

What is a Sobering Center?



A **safe, supportive,**
and **supervised**

environment caring for publicly
intoxicated individuals until they are
sober



A **Sobering Center** is often the **front door**
to **recovery** and a more stable life for
society's most vulnerable populations,
addressing the **needs of the here and now**
and working with community partners for
additional services.

Benefits

For Individuals

- No cost temporary stay until able to return safely to the community
- Referrals for behavioral and physical health and social services
- Prevention of criminal record

For Communities

- Community safety
- Prevention of unnecessary health and public safety expenses
- Reduced jail and emergency room crowding
- Increased medical professional and law enforcement time to handle more appropriate issues

There are over
**60 Sobering
Centers in the
United States
and Canada**



...findings suggest police agencies hold overwhelmingly **positive views** on the utility of sobering centers, primarily through **saving officer time/resources** and providing a better **alternative** for intoxicated individuals than jail."

- National Policing Institute research, 2022

The Need*

\$24.6 billion healthcare costs to emergency departments for acute alcohol intoxication



20.3% of deaths among adults attributable to alcohol

1 million annual emergency department visits from uncomplicated alcohol intoxication



*based on U.S. data



NSC Sobering Center Fact Sheet

Characteristics of a Sobering Center

-  **Accessible:** available **24/7** to those in need
-  **Collaborative:** operates in partnership with local law enforcement, emergency services, and/or health and community organizations
-  **Community-based:** responsive to local needs
-  **Cost-effective:** avoids unnecessary interaction with more costly systems
-  **Non-punitive:** avoids criminalizing substance use disorders
-  **Safe:** regular monitoring by specialized staff
-  **Trauma-informed:** acknowledges the widespread impact of societal injustices



“ We ultimately are providing them a safe place where they know people care.... They can come in intoxicated and in crisis. And to just have feedback from [clients] of, 'Wow, we need more people like you because I feel like a human being. I feel like you're talking to me like a person.' And they don't always get that if they're homeless and/or having addiction issues.”

- Sobering Center Charge Nurse



Who uses Sobering Centers?

People from all walks of life benefit from sobering care in their community. Clients range from established individuals having a "rough night" to those with severe substance use disorders, potentially experiencing poverty, houselessness, and/or chronic mental and physical health issues.



Get Involved



Attend

a monthly Sobering Care Provider network call

Donate

to support the work of NSC

Meet Us

in Washington DC October 5-6 for the 2023 Sobering Summit

Join

as a member of the Collaborative



Highlights

\$230 million-\$1 billion estimated **cost savings** in the U.S. with a 50% diversion rate to Sobering Centers



Less than 20 minute drop-off time to a Sobering Center vs. multiple hours on a jail booking

National Sobering Collaborative:

NSC offers a forum for national communication regarding sobering care for those with acute intoxication. Our mission is to identify, develop, and disseminate research, best practices and policies, and education towards the formation and sustainability of sobering centers for the care of individuals with harmful substance use

