

## Checklist: How to Choose a Sober Living Home

Category	What to Ask or Verify
Accreditation	Are they affiliated with NARR or any state oversight body?
Structure	Is there a clear set of rules, curfews, and requirements?
Accountability	Do they conduct regular drug/alcohol testing?
Leadership	Is a trained house manager present and involved daily?
Community	What's the vibe? Toxic or supportive?
Transparency	Are fees, expectations, and refunds clearly outlined?
Resources	Do they offer job support, aftercare, or alumni programs?