



Adult Women’s Transitional House

Patient Essay

Cynthia House is a residential Halfway House for adult women who are affected by the disease of addiction and who could benefit from short-term living in a semi-structured environment. The program’s therapeutic approach is based in the 12-step recovery model of AA. Patients are employed or employable and participate in individual and family therapy, in addition to group therapy three nights weekly, a Big Book Study, and attend at least three 12-step meetings per week. Patients comply with Cynthia House expectations and experience an environment that enhances one’s recovery from addictions, allows for building of meaningful relationships within a community, and creates a lifestyle that matches values.

As part of the application process we require an essay from patients explaining interest in the Cynthia House. Please write a short essay including the following areas.

Brief personal history:

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Please describe your current recovery including length of sobriety, whether you currently have a sponsor, amount of 12-step work completed, and support persons assisting in your recovery.

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What recovery skills have you learned and how would you use them in your daily life?

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What motivates you to live a life of recovery?

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Tell us in your own words what personal qualities you would be able to bring to Cynthia House and what you hope to gain from this living environment.

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Contact number to schedule an interview

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Name of contact i.e. self, P.O. et

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Signature

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Print Name

\_\_\_\_\_  
Date