



Life & Recovery Support

Skills for Today. Hope for Tomorrow.

Recovery is more than just staying sober.

It's about building the confidence and independence needed to live a stable and fulfilling life.

At Troopers, we focus on equipping residents with the practical skills, structured routines, and recovery tools that prepare them not only for today but for the future.

Through hands-on guidance and supportive programming, residents gain the resources they need to succeed long after leaving our homes.

What We Provide

- **Life Skills:** Training in responsibility to build independence and confidence in daily living.
- **Recovery Groups:** Access to Intensive Outpatient (IOP) and Substance Use Disorder (SUD) programs that reinforce sobriety, accountability, and peer support.
- **Personal Growth:** Guidance in education, employment readiness, and community reintegration to create opportunities for long-term stability and success.
- **Daily Support:** Structured routines and consistent coaching to reduce stress, strengthen coping skills, and promote balance in everyday life.

Why It Matters

Recovery doesn't end with treatment.

It continues through the skills residents carry into their daily lives.

Therefore, by strengthening both recovery and life skills.

Troopers helps residents live independently, develop healthy habits, and reintegrate into society with confidence.

This support lays the groundwork for lasting recovery, stronger communities, and brighter futures.