

# Phase Checklist for Residents in Independence Again

## Admit Phase \_\_\_\_\_ (Date Admitted)

- Turn in Cell Phone & **No Visitation**
- 7+ days Adjusted Phase Free (formerly known as restriction) \_\_\_\_\_ (Date of Last AP)
- Demonstrate readiness and willingness to change
- Take Public Transportation 2+ times \_\_\_\_\_ (Dates Rode)
- Call Sponsor daily Sponsors Name: \_\_\_\_\_
- Initiate Employment Search within 24 hours; and be employable full time (by InAgain definition)
- Entry Fee Paid in Full
- Calendar/Sign In Sheet and Chore Compliance
- Safety Plan scanned in to their Sober Living Director and [InAgainTN@gmail.com](mailto:InAgainTN@gmail.com)
- Email Sober Living Director & [InAgainTN@gmail.com](mailto:InAgainTN@gmail.com) no earlier than 7 days in phase & when the list is complete.

## Phase I \_\_\_\_\_ (Date started Phase)

- No Cell Phone Privileges
- Visits as of \_\_\_\_\_ must be on-site and 2 hours \*See Visitation Policy
- 14+ days Adjusted Phase Free (formerly known as restriction) \_\_\_\_\_ (Date of Last AP)
- Complete Step 1, 2 & 3 (NA/AA/Celebrate Recovery) - Scan this to your Sober Living Director
- Attended a meeting a day (exception if worked/school/therapy 8+hours a day no Adjusted Phase for those days)
- Engage in appropriate level of counseling - Mental Health/Substance Use Consultation or Individual counseling
- Call Sponsor daily Sponsors Name: \_\_\_\_\_
- Calendar Compliance Consistently
- Legal Gainful Employment or In School with no less than 3 weeks rent paid in full
- Comply with all legal, social and recreational requirements
- Develop a Working Budget (making more income than spending on bills)
- Off Site Visit Plan scanned in to their Sober Living Director, [InAgainTN@gmail.com](mailto:InAgainTN@gmail.com)
- Send an email to Sober Living Director, [InAgainTN@gmail.com](mailto:InAgainTN@gmail.com) when ready to phase up no earlier than 21 days in phase.

## Phase II - Part 1 \_\_\_\_\_ (Date started Phase)

- 2 hours of off-site visits as of \_\_\_\_\_**
- 14 days Adjusted Phase Free (formerly known as restriction) \_\_\_\_\_ (Date of Last AP)
- Complete Step 4 (NA/AA/Celebrate Recovery)
- Continue (all above) ~meeting attendance, chore compliance, sponsorship, employment, legal compliance, etc.
- Arrange and maintain transportation
- Demonstrate Financial Responsibility with Rent + Back Rent (where applicable) paid for at least 4 weeks
- Establish Healthy Routine with asking for help when recognizing a need
- Establish a relapse prevention plan (RPP) scanned in to their Sober Living Director, [InAgainTN@gmail.com](mailto:InAgainTN@gmail.com)
- Establish and utilize appropriate community living boundaries
- Send an email to Sober Living Director, [InAgainTN@gmail.com](mailto:InAgainTN@gmail.com) when ready to phase up no earlier than 30 days in phase.

## Phase II - Part 2 \_\_\_\_\_ (Date started Phase)

- 4 hours of off-site visitation as of \_\_\_\_\_**
- 21 days Adjusted Phase Free (formally known as restriction) \_\_\_\_\_ (Date of Last AP)
- Complete Step 5 (NA/AA/Celebrate Recovery)
- Demonstrate Financial Responsibility with Rent paid in Full each week
- Continue (all above) ~meeting attendance, chore compliance, employment, routine, counseling, asking for help, RPP, etc.
- Demonstrate healthy boundaries Independently
- Regularly (upon availability) Chair Independence Again House Meeting(s) or Community Meetings
- Send an email to Sober Living Director, [InAgainTN@gmail.com](mailto:InAgainTN@gmail.com) when ready to phase up no earlier than 30 days in phase.

## Phase Checklist for Residents in Independence Again (Cont)

### Phase II - Part 3 \_\_\_\_\_ (Date started Phase)

- 6 hours of off-site visitation as of \_\_\_\_\_**
- 30 days Adjusted Phase Free (formerly known as restriction) \_\_\_\_\_ (Date of Last AP)
- Complete Step 6 (NA/AA/Celebrate Recovery)
- Continue (all above) ~meeting attendance, readiness, routine, counseling, asking for help, RPP, boundaries, etc.
- Demonstrate Honesty with Schedule, Responsibilities and during unsupervised time(s)
- Send an email to Sober Living Director, [InAgainTN@Gmail.com](mailto:InAgainTN@Gmail.com) when ready to phase up no earlier than 30 days in phase.

### Phase II - Part 4 \_\_\_\_\_ (Date started Phase)

- 8 hours of off-site visitation as of \_\_\_\_\_**
- 45 days Adjusted Phase Free (formerly known as restriction) \_\_\_\_\_ (Date of Last AP)
- Continue (all above) ~chore compliance, employment, routine, asking for help, RPP, boundaries, etc.
- Complete Skill/education Building Classes that are recommended
- Send an email to Sober Living Director, [InAgainTN@Gmail.com](mailto:InAgainTN@Gmail.com) when ready to phase up no earlier than 30 days in phase.

