



FOUNDATIONS FOR SUCCESS: LEARNING COLLABORATIVE



Recovery Housing

October 17, 2023
2:45pm – 4:00pm

Moderator



Andunett Langhum
Senior Consultant
AHP



Polls

Do you currently have recovery housing in your community?

Are you planning on recovery housing as part of your BHBH Program?

Agenda

- » Welcome and Introductions
- » Introduction to NARR and Recovery Housing
- » Recovery Housing as a part of the homeless services continuum
- » Recovery Housing in BHBH
- » Discussion and Q and A



Speakers



**Dave
Sheridan**
Executive
Director, NARR



Deb Werner
Senior Program Director,
AHP

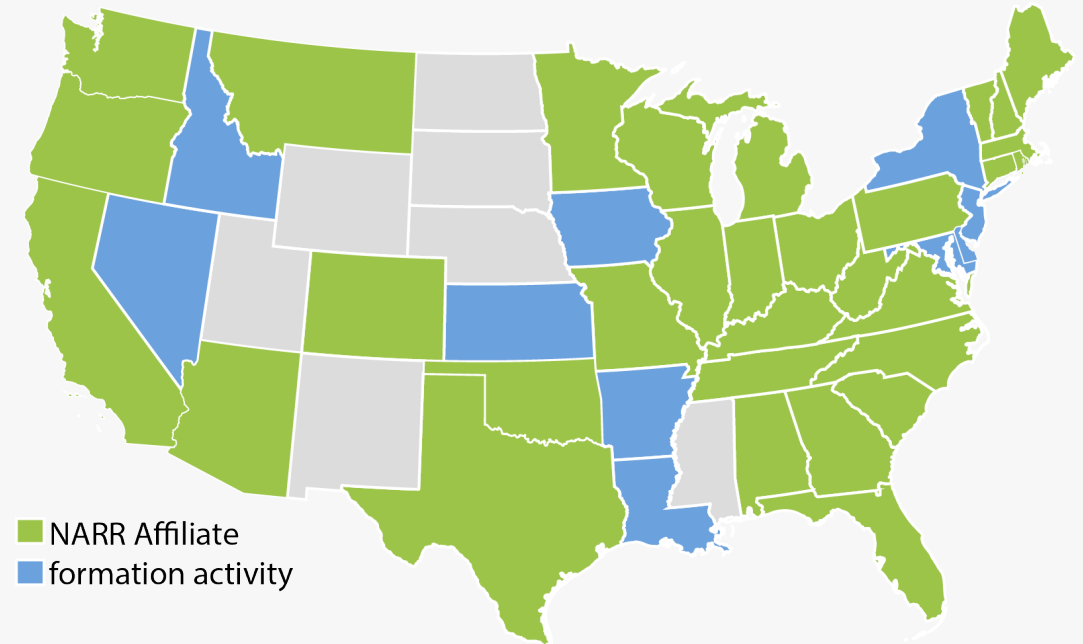
NARR at-a-Glance

- Founded in 2011 by leading regional recovery housing experts, organizations; based on decades of best practices developed nationally
- ***National Standard and Code of Ethics***
 - Covers the full spectrum of recovery housing
 - Health & safety, home environment, business practices,
 - Recovery principles, good neighbor
- ***Residence certification program***
- Training, technical assistance to providers, staffs, state agencies

What is Recovery Housing?

NARR at-a-Glance

- ***Network of state affiliate organizations***
- 30 existing organizations, six states in development
- [CCAPP](#) is our California affiliate
- ***Operating model for statewide recovery housing support systems***
- Best practices guides, model state laws
- Fair housing information and protection
- Policy development, work with the Substance Abuse and Mental Health Services Administration (SAMHSA), The Office of National Drug Control Policy (ONDCP), state legislatures/agencies, and national organizations



Not Everyone with SUD has the Same Housing Requirements

Depends on the individual's needs, capabilities and goals.

