

LOTUS RECOVERY HOUSE RECOVERY SUPPORT AND RELAPSE PREVENTION POLICY

Purpose: To ensure an environment that provides recovery supports for long term recovery for the residents at the Lotus Recovery House (LRH). Also, to ensure an environment that promotes relapse prevention and supports in the event of a relapse.

1. Policy Guidelines

- A. The LRH Staff will promote an environment of recovery regardless of the pathway chosen by residents. Pathways can include but are not limited to 12-step programs, peer recovery supports, medication-assisted treatment and/or faith-based recovery programs.
- B. The LRH will provide at minimum the following: peer support; resident-driven recovery planning; connection and referral to community resources, employment connection services and weekly house meetings.
- C. Residents will develop a Lotus Recovery Support and Relapse Prevention Plan upon admission and revise as needed.
- D. The plans will be designed to plan for supports and to prevent relapse and address what to do in the event of a relapse.
- E. The LRH Staff will be familiar with each's resident's Recovery Support and Relapse Prevention Plan and refer to it while working with the residents in recovery, during relapses and during house meetings.
- F. In the event of a relapse or it is determined that a resident is creating an unsafe environment for other residents, the Lotus staff will work with the resident to implement the plan that addresses leaving the home. The resident's needs and level of support will be considered at this time. If emergency medical attention is needed staff will ensure this occurs.
- G. If a resident temporarily stays at another location (homeless shelter, hospital detoxification, residential treatment, friend or family's home), the LRH Staff will inform the resident of any specific tasks or actions that need to be taken by the resident prior to returning to the home. If the resident is able to complete all of the tasks, she will be able to reenter the home. The LRH Staff will set any restrictions or plans upon the resident's re-entry to support her recovery and relapse prevention.
- H. If the resident declines to follow through with the plan and recommendations, the LRH Staff and resident should work to mutually agree to end the residency at the recovery home. If a mutual agreement cannot be made, then the LRH Director is to be notified and a decision regarding eviction or non-lease renewal are to be considered within landlord tenant laws.
- I. The LRH staff will provide continuous positive regard, i.e. use empathy, respect to residents.

Approved By: 

Date Approved: April 16, 2020

Date Revised: January 29, 2021