

Transitional Living Profile

Date: 12/15/2015

Name: BridgeWay Sober Living

General or specific location: Downtown/SoCo Austin

Your ideal or desired resident: Any individual who has a desire to stop using and is willing, open minded and honest.

Size of house/layout: Maximum 6 people per home, 1500 sq ft homes, 2 individuals per room. Separate male and female houses.

Fee structure: \$995 all inclusive, also includes holistic services, bridging the gap from treatment to sober living

Philosophy: We are more than just Upscale Sober Living. Our goal is to bridge the gap from treatment to living in the real world. Our friendly staff is hands on and dedicated to each resident, helping them through their healing and recovery journey. Many holistic services are provided such as Fitness classes, Nutritionist, Yoga, Trauma Therapy, Meditation, etc. However, we believe the most important of all our services, is our hands on recovery and life coaching. Our Recovery coaches have a minimum of 10+ years in recovery and live happy, joyous and free lives who know what it's like to be in darkness, despair and addiction, yet have made it through to the other side. We are known for meeting our residents wherever they are in their recovery journey and work closely with them to achieve their sobriety and life goals.

Our homes are ideal for individuals who want more out of life, who truly want to heal, recovery and want to experience the happiness, joy and freedom they know is possible. After leaving BridgeWay, our residents leave with a renewed sense of life, joy, happiness and most of all – Self Love. We believe that until we can truly love ourselves, we can't love our Higher Power or anyone else.

We are dedicated to providing a nurturing, safe, and structured environment and help you reach the emotional sobriety you desire through our designed program. We are more than just Upscale Sober Living, we are hands on to help you get through to the other side.

Structure:

Our entire focus is to create a comforting, safe and nurturing environment for sober living while continuing to help our clients address the *root* causes of addiction, compulsive behaviors, depression, and fear and learn healthy behaviors and tools to live more in their true, whole self.

We have made it *our mission* to help our clients not only make a full recovery from their addiction, but heal at the very core and emotional level to return to a sense of self esteem, wholeness, and love.

The Structure of our program is tight nit with a family atmosphere. There are two mandatory weekly house meetings, weekly coaching session with the recovery coach, chores twice a week, with standards the client must read, sign and adhere to.

Standards & Client Expectations:

A sponsor is required and if upon entering you do not have one, you will have one week to attain one.

There is a zero tolerance policy for using any mind altering substances. Any usage is an automatic discharge and we have our House Manager & Assistant manager living on the properties.

90 meetings in your first 90 days of recovery, after that a minimum of 4 meetings a week is required. (counseling counts as a meeting)

Mandatory meetings weekly with your recovery coach here at BridgeWay.

Mandatory of volunteering of at least one hour a week, either in a 12 step environment or other organization.

Making contact with at least two people in recovery daily.

Reading recovery literature daily

Attend all weekly house meetings, complete weekly chores

Maintaining a healthy and positive attitude

Maintaining a clean space in the home

See more in our client agreement form

(Each client must sign a client agreement upon being admitted)

Programs/Activities:

Goal Oriented Recovery Coaching

Shame Release work

Trauma Resolution Therapy

Nutritionist

Weekly House Meetings

Fitness Classes

Yoga

Maid Service

Meditation

Acupuncture

Flag Football on Saturdays

Board Game Nights

Community events

Career Counseling, Life coaching

Contact information:

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512-765-5711

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Website:

www.BridgeWaySoberLiving.com

References:

Cymon - Residents Mother 775-443-5844

Lisa - Residents Mother 817-703-2051

Irina - Residents Mother 774-212-1247

Lou - Residents Father 512-423-1400

Chris - Previous Resident 650-444-0339

Photos: More photos on website

