

## Our Recovery Housing Services

SeaView's Recovery Housing residence provides living space for up to 10 individuals who reside in SeaView's bay view apartments located in downtown Seward, AK. Apartments are gender specific as the program provides housing services to both men and women. The residence provides a living environment free from alcohol and illicit drug use, centered on peer support and connection to services that promote sustained recovery. Our goal is to offer support, structure and resources that encourage long-term recovery to those who are transitioning back into the community.

## Why Choose Recovery Housing?

At SeaView, we don't just offer housing, but provide our residents with a place to call home. Those suffering from addiction are often intimidated by the thought of finding their place in the recovery community, but Recovery Housing provides the support needed to build healthy relationships and achieve lifelong recovery. Being surrounded by other like-minded individuals with similar goals allows residents to receive the support and encouragement needed to succeed.

## Beginning the Journey

At entry, residents will receive a comprehensive behavioral healthcare assessment to provide a full picture of their needs regarding treatment for substance use and any co-occurring mental health conditions or barriers to long-term recovery. A psychiatric assessment is also conducted by the Psychiatrist and includes the use of Medication Assisted Treatment and medication management when clinically indicated.

## A Focus on Recovery

For our residents, breaking free from addiction is the top priority. During the early phase of participation in the program, residents' schedules revolve around participation in SeaView's Partial Hospitalization Program, ensuring that recovery is the focus of their days. As residents progress in their recovery process, they begin working part-time jobs in the community while participating in SeaView's Intensive Outpatient Program. In addition, all residents are required to participate in the local recovery community and attend house meetings where we practice sobriety skills and coping mechanisms outside of traditional treatment, reinforcing these tools by putting them into practice.

## Having Fun in Recovery

Learning to have fun in recovery without the use of substances is a critical part of long-term success. We encourage our residents to practice an active lifestyle and provide them with the means to do so. Residents are provided with recreational opportunities such as access to the gym, hikes, yoga, and camping trips in the summer. Artistic expression is also highly encouraged and activities such as painting or playing music are available to residents.

## We are here, when you need us.

To explore care options, call 907.224.5257  
or visit us at [seaviewseward.org](http://seaviewseward.org)

