

The Recovery Project

Before You Search

A Companion for Anyone Looking for Housing

You're looking at this page because you're standing somewhere real. Maybe you're the one who needs the bed. Maybe you're searching for someone you love. Either way, this isn't a small moment, even if it doesn't feel like the big one yet.

Here's what I want you to know before you search: stable housing and sobriety aren't two separate things you're choosing between. They hold each other up. A bed without support around it is just a roof. Support without a stable place to actually be is just good intentions with nowhere to land. The people and places in this directory exist to be the scaffolding — not to do the work for you, because no one can do that part for you, but to make sure you're not doing it alone.

Why This Choice Matters

Choosing sobriety, and choosing to pursue it inside a structure built to support it, is not a small decision dressed up as a big one. It's genuinely one of the harder things a person can commit to, and it deserves to be treated that way — not romanticized, not minimized.

What a good sober living environment offers isn't a guarantee. Nothing can offer you that. What it offers is a real, structural advantage: people around you who understand exactly what you're carrying, because many of them are carrying something like it too. Rules that exist not to control you but to build a container sturdy enough to hold the work you're trying to do inside it. Time and space away from whatever made the old way of coping feel like the only way.

That's not nothing. That's the difference between trying to heal in the same conditions that made healing feel impossible, and trying to heal somewhere built specifically to make it possible.

The Network Around You

Sober living homes, referral partners, case managers, probation officers — the whole network this platform connects — exist for one reason: to make sure the moment you decide you're ready, there's somewhere real to go, and someone who can help you get there without a dozen dead-end phone calls standing in the way.

None of that replaces your own commitment. It can't. But it means you don't have to build your own way forward from nothing, alone, with no map. The scaffolding is already here. You still have to be the one who climbs it — but you were never supposed to have to build it too.

What to Actually Look For

Not every house that has an open bed is the right house for you. A few things worth paying real attention to as you search:

- Read the reviews, written by people who actually lived there. They're verified, and they'll tell you more about the day-to-day reality than any listing description can.

- Look at what funding sources a house accepts, so you're not discovering a mismatch after an intake conversation that didn't need to happen.
- Pay attention to population served — a house built around the population you're part of will generally understand your situation more specifically than one that isn't.
- It's okay to call and ask real questions before committing — about structure, about rules, about what a typical day actually looks like. A good house will welcome the questions, not treat them as an inconvenience.

How to Search

Search by city or state to find listings near you or near where you're hoping to land. Use the filters — availability, gender policy, funding type — to narrow toward houses that could actually be a real fit, not just any open bed. If you create a free account, you can follow a specific house and get notified the moment a bed opens up there, instead of checking back again and again.

None of this costs anything. It never will, for you.

One Last Thing

Set a destination for yourself. It doesn't have to be grand. It doesn't have to be certain. It just has to be real — something that means something to you, something worth moving toward. Small or tremendous, it doesn't matter. It's a point on a map you can guide yourself toward.

A place to land is only the beginning. The question is where you launch from there.

That's what this is here to help you do.

The Recovery Project — therecoveryproject.online