

My name is
Don Troutman



I am the founder and owner of Clean
& Sober Living.

We are located in Fair Oaks,
California.

A LITTLE BACKGROUND ON ME

- ☒ Clean & sober July 14, 1985.
- ☒ Lived in a sober house my 1st six months and went to a lot of meetings.
- ☒ Own roommates after that.
- ☒ Formally started Clean & Sober Living April 1989.

What is Sober Living?

Sober living is an unrelated adult communal living arrangement for people who are trying to recover from addiction. The key concept with sober living is that it is the management of the property (environment) and not the people.

There are **two types** of Sober Living;

- 1) the Adult Recovery Maintenance Facility and
- 2) the Sober Living Environment.



Clean & Sober Living

Adult Recovery Maintenance Facilities and
Sober Living Environments for the
Chemically Dependent!!

Why would any one want to live in Sober Living?

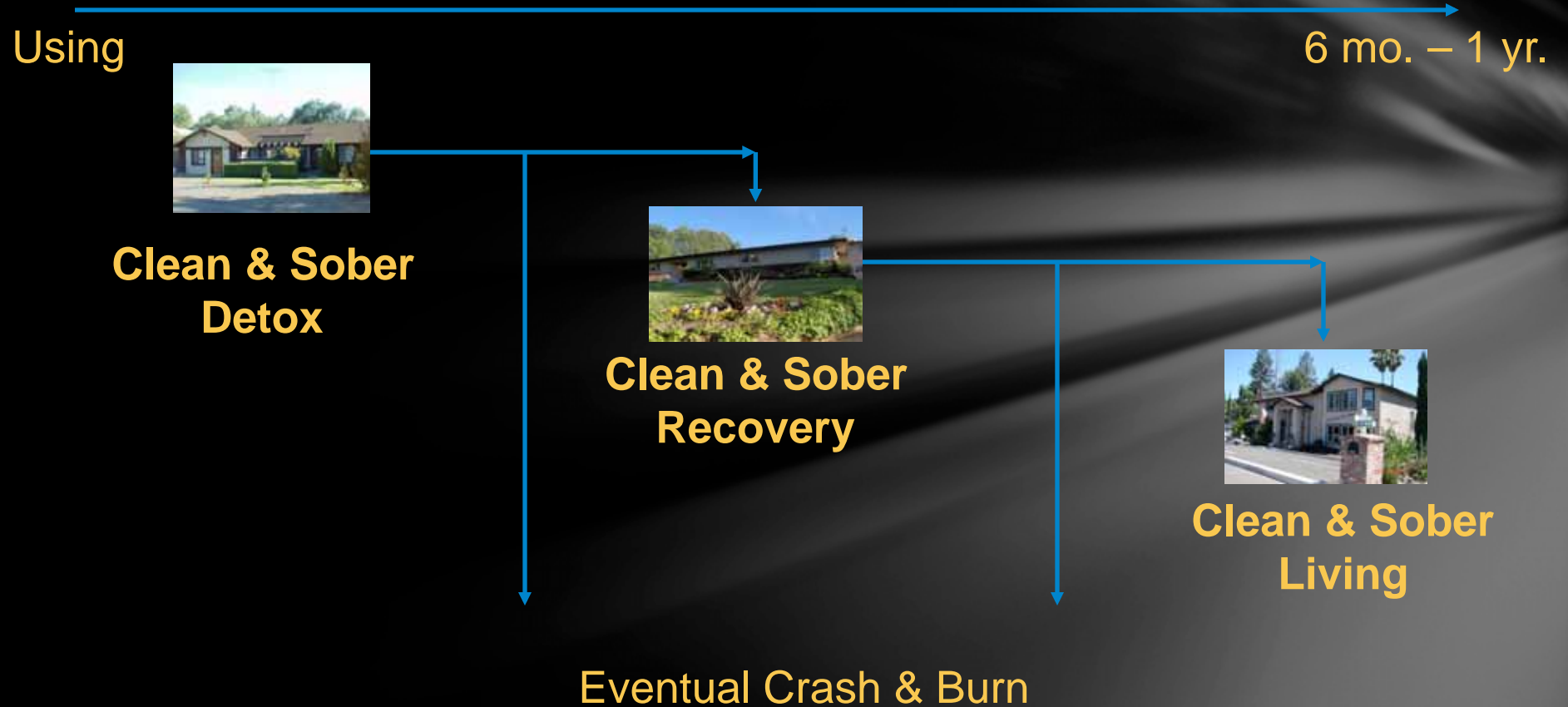


To be able to live in an environment where there is peer support and some light accountability. A place where one is accountable yet not strangled.

Addiction Affects the Biological, Psychological and Social Life Areas

Realizing Addiction is a BioPsychoSocial Disorder, Clean & Sober Living started/established a Detox and Recovery Home to address areas outside the scope of sober living.

We created a Continuum of Care



We have perfected our living surroundings to provide the Recovering Person with the best environment available.