### Phase III - \_\_\_\_\_ (Date started Phase)

- Overnight home visits as of \_\_\_\_\_**
- 65 days Adjusted Phase Free (formerly known as restriction) \_\_\_\_\_ (Date of Last AP)
- Continue (all above) ~meeting attendance, readiness, routine, counseling, asking for help, RPP, boundaries, etc.
- Maintain Household position for 90 days
- Complete or Update Personal goals
- Develop Safe Graduate Plan, with a safe drug and violence free home
- Save Money for Move out of \$1,600 (goal - adjusted based on needs) - Verification required
- Send an email to Sober Living Director, [InAgainTN@Gmail.com](mailto:InAgainTN@Gmail.com) when ready to schedule Graduation; no earlier than 30 days in phase.

### Graduate / Mentoring Phase - \_\_\_\_\_ (Date started Phase)

- Overnight home visits as of \_\_\_\_\_**
- 180+ days in Program
- Up to 90 day home trial participation
- 65 days Adjusted Phase Free (formerly known as restriction) \_\_\_\_\_ (Date of Last AP)
- Continue (all above) ~meeting attendance, chore compliance, sponsorship, employment, readiness, etc.
- Good standing with Independence Again
- Agree to work on building skills and working with the current residents

## Phase Checklist for Residents in Independence Again (cont)

### Parent with Children - Eligible for Residents of our program with minor age appropriate children

#### (\*upon approval from the Resident with Children Sober Living Director and Executive Director)

- Send an email to the Resident with Children Sober Living Director, Executive Director and InAgainTN@Gmail.com when ready to meet with the team on what you need to transition into the parent with children program; no earlier than 30 days in the program.
- The resident has demonstrated a clear understanding of the program rules and responsibilities
- Children are able to demonstrate an age appropriate clear understanding of the program rules and responsibilities.
- Has minor children who are the same gender as residents under the age of 18, children of the other gender must be prepubescent (under age of puberty). (i.e. women with children female children 17 and under, male children prepuberty)  
\*This is a safety rule and can not and will not be adjusted for the safety of the minor.
  - Children who are at risk of active drug use will be required to take drug screens upon suspicion of use or reliable reports of use. Refusal will require the emergency contact to pick the child(ren) up until the child(ren) is willing to comply with the rules.
- 30+ days Adjusted Phase Free (formerly known as restriction) \_\_\_\_\_ (Date of Last AP)
- Has maintained stable full time employment with support of caretaking the children for no less than 30 days.
- Balanced Budget \*Develop a written budget that supports the family unit without need of outside support other than approved resources (i.e. SNAP, Families First, etc.)
  - All Basic needs met or utilization of local resources to meet the needs
  - Resource Management
  - WIC
  - SNAP & Family First
- Minor Children Daycare/School Plan
- Develop a Transition Plan, Emergency Plan & Crisis Contact Plan (otherwise DCS & Police is Default)
- Relapse Prevention Plan
- Has maintained sobriety for a period of time no less than 30 days and does not present with risk of relapse.
- Domestic Skills Demonstration & Chore Compliance for self and Dependent Children
- Parenting Skills
  - Age Appropriate Behavior Modification for all Minor Children (i.e discipline and rewards)
- Parenting Classes Compliance/Completion \_\_\_\_\_ (Date of Enrolled) \_\_\_\_\_ (Projected/Discharge Date)
- Postpartum Plan for Baby
- Calendar/Sign In Sheet Compliance
- Meeting Compliance (exception if worked/school/therapy 8+hours a day)
- Step Work Compliance
- Sponsorship Compliance
- Medical Plan Compliance & OBGYN compliance (if pregnant)
- Stable Legal Employment with sustainability plan
- Current Minor Children Immunizations & Flu Shot (mandatory)
- Insurance and Prescription Cards/Coverage
- Remain free from Physical, Emotional and Spiritual Relapse (Natural Consequences could be removal from the WWC)
- Willingness to comply with **ALL** rules and requirements of Independence Again and WWC Program
- Legal Custody issues resolved
  - Court Ordered Child Custody Plan Submitted (if custody/court involvement)
- Other tasks as assigned by the Parent with Children Sober Living Director identifies as primary concern for the resident or their children. This will be specific to the family unit to be successful in the home and minimize risk for other residents or children.

Please remember needs are individually based, you may be asked to complete specific tasks that are specially identified for you that others may not need and you may not need to complete tasks that others do... Be supportive and remember we are in Recovery all together and when one succeeds it is easier for us to succeed!

## **Independence Again Programs**

Applications can be submitted to [App@IndependenceAgain.org](mailto:App@IndependenceAgain.org) or Faxed 931-401-4670

Contact Staff/Board [InAgain@gmail.com](mailto:InAgain@gmail.com)

Website: [WWW.IndependenceAgain.org](http://WWW.IndependenceAgain.org)

Through positive peers, dedicated staff, knowledge of recovery and treatment, our Sober Living Community for parents and their children is an opportunity to take advantage of a safe and structured environment that assists residents through case management and therapeutic intervention at an affordable price.

### **Women, Women with Children, Women on MAT**

Lynda Loftis, LADAC - Executive Director

931-510-9775 - [Lynda@IndependenceAgain.org](mailto:Lynda@IndependenceAgain.org)

Ashley Swafford - Sober Living Director

931-933-5914 - [ASwafford@IndependenceAgain.org](mailto:ASwafford@IndependenceAgain.org)

Haley Perry - Sober Living Director

931-933-5903 - [HPerry@IndependenceAgain.org](mailto:HPerry@IndependenceAgain.org)

### **Men, Men with Children, Men on MAT**

Justin Veals - Sober Living Director

931-933-5814 - [JVeals@IndependenceAgain.org](mailto:JVeals@IndependenceAgain.org)

**Independence Again** partners with local treatment and counselors to provide specialized treatment services and tailored treatment plans for each resident. We focus on therapeutic interventions through treatment, support from the community in recovery as well as resources for individual stability. We understand there is no “one size program fits all” and work (at times) outside the box to help residents find answers and solutions for recovery.