Options include:

- Low-cost rental housing
- Low-barrier housing
- Assisted living
- ***Recovery housing***



Shared housing

Individuals with substance use disorders

Abstinence-focused

Peer recovery support

Operates as a family-like community

Recovery Housing is an Evidence-based Practice (SAMHSA)



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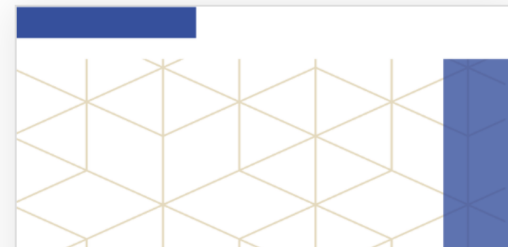


EBP

About the EBPRC

Emerging Practices

Best Practices for Recovery Housing



This document updates SAMHSA's 2018 document and outlines best practices for the implementation and operation of recovery housing. These best practices are intended to serve as a tool for states, governing bodies,

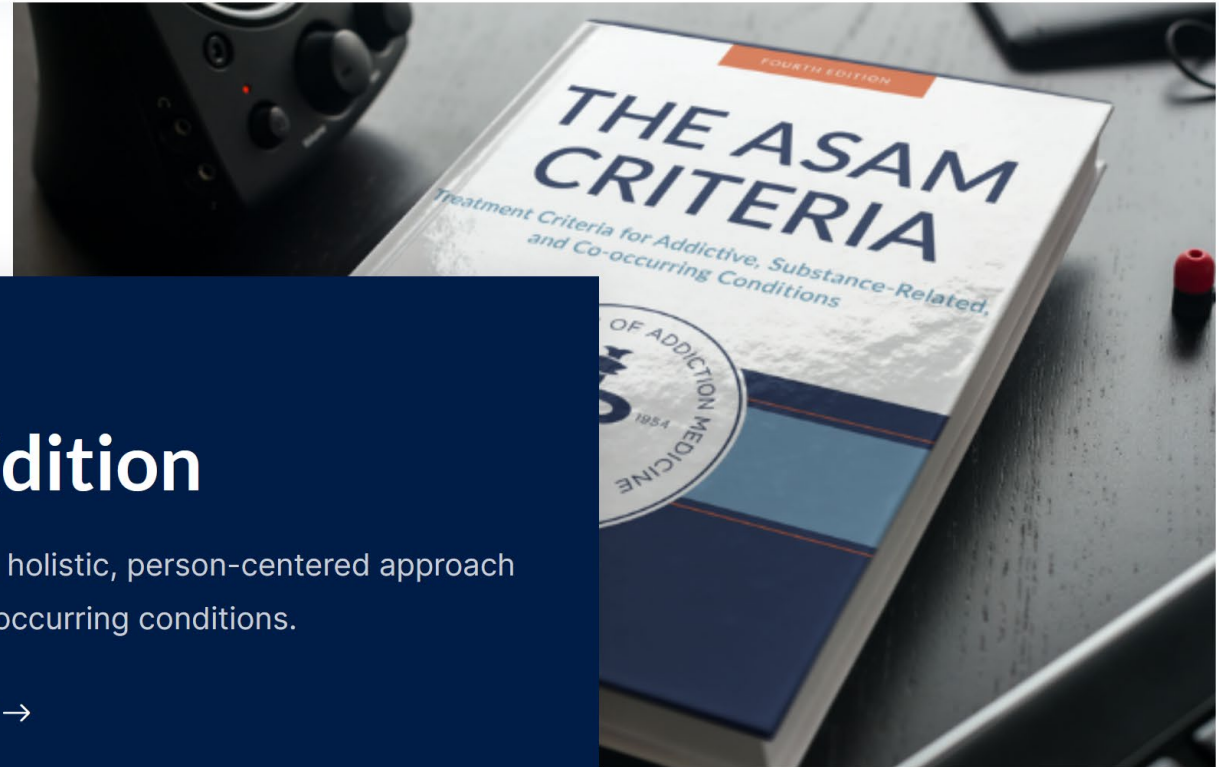
Recovery Housing is now included in the ASAM Criteria (4th Edition)

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QUALITY CARE

The ASAM Criteria, 4th Edition

The ASAM Criteria Fourth Edition is a comprehensive set of guidelines that use a holistic, person-centered approach to developing treatment plans for patients with addiction and co-occurring conditions.