Our houses are guaranteed to be clean and sober and is ideal for the person who seeks long-term housing in an environment that advances one towards completing their personal life's goals

Our Concept...

We believe that the person must be a stakeholder in their recovery. So we created a community that they can be a member of and can work their program. Residents are expected to be Participators versus Spectators!

Our Physical Structure

We have several locations within the system.

The idea is that if a house is unsuccessful it does not affect the whole organization.

Properly co-ordinated there could be competition between the houses which assists in the recovery process.

CLEAN & SOBER LIVING® is the best sober living environment available. We provide: Utilities, Food, Beverages, Snacks, Bedding, Pool Table, Cable TV, Workout Equipment, Home Style Dinner Cooked for You, House Computers, Wireless Internet, On-site Meetings and much more.

Each house runs independent yet, they are all connected. Rent starts at \$795/mo. and can be reduced to as low as \$395/mo. depending on the phase II room you choose. Long-term residency is possible with us.



PHASE II



Clean & Sober Living is the oldest, registered SLE in Sacramento County.
For a quality sober living environment call: (916) 961-2691

PHASE I

House of Beginnings

Has office and is the hub of Clean & Sober Living



House of beginnings has 9 bedrooms, 6 bathrooms, office and meeting room.

Is the home of our office



House of Beginnings has a huge room used for meetings.



Saturday Night is Movie Night



We have a 7:00 & 9:00 Movie



Cooking for the block done here.



Meeting room sometimes used as dining room.



We consider food quality and resident participation extremely important.

In the beginning stages of landscaping



No bunk beds, two people per room.



Rod's House



3 Stories, 12 bedrooms, 4 full baths, 2 half
baths, 2 laundry rooms, Rec Room

House of Miracles



This house has 5 bedrooms 3 bathrooms and is for women only. Men are expected to respect the women and stay off the property. Women are able to feel comfortable in this secure environment.

Tranquility House



This house has 4 bedrooms, 2 bathrooms and a garage converted to a meeting room.

Unity House



Unity House has 4 bedrooms and 3
bathrooms

Integrity House



Unity House has 4 bedrooms and 3
bathrooms

Phase II

Phase II consists of 10 additional houses a person may move to once they out grow Phase I.

They are:

1. Aramon in Rancho Cordova
2. Chestnut I in Orangevale
3. Chestnut II in Orangevale
4. Folklore in Rancho Cordova
5. Orangevale in Orangevale
6. Pershing In Fair Oaks
7. Rock Canyon in Orangevale
8. Woodwynn I in Fair Oaks
9. Woodwynn II in Fair Oaks
10. Whiterock in Rancho Cordova

These houses are very much like college roommates living together. They supply their own food, toiletries and paper products and they have very little structure.

Aramon



Aramon is a nice comfortable house in the Rancho Cordova with 5 bedrooms and 2 bathrooms. This house has recently been painted and the widows have been replaced with more modern dual pane windows.

Chestnut I



Chestnut I has 11 bedrooms and 5 Bathrooms

Chestnut II



Is next door to Chestnut I and has 5 bedrooms and 3 bathrooms

Rock Canyon



Rock Canyon has 5 bedrooms and 2 bathrooms.

Pershing



Pershing has 7 bedrooms and 3 bathrooms.

Orangevale



Orangevale has 7 bedrooms and 2 bathrooms

Folklore



Folklore has 5 bedrooms and 3 bathrooms.

White Rock



Whiterock ha a total of 5 bedrooms and 2 bathrooms

Woodwynn I



This house has 6 bedrooms a 3 bathrooms. Also has a nice pool in the back.

