

## Halfway House/ Sober Living Home-Do you need one?

By Integrity Way

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*Here is a quick assessment to determine if you need a halfway house or sober living home.*

Have I tried to stop drinking but could not do it?

Have I changed drinks to try not to get drunk or switch drugs to try not to get high?

Do I ever need a drink or my drug of choice to get going in the morning?

Does my drinking or use of drugs cause problems at home?

Does my drinking or use of drugs cause problems with other people?

Have I missed work, cut school, or dodged responsibilities because of my use of alcohol or drugs?

Would my life be better if I quit drinking or got off drugs?

If you answered yes to these questions, you can get help at <http://www.integritywayflorida.com>

Check out the additional links page for detoxification centers or inpatient drug and alcohol treatment facilities.

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Transitional Housing continues to be one of the most effective ways of attaining continued abstinence from drugs and alcohol. Our sober living community believes that with the proper education, support, and willingness, everyone has the opportunity to recover from substance abuse. We provide our residents with the structure, tools, and guidance they need to become a valuable, loving, happy, family-oriented person again. It is our mission to provide you with a safe and sober living environment on your journey to recovery.

Category	Lifestyle, Health, Services, Consumer
Tags	halfway, house, integrity, way, sober, living, inpatient, treatment, detoxification, center
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