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Different property footprints:

Single-family detached dwellings, duplexes...

Apartment buildings or blocks of units

Converted from other types of housing

Special-purpose

Who lives in recovery housing?

- Individuals suffering from a substance use disorder
- With or without other co-occurring disorders and disabilities
- Need a supportive community environment
- Able to undertake activities of daily living (bathing, eating, dressing, etc.)
- Desirous of a recovery path free of alcohol and other mood-altering substances
- Willing and able to engage in a personally-directed program of recovery

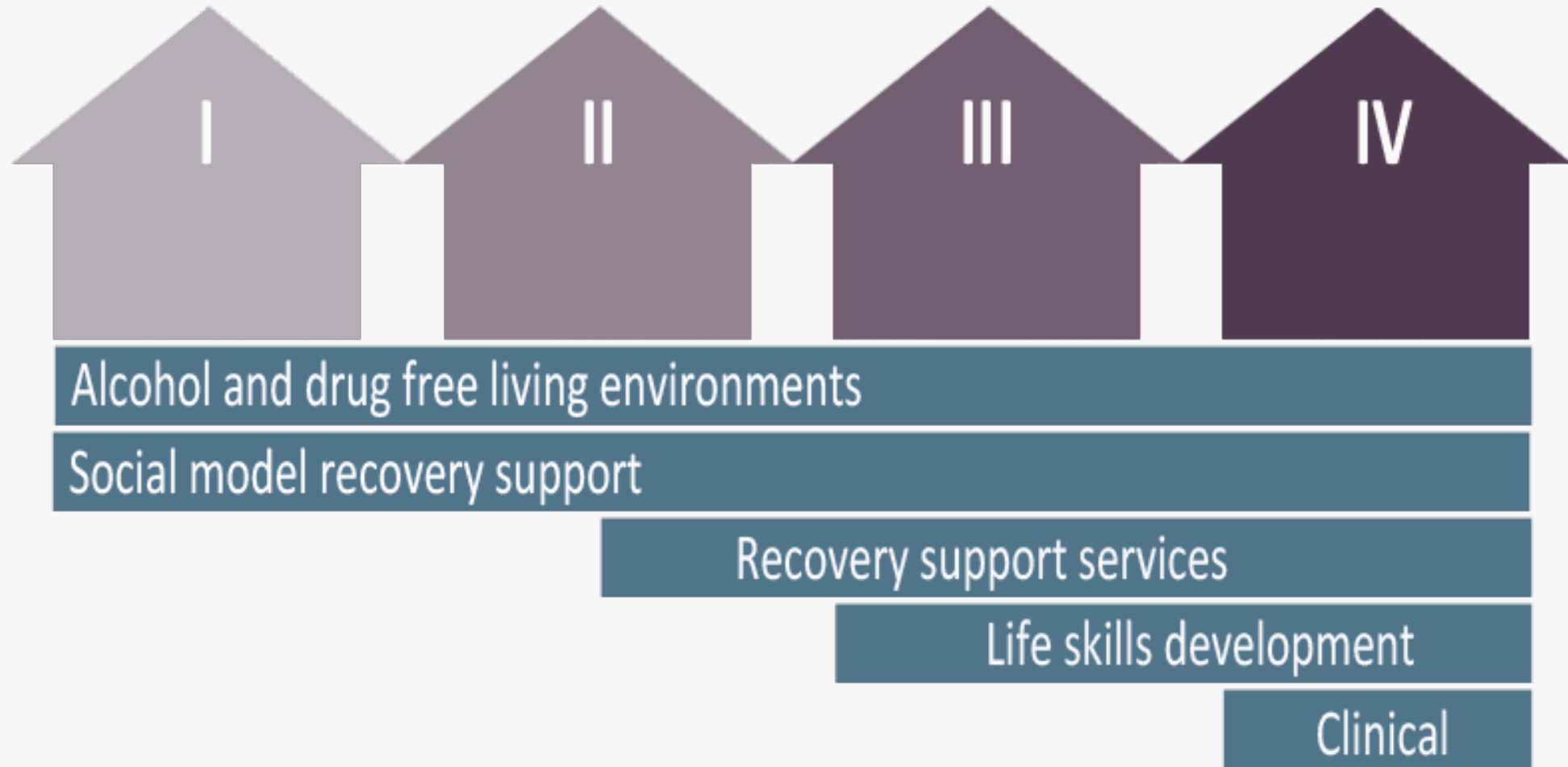
Abstinence elements

- Resident does not consume alcohol, illicit drugs, or medications taken without prescription
- FDA-approved medications for treatment of SUD, other conditions, taken as prescribed, are consistent with abstinence
