



Changing lives in a supportive, clean & sober
environment.

AJ's Transitional Living, dba **AJ's Living**, is a 501(c)(3) Non-Profit Organization

What Makes Living at AJ's Different

Setting Residents Up for Success



- Experienced & compassionate guidance from all staff
- On-site salaried House Manager
- Encouraged peer to peer support
- 3 in-house recovery meetings a week
- Daily transportation to recovery meetings
- **Transportation to medical appointments, food bank, government assistance programs & individual needs**
- On-site Organic gardening & chicken farm

% of Residents with Recovery Time

(Since Opening on January 2016)



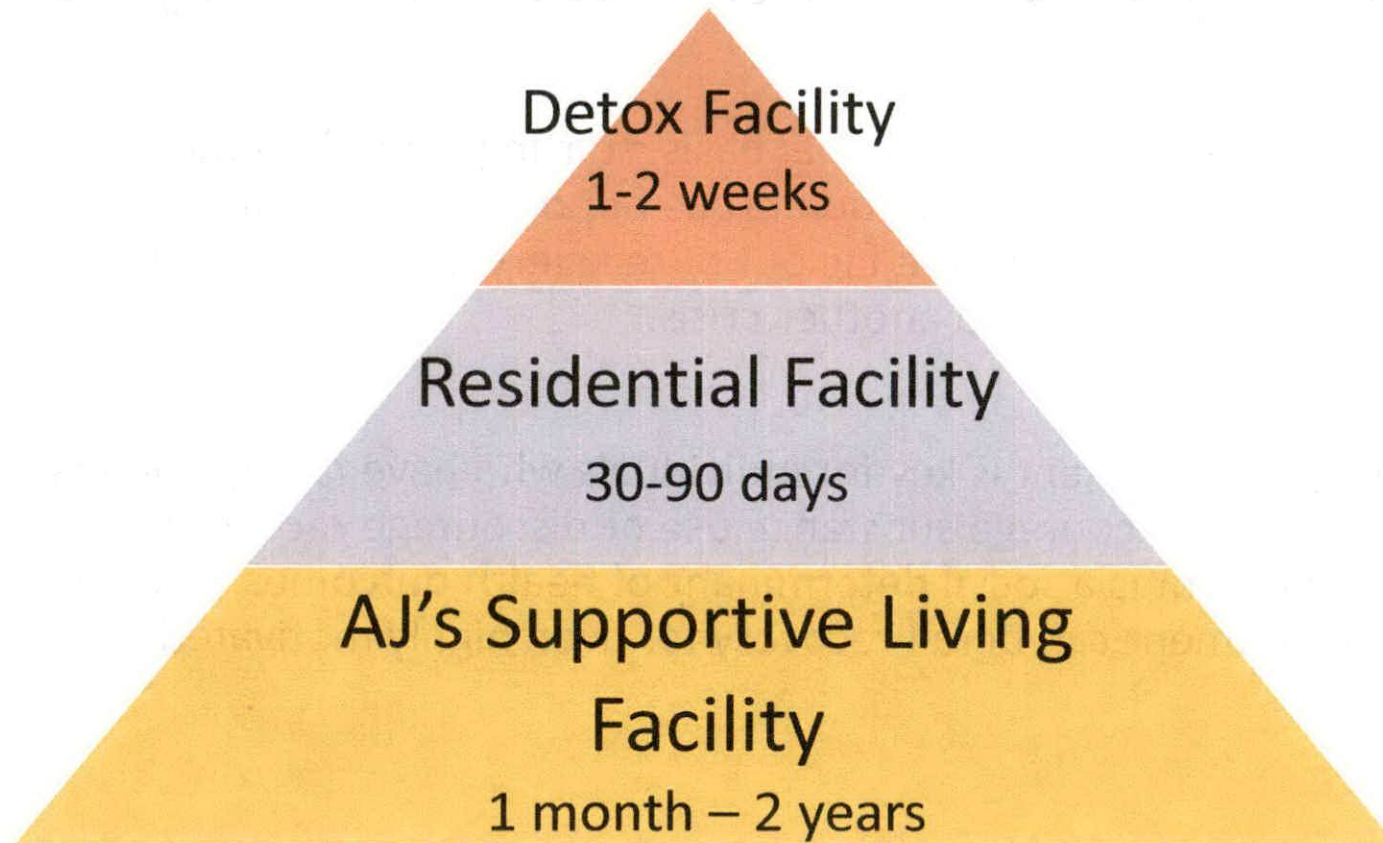
Sober Time	# of Residents	% of Residents
0-29 days	70	39%
1-6 months	71	39%
7-11 months	15	8%
1 year plus	26	14%
Total	182	100%

Comparison - % of Residents with Recovery Time with New Relapse Guidelines



Sober Time	% of Residents since Jan. 2016	% of Residents since Jan. 2018	% Variance
0-29 days	39%	26%	-7%
1-6 months	39%	37%	-2%
7-11 months	8%	13%	+5%
1 year plus	14%	24%	+10%
Total	100%	100%	

The Continuum of Care



The Importance of the Continuum of Care



- If care is not provided on a continual basis, starting from the time the person presents with a crisis, there are numerous opportunities for an addict to discontinue care and over time fall out of recovery mode. As a result, the cycle may start all over again with another crisis.
- A safe living environment is key for individuals who have family, friends, and/or roommates who encourage substance use or discourage recovery. An individual's living environment is a social determinant of health outcomes, and an unsafe environment can derail recovery for even highly motivated individuals.

The Importance of the Continuum of Care

(continued)



- People in recovery face constant threats to their recovery and often lack the stability necessary to attend treatment consistently.
- A study conducted by the Alcohol Research Group in 2008 concluded by stating that "sober living houses are an excellent, and often underutilized, modality that could help provide clean and sober living environments to individuals completing residential treatment, engaging in outpatient programs, leaving incarceration, or seeking alternatives to formal treatment."

A Current Male Resident's Story



"In 2008, I was doing nights in college with a 4.0 and was an Industrial Electrician during the day. Then the economy collapsed and I found myself in a really bad spot. I moved home to my mom's couch. She wouldn't be able to put up with my new found drinking problem.

So, I moved to the streets and after 10 yrs. of homelessness, I finally had enough. I asked the Lord for help and within a week I was in AJ's Transitional Living. I couldn't imagine that I could have found sobriety anywhere else.

For the first 3 months I couldn't have any money in my pocket. I knew that if I did, I would drink. Art and Jeanine, bless their hearts, are absolutely the biggest instruments in my recovery. They gave me a place to live as well as work and helped me manage my money until I could do so myself. If not for the safety as well as the accountability of AJ's Transitional Living, I don't think I could have gotten sober and have quite the amazing things I have in my life today, including them."

Eric P.



A Former Female Resident's Story



"I struggled for many years with addiction. I was within a week of being homeless again. With a series of volatile relationships, I couldn't hold a job, nor provide the things I needed to live. I finally woke up and realized I had to change something or I would never get out of the cycle of addiction."

AJ's Living gave me a chance. I found a community when I had none. I found stability and structure when I couldn't provide it for myself. Out of all the sober living options in Humboldt, AJ's is one of a kind. Life truly has changed since that decision. Every day I wake up sober and go to work, successfully. My everyday triumphs and continued sobriety all started here."

Anonymous

Plan of Action



- Expanding our Board of Directors
- Applying for Grants
- Public Relations Campaign
- Fundraising Events
- Corporate Sponsorships
- Improve safety thru paving & sidewalks
- Greenhouse for growing organic vegetables year round