## Standards for the Transition House Culture Statement

### We Listen:
- Active listening to build healthy connections.
- Being present - not just listening to respond.
- Minimize technology distractions and prioritize usage.
- Prioritize respect and presence.

### We Respect:
- Acknowledge biases.
- Use consultation to manage biases.
- Empathetically build connection without personalizing challenges.

### We Support:
- Set healthy limits and boundaries.
- Hold people accountable without judgment.
- Provide consistency in care.

### We Empower:
- Provide tools for/not do for.
- Use critical thinking and do not work harder than the person needing help.
- Accept that letting go is part of the process.

## Standards for the Transition House Commitment to Recovery

### Belief in Recovery
- Willingness
- Hope
- Faith
- Be respectful and understand readiness.
- Consistently communicate belief in recovery and in the person.
- Provide support through healthy connections.

### Mutual Trust & Respect
- Open-Mindedness
- Non-Judgmental
- Communication
- Authentically communicate sincere connection.
- Accept people where they are in their process.
- Use vulnerability and self-disclosure appropriately.

### Connection
- Compassion without Enabling
- Healthy Boundaries
- Openness
- Use empathy and awareness to find points of connection.
- Allow vulnerability to be a part of the process.
- Commit and work to build meaningful lasting connections.

### Integrity
- Accountability
- Mindfulness
- Honesty
- Professionalism.
- Loyalty.
- Value self, others, and missions.
- Have the courage to do the right thing the right way.

### Fun
- Vulnerability
- Celebration
- Creativity
- Create safe environments without judgment.
- Promote safe and open environments to allow individuals the chance to explore new opportunities for self-expression.
- Challenge by choice – creating trust and respecting limits.

### Gratitude
- Acceptance
- Courage
- Wisdom
- Accept enough.
- Intentionally, consistently practice gratitude.