- Abstinence verification typically through toxicology screening
- Consequences for return to substance use vary, including referral to a more appropriate recovery support or treatment environment



CONTINUUM: LEVELS of SUPPORT

Defined Recovery Housing Levels of Support



Developed by NARR
Adopted by SAMHSA

Residences differ by

- Priority populations
- House rules
- Staffing
- Recovery philosophies, recovery paths supported
- Cultural orientation and competency
- Certification, oversight
- ** ability to link residents to community services

California NARR Affiliate CCAPP



California Consortium of
Addiction Programs and
Professionals

- Certification
- Training and Support
- Resources
- Networking

- ccapprecoveryresidences.org/

Contact Information



Dave Sheridan

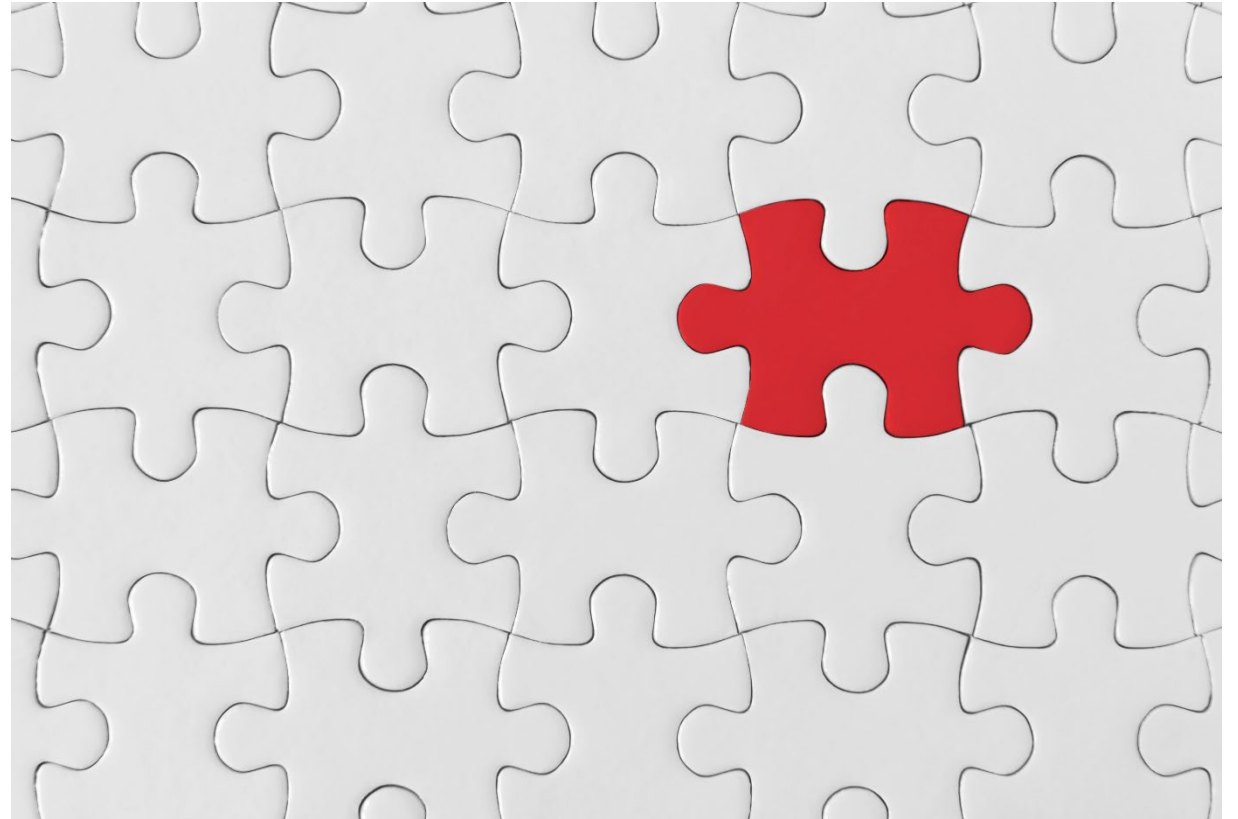
Executive Director, National Alliance for
Recovery Residences

