



Welcome to Sanctuary First Foundation

We are honored you've chosen Sanctuary First Foundation as your next step in recovery. Our mission is to provide a safe, supportive, and empowering environment where you can begin or continue your healing journey. We hope you feel at home and embraced by our community of women, who like you, are choosing to live a life free from active use.

This is more than a place to stay – it's a space to grow. Our goal is to foster an atmosphere that encourages hope, personal accountability, and lasting transformation.

What's next?

1. Add/save the following phone numbers to your phone
 - a. The House Phone – (509) 225-9719
 - b. Sherry Nichols, SFF Founder & Director (661) 699-0669
 - c. Teresa, House Lead – (509) 952-7065
 - d. Terrah, house Lead – (509) 688-9639
2. Follow your House Lead on a tour of your new home to include:
 - a. A trip to the Pantry and Fridge to find out which bin and shelves are yours.
 - b. A trip to your room so your House Lead can set up your safe code.
 - c. An introduction to the SFF Chore Chart and how it works with the QR codes below.
3. Text Sherry the four digit code that you used for your personal safe so it can also be assigned to the front and back door locksets.
4. After your things have been in the bedbug bins for 24 hours, please begin washing your clothes, and put all your belongings away in your room. Your meds should be locked in your safe as soon as possible.
5. Scan the QR Code on the foyer's shoe cabinet for access to the Yakima Bus Routes.
6. Scan the following QR codes to review/read to the following:



EVAC ROUTE
& BED LAYOUT



CLEANING
INSTRUCTIONS



KITCHEN
RULES



RESTROOM
RULES

The Kick-Start Period

Your first 30 days at Sanctuary First are what we call your **Kick-Start** period. This is a time to slow down, settle in, and get grounded in your new surroundings. During this phase:

- You'll stay close to the house, only leaving for medical, dental, mental health/treatment and/or DOC appointments and meetings
- Focus on obtaining an ID/DL, your medical card, your SS card, perfecting your resume, attending recovery meetings, completing your D&A Assessment, enrolling in IOP, obtaining a sponsor and building new daily habits.
- Your curfew is a bit earlier and overnights are not yet allowed

This brief period is designed to keep you safe and supported while you adjust – we understand that change can bring fear or the urge to flee. You're not alone. Both of our **House Leads** have been with us for a while and fully embrace what Sanctuary First offers. They'll help orient you, support your transition, and ask you to complete your Recovery Goals over the next week. Once your Kick-Start period ends, you'll be free to start working on your goals outside the house during the day, as long as your activities support your recovery. This includes obtaining employment, enrolling in school or volunteering.

Our housing model is **structured, not restrictive** – but we do hold all accountable for how they spend their time.

What to Expect in the First 90 Days

It's common to feel a mix of emotions as the initial excitement of sobriety wears off. You may experience:

- The urge to run
- Boredom or restlessness
- Moments of doubt

These feelings are normal. We encourage you to:

- **Begin working the 12 Steps** – it's a powerful tool for transformation.
- **Check out the SFF Resources webpage** – you'll find links to a large variety of local resources
- **Ask for help** – even when it's hard.
- **Stay connected** – surround yourself with women who are serious about their recovery.
- **Keep going** – change takes effort, but you don't have to do it alone.

Final Notes

Please read through all materials and complete any required forms. Keep your **House Rules** close by – they are your guide to how Sanctuary First operates.

Most importantly, remember this: **we have an open-door policy**. If you are struggling, speak up.

Come to us. You are not alone, and we are here to walk beside you.

Welcome home. We're glad you're here.

With care, **Sanctuary First Foundation Staff**