

# Clean Acres Recovery Housing

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## Life Skills

Clean Acres' recovery program includes a Life Skills Course component. While this component is currently not a stand-alone course its principals and practices are interwoven into the daily case management process of the sessions between staff and our residents.

Our staff understands that each resident may have different levels of strengths or weaknesses as it relates to general life skills. Staff will seek to identify areas where residents need support and assistance in learning these life skills in an attempt to help that resident adjust to a better way of life as a sober member of our society.

Each month staff meets with each resident for a personal status update session on his progress here at Clean Acres. During that process, we identify areas in need of life skills training or understanding such as anger management, basic financial budgeting and planning, job interviewing and job seeking, conflict resolution, and others that may need special attention. We will discuss these issues and offer solutions, practices and procedures to overcome these issues. If need be, our staff will attempt to seek out third party agencies that can better assist our residents in areas that are in need of more professionally trained sessions and set up referrals for those services.