Board Member, Chandler Lodge Foundation

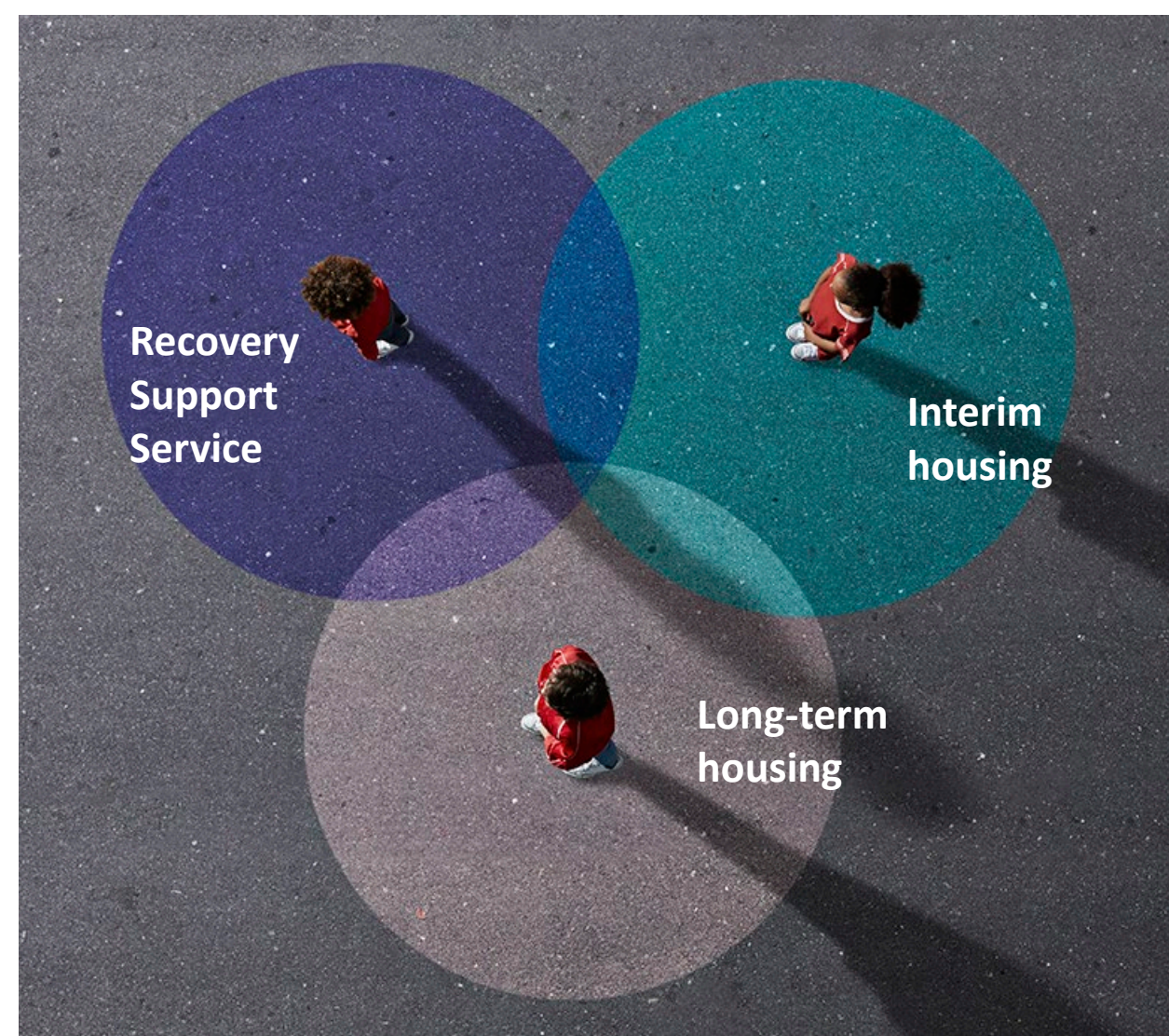
Dave.Sheridan@narronline.org

www.Narronline.org

**Recovery Housing is
recognized as
important in both
behavioral health
and homeless
continuums.**



Recovery Housing



Recovery Support SERVICE

“Recovery Housing is a recovery support service that was designed by persons in recovery specifically for those initiating and sustaining recovery from substance use issues. Recovery homes mindfully cultivate prosocial bonds, a sense of community, and a milieu that is recovery supportive unto itself. Recovery homes that focus on populations with higher needs often add peer recovery support services and other types of supports or actively link residents to recovery or clinical services in the community.”



SAMHSA definition from: Substance Abuse and Mental Health Services Administration. Best Practices for Recovery Housing. Publication No. PEP23-10-00-002. Rockville, MD: Office of Recovery, Substance Abuse and Mental Health Services Administration, 2023 <https://store.samhsa.gov/sites/default/files/pep23-10-00-002.pdf>

HUD Recovery Housing Considerations



- » Participant Choice
- » Low Barrier Program Design
- » Ensure rights of privacy, dignity and respect
- » Outcomes include long-term stability
- » Provide support to move into permanent housing
- » Partner and leverage resources to help participants meet needs
- » Optimize autonomy and independence in life choices

Recovery Housing in the Behavioral Health Bridge Housing Program

- » Participants meet BHBH eligibility criteria.
- » Cannot be only option available (choice)
- » Recognize importance of community environment
- » Have a lease or an agreement that outlines roles and responsibilities of participant and administrator
- » Consider low barrier access and harm reduction strategies
- » Have policies in place to allow for access to medication assisted treatment (MAT)
