



LAMBDA  
HOPE

RECOVERY IS FOR  
EVERYONE



# WE BELIEVE

That there are many pathways to recovery as there are individuals who seek it. We believe that recovery happens over time. We believe that we best integrate recovery within a community of support. We believe the best forum for learning and growth is within a supportive, community-based environment. We believe that **Recovery is for Everyone.**



# WE PROVIDE

a full spectrum of continuing care recovery services for adults over the age of 18 in the LGBTQ+ community. This includes safe, professional, and affordable non-binary recovery residences and various recovery support services. Within our homes, individuals learn responsibility, accountability, financial independence, life skills, and most of all; how to love themselves. We walk with those we serve to empower them to heal and ultimately realize their potential, goals, and dreams.

# OUR MISSION

is to provide housing, recovery support, life skills and a loving support system for LGBTQ+ individuals with mental health, substance use disorders and life skill challenges so that they can live fearlessly as their authentic selves. Our goal is to help individuals implement healthy life and recovery skills into daily living.





# SUPPORT SERVICES

- Needs assessment and tracking
- Customized recovery pathways specific to the needs of LGBTQ+ individuals
- Recovery support
- <sup>24/7</sup> professionally trained, on-site staff
- Daily check-in and morning assessment
- Medication, accountability, and support
- 1:1 life skill, goal-oriented recovery support
- Weekly community meetings
- Service work opportunities
- Job readiness opportunities
- Ongoing engagement with collateral treatment/therapy providers
- Family communication and support groups
- Fellowship meals and activities

## WHO WE SERVE

(Recovery Demographic)\*

- LGBTQ+
- Adults 18-80
- Individuals with children or service dogs
- Individuals needing ongoing recovery support
- Individuals utilizing Medication Assisted Treatment (MAT)
- Housing insecure
- Individuals experiencing the following behavioral health issues:
  - \* Substance Use Disorder
  - \* Co-occurring
  - \* Mental Health
  - \* Eating Disorders

**\*All with individual assessment**





# RESIDENTS

- Are 18 years or older
- Are medically and psychologically stable
- Have a strong desire for their own recovery
- Abstain from alcohol and drug use
- Commit to a minimum of 3 months, 6-12 months are recommended
- Adhere to the continuing care plan of their referral source
- Agree to self-care practices addressing medical & psychological health
- Agree to frequent, random drug and alcohol screening
- Abstain from relationships and sexual activity, unless in a previous committed relationship
- Attend all Lambda HOPE group activities and community meetings
- Commit to productive activity. – occupational, volunteer, or academic



# LIVING ENVIRONMENT

Amenities include:

- Complete furnishings
- Fully equipped kitchens
- Cable television
- High-speed internet access
- Laundry facilities in residence
- Easy access to:
  - \* Public transportation
  - \* Employment
  - \* Academic opportunities





# WHAT IS LGBTQ+?

**LGBTQ+:** An umbrella term that is used to describe a person's sexuality or gender identity. Each letter represents a different group:

**Lesbian:** A woman/woman-aligned who is attracted to other people of the same/similar gender.

**Gay:** A man/man-aligned who is attracted to people of the same/similar gender.

**Bisexual:** A person who may be attracted to multiple or all genders.

**Transgender:** Anyone who does not identify with their gender assigned at birth.

**Queer/Questioning:** A person who has gender expansive or non-binary (gender fluid, neutral, or unspecified) identities.

**+ (Plus):** Signifies all the gender identities and sexual orientations that are not specifically covered by the other five initials.

# THE LGBTQ+ COMMUNITY ADDICTION & MENTAL HEALTH

Members of the LGBTQ+ community are 3 times more likely to abuse drugs and alcohol than the population as a whole. The LGBTQ+ community suffers from higher rates of substance abuse due in part to societally imposed obstacles they face that those who identify as heterosexual do not including:

- Hate crimes, emotional abuse, and public humiliation
- Rejection by family and friends
- Discrimination based on sexual orientation or identity
- Transphobia
- Internalized homophobia
- Loss of employment or promotion opportunities

Often, LGBTQ+ individuals will turn to drugs and alcohol to cope with the stress, anxiety and depression resulting from these challenges. Yet there is a lack of LGBTQ+ addiction recovery resources across the country. This is why it is so critically important that we create safe places and eliminate barriers to entry for anyone in the LGBTQ+ community to find recovery help.



**Less than 1%  
of all recovery  
facilities offer services  
tailored specifically  
to the needs of  
LGBTQ individuals.**



A collaboration between HOPE Recovery Resources and Sherlock's Homes Foundation, Lambda HOPE offers the long-established supportive environments HOPE Recovery Resources has been known for since 1996. Our programs are National Alliance for Recovery Residences (NARR) certified. We offer a different way to bond, where recovery is the common element. We aren't treatment. We are a safe place to celebrate all that we are.







**LAMBDA HOPE  
Co-Founder**

Founded nearly 30 years ago, Hope Recovery Resources is a continuing care community that includes recovery residences in addition to recovery support services, all designed to bridge the gap from early recovery to independent living, addressing most behavioral health conditions.

**Beth Fisher Sanders**

Beth has worked for over 30 years in clinical, counseling and peer support capacities. Fueled by a vision of providing quality life-skill oriented recovery residences, Beth founded Hope Homes Recovery in 1996 and was the founding president of NARR.



**LAMBDA HOPE  
Co-Founder**

Sherlock's Homes Foundation is a registered 501(c)(3) public charity providing housing for vulnerable populations, specializing in the needs of homeless LGBTQ+ young adults. Sherlock's Homes is opening sanctuary housing across the USA so people can find a safe place to grow, heal and feel accepted.

**Jacob Reide Jennings**

Jacob is the founder of Sherlock's Homes Foundation and specializes in nonprofit housing, recovery residences and investment properties. For 20 years, Jacob has used real estate as a vehicle for social reform to change the conversation surrounding housing insecurity.



The National Alliance for Recovery Residences (NARR) is a nonprofit organization dedicated to expanding the availability of well-operated, ethical and supportive recovery housing. NARR was founded in 2011 with a goal of developing and promoting best practices in the operation of recovery residences. NARR works with federal government agencies and national and state-level addiction and recovery organizations in pursuit of better and more accessible recovery housing opportunities.



# THE POWER OF COMMUNITY

## LAMBDA HOPE

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