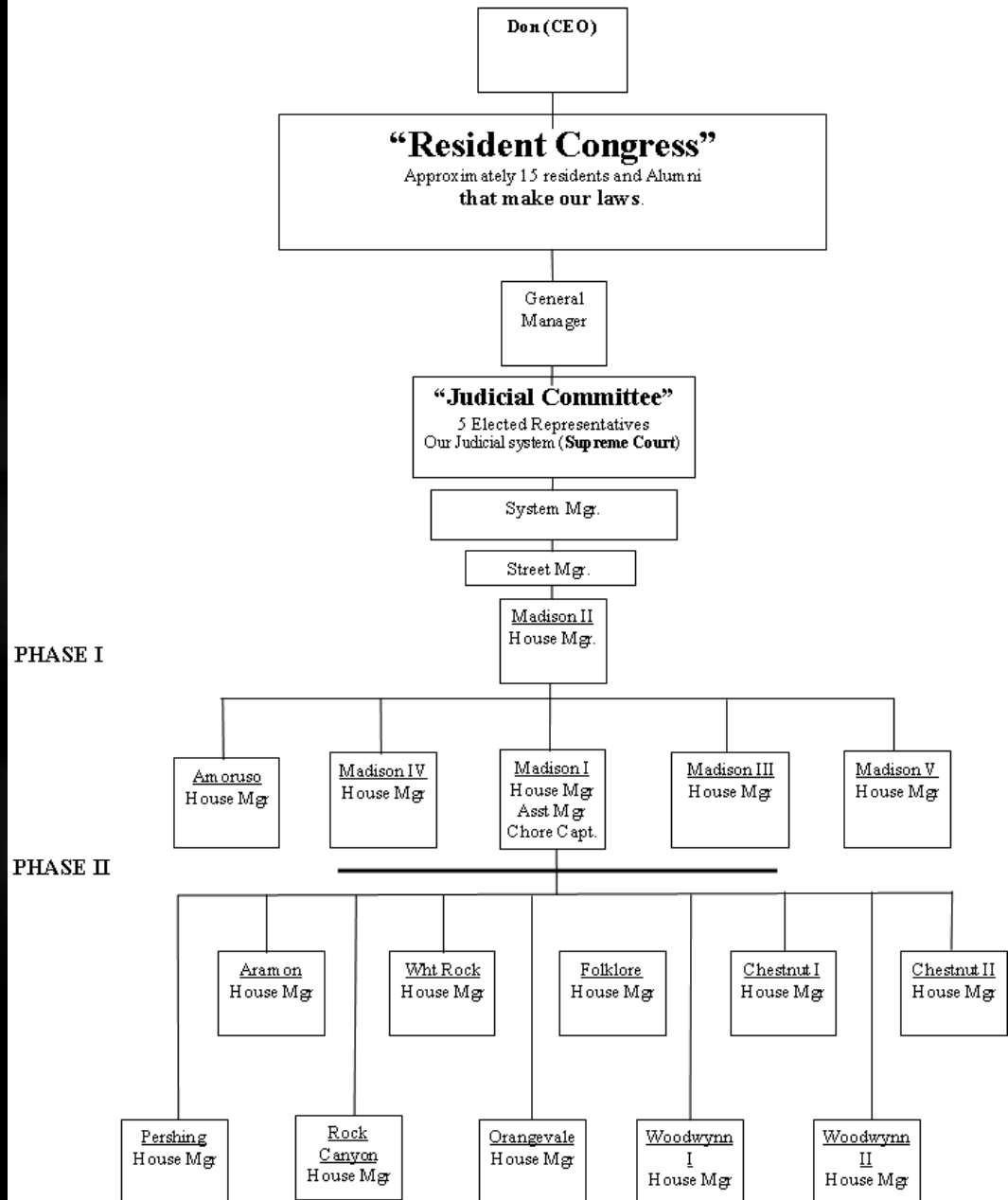
Woodwynn II



Woodwynn II is actually 2 cottages we count as one.
Together there are 4 bedrooms and 3 bathrooms.

Our Government-Line of Authority

THE GOVERNMENTAL/LINE OF AUTHORITY STRUCTURE OF CLEAN & SOBER LIVING



As CEO... (Don Troutman)

***The Buck Stops
Here!***

Resident Congress

Are a group of peers (Residents & Alumni) that are elected to make our rules & expectations, much like the congress at the state capitol. They also vote on residents to be considered Senior Peers which allows them to have authority and special privileges.

General Manager

Oversees the total operation day to day. GM will interview prospective residents, collect rents and see that necessary repairs and supplies are actualized. The GM also reviews Judicial Committee recommendations to scrutinize possible unjustified decisions.

Judicial Committee

***Judicial Committee is our Supreme Court.
When a resident violates a rule (enacted by
RC) they are referred to JC and will
possibly get consequences.
Consequences will range from essays to
black-outs to termination.***

System Manager

The System Manager is a roaming Manager that has the most authority under the General Manager.

Street Manager

A resident that will be the top of the line of authority on the street when office is closed. SM is responsible of conducting weekly "New People Meetings" to go over the Rules & Expectations.

House Of Beginnings Manager (Mad I I)

The Manager of the House of Beginnings would be the 2nd in command when the office is closed. All house managers are responsible for organizing a chore list and seeing to it that the house is clean and supplied.

Phase I House Managers

All house managers, besides being responsible for their home is responsible for the conduct and operation of all the people and home in Phase I.

Phase II Managers

Each Phase II Manager is responsible for their house and the monitoring of the sobriety and conformance of the residents. Any violators can be sent to JC.

In Conclusion...

My tactic is to get the residents involved in their recovery and being an active participant. Role models, peer relationships and the option to succeed among their peers is where the real therapy is. I see it happening when a dishwasher takes pride in being the best dishwasher!

Thank You!!!

Don Troutman, B.S., CAS II, NCAC I, CRPM

Clean & Sober Living

(916) 961-2691

www.clean-and-sober-living.com

www.cleanandsobersacramento.com

Clean & Sober Detox & Outpatient

(916) 965-3386

www.cleanandsoberdetox.org

Clean & Sober Recovery

(916) 990-0190

www.candsrecovery.com