



THE OVERLOOK

THE OVERLOOK IS A SAFE AND FULLY SUPPORTED SOBER LIVING ENVIRONMENT FOR MEN SEEKING TO STRENGTHEN THEIR COMMITMENT TO RECOVERY AND LIVING A MORE AUTHENTIC LIFE.

ABOUT US

The Overlook provides a secure, clean and comfortable refuge for men committed to recovery from drugs and alcohol. Post-treatment sober living is arguably the most critical stage on the recovery continuum to build a solid foundation and ensure success. Structure and accountability are reinforced to help residents at The Overlook move forward to live in the solution and not the problem. Our home provides the opportunity to hit the reset button and learn how to live again with a new set of tools, support and community.

At The Overlook, a team of recovery coaches and network of experienced professionals develop custom-tailored, client driven plans to achieve success in long-term recovery. Our philosophy supports multiple paths to recovery, including 12-step programs and daily offerings that promote mental, physical and spiritual growth. The Overlook program encourages and supports a successful transition to an independent way of living.

THE OVERLOOK PROGRAM OF RECOVERY

RECOVERY COACHING PROGRAM

Residents will engage in one-on-one progress meetings with an assigned coach at least twice a week to review plans and determine what's working and where we can help make changes.

OUR APPROACH INCLUDES

- Finding the right recovery community [12 Step, SMART, Refuge Recovery, Group Therapy, Peer to Peer Recovery, Intensive Out Patient (IOP)]
- Determining new and also "remember when" activities that are appealing and fulfilling
- Referrals to our network of professionals and resources:
 - Personal therapy and medication management
 - Personal fitness programs
 - Yoga, meditation and holistic treatments
 - Nutritional, vocational and financial guidance
 - Transition plan with family / assistance finding new living arrangements
- Morning reflection and topic meetings – discussions, individual check-ins, daily goals and house business
- Family style dinners – Week in review, peer support and camaraderie
- Addiction education meetings
- Alcohol and drug screening – Scheduled and random drug testing including remote breathalyzer program
- State-of-the-art recovery management software

ABOUT THE PROPERTY

The Overlook is an early 20th century estate set on two acres just eight miles south of Boston in Milton, MA. The residence offers spacious bedrooms and bathrooms, multiple living rooms, a recreation room, a large kitchen and common space, formal dining room and multiple indoor and outdoor areas for quiet reflection.

The Overlook is conveniently located just outside of Boston and within one mile of commuter rail service, subway and major highways. We are also a five minute drive to the Blue Hills Reservation offering hiking, biking, fishing, kayaking, skiing, and many other outdoor activities.

AMENITIES

On-site fitness facility
Luxury mattresses, linens and towels provided
On-site laundry
Weekly housekeeping
Flat screen TV's, cable, high speed internet and WiFi
Home office with computers and printers
Stocked kitchens with high-end finishes and appliances
Outdoor grilling
Tennis and sport court

INCLUDED SERVICES

24/7 On-site staff
Healthy and balanced meals:
- Breakfast and lunch provisions
- Chef prepared and catered dinners
Weekly recreational and cultural activities
Local transportation to:
- Recovery meetings
- Appointments
- Vocational obligations
- Legal obligations
- Mass transit
Parking available for residents with vehicles