Today About Rehab In Indiana

We at the [Evolve Indy Recovery Treatment Center in Indiana](#) understand the challenges that come with being discharged from addiction treatment. We work with all our patients to ensure they all get the support and assistance they need to get their lives back on the right track. That is why we help individuals who have undergone treatment at our rehab facility to transfer to halfway houses within our network.

If you'd like to learn more about halfway houses or would like help finding one to help you in your recovery journey, [give us a call today](#) on our 24-hour confidential helpline. Our professional addiction specialists are always on hand to help you.



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