

The Harmony House Sober Living Environment (SLE) is a fully insured, registered, and accredited co-ed sober living environment located in Ukiah, California. Established in Jan. 2024 and accredited in June 2024, The Harmony House provides a safe, clean, and structured recovery-focused environment for adults committed to maintaining long-term sobriety and transitioning toward independent living. Our 21-bed residence features 6-8 bedrooms with gender-specific sleeping quarters, comfortable shared living spaces, a fully equipped kitchen and dining area, on-site laundry with a brand-new washer and dryer, outdoor gardening areas, and select private bathrooms. We offer one of the only co-ed sober living programs in Ukiah, creating a welcoming, supportive community where Guests encourage one another throughout recovery. Guests participate in a structured program that promotes accountability, stability, and personal growth. Admission includes mandatory drug and alcohol screening, with random testing conducted throughout the program stay. Guests follow established curfews, attend house meetings, complete household responsibilities, and actively participate in approved recovery programs such as AA, NA, Celebrate Recovery, SMART Recovery, church groups, or other approved recovery-based meetings. The Harmony House utilizes a secure electronic management system that allows Guests to check in and out, verify recovery meeting attendance, track appointments, and communicate with staff, providing increased accountability while supporting each guest's recovery goals. Staff assist guests with employment and housing applications, life skills development, goal setting, community resources, and preparation for independent living Upon that need or request. We work collaboratively with outpatient treatment providers Such As: hospitals, Enhanced Care Management (ECM), Other Recovery programs and behavioral health agencies, probation/parole and other community partners to provide coordinated support and continuity of sobriety. Guests may remain in the program for up to two years based on their recovery progress, goals, and program compliance; but graduate the program at the 6Month mark being that they have followed the structure of the program. At The Harmony House, we believe recovery is about more than sobriety, it's about rebuilding lives. Through structure, accountability, peer support, and compassionate guidance, we empower individuals to achieve lasting recovery.



Actual Photos of The Harmony House – Sober Living Environment



BEST OF LAKE & MENDO. GOLD MEDAL WINNER

Voted Best "SLE/Rehab" In Lake & Mendo. Counties

Accepts Males & Females



(Actual Photo of The Harmony House)

Office #: 707.867.9029
Email: support@thehhsle.org
Website: www.thehhsle.org

Visit our [FACEBOOK](#) / [TIKTOK](#) for Updates.

Photos of The Harmony House



Why Sober Living Environments Can Be Important for Recovery

1. A Safe and Supportive Environment

(SLE) Sober Living Environments provide individuals in recovery with a safe and supportive environment to facilitate sustained sobriety. Studies conducted by the National Institute on Drug Abuse have proven this fact. Sober living homes help residents (Guests) develop life skills while learning to cope with triggers or cravings more effectively, attending 12-step meetings more regularly, and making meaningful relationships among fellow sobriety sufferers - essential for long-term sobriety success! SLE Can Help the individual maintain employment and or furthering education as well.

2. Continuous Guidance and Assistance

The continuous guidance and assistance provided by sober living homes is one of the key aspects that make them a valuable resource for those recovering from substance use disorders. With house managers around 24/7, residents are never alone in their journey toward sobriety. Sober living facilities provide timely counseling and support group meetings, enabling them to attain long-term recovery results faster than those who rely solely on outpatient treatment. Residents can establish meaningful relationships with peers also in recovery, thus benefiting both parties mutually by having someone who understands their struggles firsthand.

3. Development or Re-Development of Life Skills

With the environment offered by SLE's, residents can develop essential life skills necessary for long-term sobriety, as research shows their necessity to maintain recovery. Residents learn life skills such as financial management, healthy meal preparation, and employment search techniques - essential elements in long-term recovery success.

4. Restoration of Independence

Being in a SLE is like having your own independent space to learn the skills needed to move back into normal life. You get a chance to practice these life skills while also gaining some much-needed interpersonal connections and responsibilities, all of which are important aspects of any recovery journey. So, you see, these homes provide an opportunity for individuals in the early stages of their recovery process to develop new coping mechanisms and a sense of fulfillment by being accountable for themselves and others around them.

5. Easier Transition to Normal Life

Moving from a recovery center back into "normal" life can be challenging for people in recovery. That's why sober living homes offer a more gradual transition, giving residents a chance to get used to daily routines and responsibilities before fully re-entering society. Sober living truly paves the way toward independence while ensuring safety and guidance.

6. Reduced Risk of Relapse

Perhaps one of the biggest perks of living in an SLE is decreasing your risk of relapse. When you've recently completed treatment for an alcohol or drug use disorder, having a secure and encouraging environment to return to can be invaluable. They're designed with living environments that emphasize meaningful relationships, accountability through house rules (yes, curfew still applies), and weekly house meetings where residents share their experiences supporting each other on this journey called life without substances. Plus, learning tools like coping mechanisms from people who have been there before - beats going back into old habits!

Contact Information

Office: 707.867.9029

Emerg After Hrs. (Txt Accepted) 707.391.4148

Main Email:

support@thehhsle.org

Website:

<https://www.thehhsle.org>

Office Address:

1367 S. Dora St.

Ukiah, CA. 95482

(House Address Is Different Than Office Address)

Steps To Qualify:

- 30-60 Days Clean/Sober; Enrolled in NA/AA meetings (at least 4 meetings week)
- Participation in random drug tests
- We can assist you in getting Enhanced Care Management (ECM),
- Wanting Structure and Guidance
- Active Employment, Job Searching, or Attending School/Classes, or Volunteer work.
- Having a Sponsor to call, or utilizing Harmony House Staff (during times of need)
- Respecting Established Curfews & Program Rules
- Ability to Cover Cost
- We Accept Males & Females

How To Inquire:

* Come into Our Office, Call, or Go To Website; Under Forms there is an INTAKE form Complete that Form and Email it to Main Email.

* Next Step: Availability to do a brief In Person Meeting & screening questionnaire.

Once Those Steps Are Completed, we will set up an Appointment for you to View the House/ Pick Room

* Then Time to Set A Move In Date.

Our Social Media:

FACEBOOK :

<https://www.facebook.com/theharmony.house.2025>

TIKTOK: <https://www.tiktok.com/@theharmonyhousesle>