



BLUE MOUNTAIN RECOVERY
Resident Handbook

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PURPOSE

Mission Statement

The mission of Blue Mountain Recovery is to provide adult men suffering from addiction a sober treatment setting that recognizes addiction as a treatable, chronic disease. Relapse prevention has become our passion and mission. We will provide the necessary programs and basic skills to equip men for a successful transition back into society as a productive citizen. Sobriety is power.

The Origins of Blue Mountain Recovery

Blue Mountain Recovery opened in 2018 in a newly renovated residence in Lansdale Pennsylvania, as a sober home residence for individuals who are recovering from addiction. This mission to help others was started by Lucy Constantine and Sean Barry who have spent a great deal of their lives dedicated to helping individuals recover from addictions.

The Basics

Blue Mountain Recovery, LLC believes in the 12 Step Program for recovery from drug and alcohol addiction. Our main objective is to create a safe and structured house where adult men can succeed in their transition into a drug free society. We at Blue Mountain Recovery believe that attending daily meetings, working, and establishing healthy friendships is essential to achieve this objective. We will encourage residents to obtain a sponsor and a support group to assist in their journey.

Goals

Become active and productive members of a society.
Reestablish healthy relationships with family and friends.
Learn coping mechanisms and decision making skills.
Build self-esteem, self-confidence, and self-worth.

RULES AND RESIDENCE CRITERIA

Blue Mountain Recovery serves its community by providing a sober living environment for men making the transition from addiction to sobriety. Residents are welcome to stay as long as they may wish as long as they maintain their sobriety and abide by the House Rules.

Residence Criteria

1. The potential resident has completed a pre-residence application and has been deemed appropriate for residency.
2. The potential resident must be male and 18 years of age or older.
3. The potential resident must agree in writing to abide by the Blue Mountain Recovery House Rules.
4. The potential resident must actively participate in the 12 step program and be willing to go to any length to achieve sobriety.
5. The potential resident must be willing to sign a drug screen release.

6. The potential resident must be willing to sign a release for a criminal background check.
7. The potential resident must not be classified as a sexual or violent offender.
8. The potential resident must be deemed an appropriate candidate by the Directors of Blue Mountain Recovery.
9. The potential resident must have attained 30 days of sobriety.

ROLE OF HOUSE MANAGER/PEER LEADER

- 1) Assign daily chores and ensure completion.
- 2) Assist with AA/NA (or any appropriate program of recovery) and check attendance.
- 3) Curfews are adhered to and respected.
- 4) Drug screens are done randomly and supervised.
- 5) Rent and fines are paid and documented.
- 6) Ensure all house rules are followed.
- 7) Intake procedure is completed as directed and filed correctly.