

Herb's House, Inc.

Herb's House, Inc is a transitional living community for adult males who are recovering from alcohol and drug abuse. We offer a structured and supportive environment that builds on traditional 12-step programs for men transitioning from a treatment facility back into the community.

Located in the tranquil foothills of western North Carolina, the house is a private four bedroom, three bath home. Guests enjoy over six wooded acres with a view of serenity out each window. With spacious accommodations, vegetable and flower gardens, walking paths and a year-round flowing stream, the rural setting is modernized with telephone, satellite TV and high speed internet access.

Encouraging healthy peer support, guests share a bedroom and bathroom. A large kitchen, living room, dining room, library, deck and patio offer ample common space where supportive friends are easy to find.

Length of Stay

Studies show participation in transitional living groups that provide structured support for 3 to 12 months greatly enhance long-term success in addiction recovery. Guests typically stay a minimum of 6 months to support the recovery process.

Cost

Herb's House is designed to be affordable with a onetime non-refundable processing fee of \$100, Security Deposit of \$500 and house charges of \$250 per week that includes shared food and household supplies.

Application

Herb's House is open to adult males that have been clean and sober for at least 30 days or are coming directly from an in-patient treatment facility.

All applicants are subject to a background check. No applicant will be accepted with a history of violent crimes, arson, assault on a female or sexual assault charges or convictions.

Transportation

Herb's House provides group transportation to AA or NA meetings off property. Guests unable to drive or without a vehicle can arrange for other transportation through the Polk County Transportation Authority. This service is free for those over 60 and a minimal user fee for all others.

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Structured Addiction Recovery Support

Herb's House, Inc. supports recovery through an alcohol and drug-free environment with structured supervision that ensures accountability. We maintain curfews and administer random drug and alcohol screens and maintain a zero-tolerance policy with regard to substance abuse.

Guests who relapse during their stay will be asked to leave and will not be eligible for a refund of any monies paid to Herb's House.

Guests are required to fulfill 90 AA or NA meetings in 90 days. After 90 days sobriety a minimum of three AA or NA meetings are required. Herb's House hosts a mandatory in-house AA meeting each week.

House managers and resident mentors provide daily encouragement and guidance.

Life Skills—Preparing for the Return to Society

All guests are required to work, attend school or volunteer at a local non-profit of their choice for a minimum of 5 days a week.

Life Skills begins with all the domestic realities of maintaining any home; cleaning, minor repairs and cooking. All residents are required to perform chores and participate in meal preparation.

Central to the Herb's House plan is a requirement for all guests to share two community meals a day, breakfast and dinner. Not only does this promote good teamwork and teach basic healthy eating but it is more cost effective for everyone and helps to stabilize the metabolism.

Herb's House has a large vegetable garden, orchard, lawn and numerous flower beds for those interested in learning small-scale landscaping skills or in producing and preserving fresh vegetables for the residence and for sale to local markets.

Herb's House offers no guarantee of employment.

For more information about Herb's House or to apply, please visit our website at www.herbshouse.net or you may contact us at:

***Herb's House
PO Box 996
Columbus, NC 28722***