

HEALTHY SOCIAL ACTIVITIES (HSA)

Healthy Social Activities (formerly called “Community Support”) allow you to gain sober support in the community in areas that you value as well as build connections and healthy relationships.

Note: All HSA must be done separately from community service hours, sanctioned hours, and productivity. You will need HSAs pre-approved by your case manager in order to get credit.

Art

- Path with Art
- Art classes
- Knitting groups
- Crafting classes

Education

- Seattle Public Library: writing circles, talk time
- Book readings at bookstores
- GED or college (in person)
- Vocational training
- Parenting classes
- Peer training
- Volunteering and Community Service (separate from productivity and your overall 24 CSHs)

Spiritual, Religious, Cultural, Healing, emotional wellbeing

- Attending church, church events, bible study
- Pow wow, longhouse events, temple, Sweat lodges
- Yoga, meditations, and mindfulness groups
- Mental Health Counseling

Support Groups

- DV support
- Divine Alternative for Dads (D.A.D.S)
- Organization for Prostitution Survivors (OPS)
- Grief and Loss Support

Exercise

- Sports leagues
- Hiking groups
- Walking for fitness with a partner or group
- Gym workouts with a partner or group exercise
- Dog Park with your dog

Recovery Support

- Sponsor/mentor work
- Sober support groups
- 12 Step BBQs/events
- Recovery Café
- All 12 step Sober Supports or The Shakedown also count for HSA

Other

- If you have ideas not listed, please discuss with your case manager

NOTE: In all instances, HSAs must be additional hours that are not “double dipped” with the 24 Community Service Hours required to graduate or the 20 hours of weekly productivity needed on Phase 5.

