Who we are

Background

In 2023, Marshall and Tyler envisioned a path to recovery aimed at making a meaningful impact in the lives of those grappling with substance use disorder. Drawing from a combined 20 years of personal recovery and extensive experience and education in community and treatment settings, they were prepared to assist others on their journey. While embracing the wisdom that by helping others, they enrich their own spiritual and personal recoveries.

Having experienced firsthand the transformative power of quality recovery housing, they recognized the crucial role of community and structured living environments in fostering long-term success in recovery. In 2023, they opened their first home, marking the beginning of their mission. Today, they operate four homes and have supported hundreds of residents and their families in reclaiming their lives and breaking free from the grip of addiction.

Values

Recovery, personal responsibility, self-awareness, health and wellness, connection and community, compassion, growth, spirituality, service, gratitude, and hope.

Goals

A Vision For You aims to offer a structured and supportive living environment for individuals facing challenges with Substance Use Disorder and Mental Health. Our program empowers residents to progress in their recovery journey by embracing life's realities. Through participation in multi pathway recovery meetings, regular house meetings, and recovery-focused activities, residents aqcuire coping tools and forge meaningful connections. Together, they embark on a shared journey towards recovery, supporting each other to avoid setbacks. AVFY encourages and aids independence in securing employment and managing their own financial responsibilities.

Contact us

615-989-0190
avisionforyourecovery.com
contact@avisionforyourecovery.com

A VISION FOR YOU
20 23
RECOVERY HOMES

Tennessee Alliance of Recovery Residences

NARR
National Alliance for Recovery Residences
Community • Standards • Ethics • Education

Imagine saving a life...

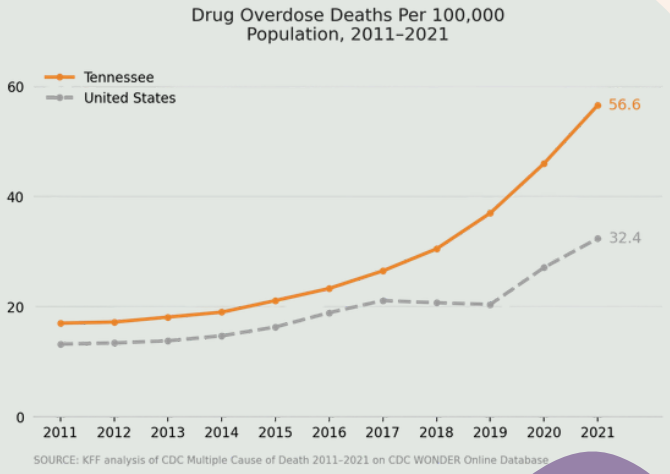
Facts...

Drug overdose death rates increased in Tennessee from 17.2 per 100,000 in 2011 to 56.6 per 100,000 in 2021.

In 2021, 3814 Tennesseans lost their lives due to a drug overdose. Opiods were involved in 645 of these overdoses. Stimulants, both prescription and illicit, were involved in 2025 of those deaths.

In 2023, 3,616 deaths were reported in Tennessee with the majority of these fatal overdoses involving illicit fentanyl.

In 2024. Tennessee was ranked 7th highest nationally for overdose deaths per 100,000 people. Of those, Dickson County had 31 deaths, Sumner County had 89, and Davidson County reported 513 overdose fatalities.



Living a life of recovery encompasses several core values that contribute to personal growth and well-being. Those values include:

- Abstinence: Maintaing abstinence from substances is fundamental to recovery. It promotes clarity of mind, physical health, emotional stability, and empowerment.
- Personal Responsibility: Taking ownership of one's actions, behaviors, and decisions fosters accountability and empowers individuals to make positive choices.
- Self-Awareness: Developing an understanding of one's strengths, weaknesses, emotions, and triggers enables better self-management and resilience in facing challenges.
- Heath & Wellness: Prioritizing physical, mental, and emotional health through healthy habits, nutrition, exercise, and self-care practices enhances overall well-being.
- Connection: Building and nurtuing supportive relationships with peers, mentors, and community members fosters a sense of belonging and reduces feelings of isolation.
- Continuous Growth: Embracing life skills, personal development, and self-improvement contributes to ongoing recovery and fulfillment.
- Spirituality: Exploring and nurturing a sense of purpose, meaning, and connection to something greater than oneself can provide strength and guidance in difficult times.
- Service: Giving back to others, whether through mentoring, volunteering, or supporting fellow individuals in recovery, and within the community, reinforces personal growth and strengthens community bonds.
- Gratitude: Cultivating a mindset of appreciation for progress, relationships, and opportunities encourages optimism and resilience.
- Hope: Believing in the possibility of a better future, despite past challenges, inspires perseverance and motivates individuals to continue striving for personal goals.

These values collectively support individuals in maintaining a balanced and fulfilling life in recovery, empowering them to live authentically and contribute positively to their communities.

Why choose us?

We are quality Recovery Homes that hold the highest standards of ethics and best practices certified through NARR/TNARR.

Providing quality recovery housing in your community can reduce not only overdose rates, but also crime rates and homelessness.

"Recovery residences are an important source of recovery support for many people. They enable the individual to continue building recovery capital and addressing barriers to recovery while providing safe and healthy environments in which skills vital for sustaining recovery are learned and practiced. Many recovery residences utilize social model programs of recovery to guide their organization and services. The norms of a recovering community are a type of milieu, which acts as a therapeutic method; this therapeutic milieu reinforces the skills, attitudes, outlooks, and self-concepts needed for a sustained recovery."
(The ASAM Criteria, P. 383)

"SAMHSA strongly supports the use of recovery housing as a key recovery support strategy to assist individuals, living with substance use and/or co-occurring mental health disorder in achieving and sustaining recovery. Providing individuals with a safe and stable place to live can potentially be the foundation for a lifetime in recovery. It is critical that recovery house programs function with sound, ethical, and effective standards and guidelines which center on a safe, health living environment where individuals gain access to community supports and recovery support services to advance their recovery."
(Best Practices for Recovery Housing, P. 12 - SAMHSA)

"Recovery residence" means any ADTF, including any residence classified as a single family residence under § 13-24-102, that provides a safe, healthy, and family-like, substance-free living environment centered on peer support that assists individuals in recovery from substance use disorder with services that promote long-term recovery, including, but not limited to, direct connection to other peers in recovery, mutual support groups, and recovery support services. (Recovery Residence definition as identified by the SAFE Act)