

Renovia Behavioral Health Sober Living

What You Can't Bring

To keep our community safe and everyone's recovery protected, some items aren't allowed in our apartments. Here's what to leave at home.

Alcohol in any form. This includes products you might not think of: mouthwash with alcohol, hand sanitizer, aftershave and cologne, cooking wine, vanilla and other extracts, herbal tinctures, kombucha, non-alcoholic beer or wine, and alcohol-based cold medicines like NyQuil. We recommend alcohol-free mouthwash and personal care products.

Narcotic prescriptions other than pre-approved MAT meds are not allowed. This includes amphetamines, stimulants, benzodiazepines and muscle relaxers. Be honest with primary care providers about what is not permitted in residence. If there are any doubts please ask.

Over-the-counter medications that can be misused. Cough and cold products containing dextromethorphan (Delsym, Robitussin DM, Coricidin), sleep aids and antihistamines like Benadryl, Unisom, Tylenol PM, and ZzzQuil, motion sickness medication, anti-diarrheal medication, and caffeine pills or energy shots. Staff can help you get what you need when you're sick.

Kratom, CBD, and hemp products. This includes kratom and 7-OH, tianeptine (sold as Zaza, Tianaa, or Neptune's Fix), delta-8 and delta-10 THC, THC-A flower, HHC, and all CBD products. These are unregulated and can cause a positive drug screen.

Other unregulated substances. Phenibut, kava, nitrous oxide chargers, poppers, and similar products sold at smoke shops, gas stations, or online.

Inhalants and aerosols. Compressed air dusters, butane, spray paint, model glue, nail polish remover, and permanent markers.

Drug paraphernalia and anything used to defeat a drug screen. Synthetic urine, detox drinks or cleansing kits, scales, unmarked pill containers, and any syringe not documented for a medical condition like diabetes.

Anyone else's medication. All medication must be prescribed to you and in the original labeled bottle.

How medication storage works

All medications, including over-the-counter products and vitamins, are declared when you move in and stored securely. Bring your prescription information with you at intake so we can get you set up.

When in doubt, ask. New products appear on store shelves constantly, and no list can stay complete. If you're unsure about something, check with staff before you buy it. We'd rather answer the question than have you find out the hard way.

How much you can bring

Apartments are shared and furnished, so space is limited. Plan on what fits in your closet, your dresser, and under your bed, roughly what you would pack for a long trip.

Please leave at home: extra furniture, large televisions, mini fridges, deep freezers, air conditioners, space heaters, large speakers or sound systems, and anything that would need to be stored in a common area. Storage totes are fine as long as they fit in your closet.

If you arrive with more than the apartment can hold, staff will work with you on what goes into temporary storage. We are not trying to make this difficult. We have simply learned that clutter creates friction between roommates faster than almost anything else.

Sharing your space

You will share a bedroom, a bathroom, and a kitchen with other people in recovery. Learning to live well alongside others is part of the work here, and a few basics keep it running.

Your bedroom. Keep your belongings within your own space. Respect your roommate's sleep schedule, which means headphones after quiet hours and no guests in bedrooms. Do not move furniture or claim extra storage without talking to your roommate and staff first.

The bathroom. Keep showers reasonable during morning hours when everyone is getting to work or programming. Toiletries go back in your caddy or your assigned space, not left on the counter. Clean up after yourself, every time.

The kitchen. Label your food. Do not eat what is not yours. This is the single most common conflict in shared housing and an easy one to avoid. Wash your dishes when you are done, not later. Cleaning responsibilities rotate on a posted schedule, and everyone takes a turn.

A note on conflict. Disagreements are going to happen. Talk to your roommate first, honestly and directly. If it does not get resolved, bring it to staff. That is what we are here for. What does not work is letting resentment build in silence.

