

As research has shown, recovery residences help provide the foundation for a strong recovery program:

*"Recovery Residences" (Sober Living Environments) have been shown to improve sustained recovery when utilized in conjunction with 12 step programs. *As a whole, experienced addiction treatment providers agree that remaining in sober living/aftercare following treatment can result in substantially improved results. One of the key factors has to do with level of structure, however. Residences utilizing a higher level of structure tend to see dramatically improved results in terms of long-term sobriety.*

*"J Subst Abuse Treat. 2010 Jun;38(4):356-65. doi: 10.1016/j.jsat.2010.02.003. Epub 2010 Mar 29." PubMed.gov - US National Library of Medicine National Institutes of Health

The Houses of Extra Measures offers a continuum of care (CoC) model of recovery that addresses substance use disorders and/or co-occurring disorders which include a synergy of services such as health promotion, prevention, intervention, treatment and ongoing recovery supports.

When the continuum of care system interacts closely with the primary care and behavioral health systems in a community, there are numerous benefits to the individual and to the community-at-large which can lead to many positive outcomes, such as:

- More awareness and knowledge of SUDs and co-occurring disorders across all service levels and staff
- Smoother transitions between levels of care
- Services that align closely with individual need
- More wrap-around care and supports
- Better patient outcomes. These outcomes bring the continuum of care model full circle to a prevention and recovery-ready community that can quickly and effectively prevent health problems deliver appropriate treatment as early as possible, and support all stages of recovery.



Ralph Fabrizio is a Certified Peer Recovery Support Specialist and has been in recovery since 2004. He has opened 10 successful sober living homes and is an associate member of NAADAC and TAAP, Member# 104321.



Sammy Baker is the co-owner of the House of Extra Measures – Women, founded by his late wife, Randy Jo Baker. Sammy has over 22 years in recovery and recently retired as Maintenance Supervisor at The University of Houston. He will continue to enhance the spiritual aspect of our recovery homes as well as oversee all maintenance and improvements.

THE HOUSES OF EXTRA MEASURES



"Half Measures Aailed us Nothing"

Recovery Residences

Providing Safe

Supportive

Communities

For Men and Women

We accept the following credit cards



Ralph Fabrizio

832-439-8171

ralphintx@yahoo.com

Women's House

832-656-7296

extrameasures@yahoo.com

With our commitment to our journey of recovery, we enjoy the freedom from the desire to use as we begin to build our new recovery oriented lifestyle.

Adult Men - 23rd Street



**240 West 23rd Street
Houston, Texas 77008
832-439-8171**

Adult Men - Clear Cove



**10603 Clear Cove Lane
Houston, Texas 77041
832-439-8171**

Adult Women - Hoskins



**2329 Hoskins Drive
Houston, Texas 77080
832-656-7296**

The Houses of Extra Measures Men and Women offer structured, supportive and safe 12-step inspired peer communities for adult men and women who are determined to maintain abstinence and develop a recovery oriented lifestyle. Our homes bridge the delicate gap between inpatient treatment and independent living. A typical weekday consists of morning meditation, conducting individual daily activities including work and a 12-step meeting, a resident prepared dinner and wrap up at 9:45pm. Our on-site staff offers recovery coaching to help residents as they work toward attaining realistic and meaningful recovery goals. While there is no minimum length of stay, we encourage residents to achieve the goals of completing the 12 steps and developing a solid foundation consisting of self-respect, self-efficacy along with healthy, supportive friendships. In addition, we assist in guiding their journey toward independence with individualized recovery wellness plans.

All of the Extra Measures houses are certified Recovery Residences and are registered with the City of Houston, meeting Life Safety and Fire Code regulations.

In addition, all of our houses feature:

- Daily curfew
- Breakfast, Lunch and Dinner
- Drug and alcohol screening
- Recovery Coaching
- Transportation package available*
- Computer stations, cable and wi-fi
- Ample parking
- Bus service availability
- Linkage to recovery resources
- Supportive gender specific recovery environment
- 12-Step fellowship
- Recovery focused lifestyle

*Transportation package is additional to program fee

The House of Extra Measures – Women was founded by Randy Jo Baker, LVN. She was in recovery for over 21 1/2 years before her passing in February 2017. She started this program as her passion to provide newly recovering women an effectively structured, supportive peer-driven community. We carry her legacy forward to serve the needs of the women's recovery community in Houston. Our women's home also offers an individualized supportive program for women with substance use and co-occurring disorders. In addition, our women's program includes weekly educational life skills and nutrition workshops to enhance residents' knowledge and skills as they move forward in building their new recovery oriented life.

Extra Measures Houses are certified Recovery Residences, meeting the standards of the National Alliance for Recovery Residences (NARR) as verified by the Texas Recovery Oriented Housing Network (TROHN).