- » Offer to assist in accessing alternative housing options if someone leaves
- » Meet state and local laws



Discussion

What are your plans related to recovery housing in your county?

Discuss the points on the Recovery Housing in BHBH slide just discussed and how you plan to adopt them as a part of BHBH.





Discussion and Questions

BHBH Resource Library

- » [Primer on Recovery Residences FAQs – NARR](#)
- » [Best Practices for Recovery Housing – SAMHSA](#)
- » [Recovery Housing Program Models – HUD](#)
- » [HUD – Recovery Housing Policy Brief](#)
- » [Building Recovery: State Policy Guide for Supporting Recovery Housing](#)

The screenshot shows the website for Behavioral Health Bridge Housing. At the top left is the logo, which consists of a stylized house icon in blue and orange. To its right is the text "BEHAVIORAL HEALTH Bridge Housing". In the top right corner, there is a navigation menu with links for "Home", "I'm Seeking Help", "County Behavioral Health Agencies", "Tribes/Tribal Entities", "Resources" (highlighted in orange), "News", and a "Contact Us" button. Below the navigation is a dark blue header with the word "Resources" in white. Underneath is a section titled "Search the Library" with a sub-header and a paragraph explaining the search function. Below this is a search input field with the placeholder text "Search Keyword Here...". The "Featured Resources" section contains three cards. The first card is titled "Reimagining Interim Housing" and includes the subtitle "Stages and Action Areas for Transforming Approaches to Sheltering People Experiencing Homelessness" and the date "December 2022". The second card is titled "ACTION PLAN" and includes the subtitle "for Preventing and Ending Homelessness in California". The third card is titled "Whole-Person Care for People Experiencing Homelessness and Opioid Use Disorder: Toolkit Part 2" and includes the date "May 2022".