



Recovery Housing 101

Recovery Housing Webinar Series

Agenda

- Welcome and Introductions
- Poll Questions
- What is Recovery Housing?
- HUD and Recovery Housing
- Levels of Support
- The Issues
- Closing Thoughts
- Questions

Session Overview and Introductions



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Session Learning Objectives

As a result of this webinar, participants will be able to:

- Explain what recovery housing is, the populations it serves, how it differs from detox/treatment/clinical programs, and the role it plays in substance use disorder treatment and long-term recovery.
- Describe the standards, ethics, and guiding principles that generally govern recovery housing.

SUPPORT Act Overview

Public Law 115-271 - SUPPORT for Patients and Communities Act October 24, 2018

- In response to the opioid epidemic
- Section 8071 authorized the program to aid grantees with providing stable, temporary housing for up to 2 years to individuals in recovery from a substance use disorder.
- Eligible States and the District of Columbia have age-adjusted rates of drug overdose deaths above the national overdose mortality rate.
- Based on Community Development Block Grant program under title 1 of Housing and Community Development Act of 1974.

CDBG-Recovery Housing Program Funding

Public Law 116-94, Signed December 20,2019

- Appropriated \$25 million to program authorized by the SUPPORT Act
- Funds awarded by formula to 25 eligible grantees: 24 States and the District of Columbia
- The formula includes unemployment rates (15%), labor force nonparticipation (15%), and the age-adjusted rates of drug overdose deaths (70%)

Poll Question

Are you coordinating with (or planning to coordinate or collaborate with) your state health authority/single state agency that typically administers federal Substance Abuse and Mental Health Services Administration (SAMHSA) substance use treatment, recovery and prevention funding?

Did you know.....

....that you can coordinate/collaborate with this agency?

The Federal Register notice encourages collaboration with the State Agency or Authority that coordinates and distributes federal funding for treatment and recovery support services.

Poll Question

Is your state collaborating with the other types of entities or federally-funded programs listed in the notice such as:

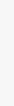
- SAMSHA programs
- US Department of Labor Workforce Innovation and Opportunity Act
- HUD Continuum of Care (CoC) Programs
- HUD Emergency Solutions Grant Programs (ESG)
- HUD Housing Opportunities for Persons with AIDS (HOPWA)
- U.S. Department of Veterans Affairs (VA)

Poll Question

How would you describe your familiarity with substance use disorder (SUD) treatment/recovery/prevention services in your state?

Poll Question

How would you describe your familiarity with Recovery Housing?



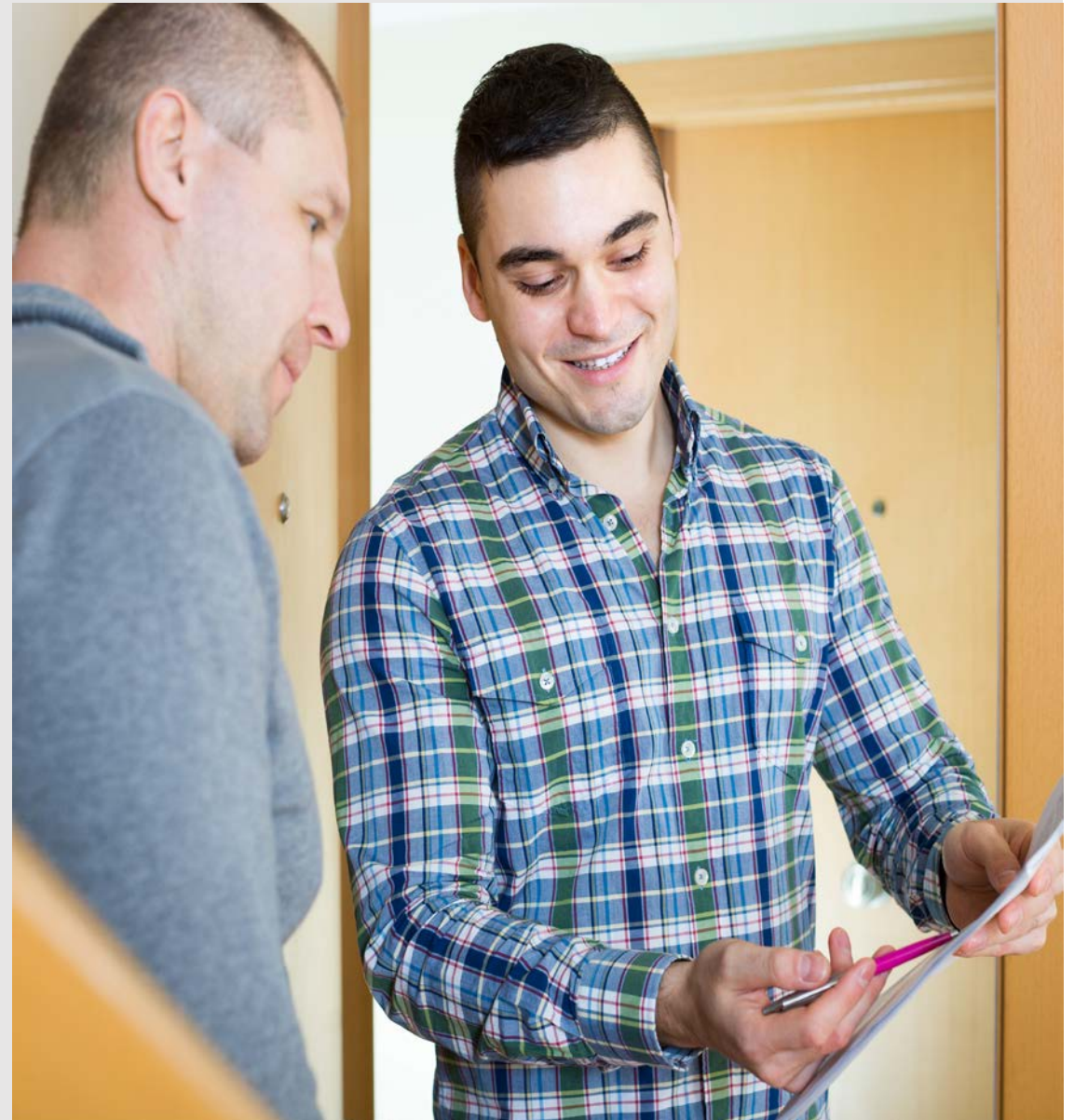
What is Recovery Housing?

Recovery housing is an intervention designed to address the needs of recovering people

- For safe and healthy living environments
- While supplying the requisite recovery and peer supports

Recovery Housing...

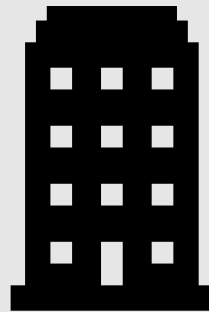
- Is an essential part of the substance use disorder treatment and recovery continuum of care
- Provides safe, healthy, and supportive substance-free living environments
- Is centered on peer support and a connection to services that promote long-term recovery
- Promotes connections to mutual support groups and recovery support services to reduce isolation and relapse



Recovery Housing...

Has no one defined look

- Shared or congregate single-family homes
- Apartment buildings or complexes
- Individual apartments





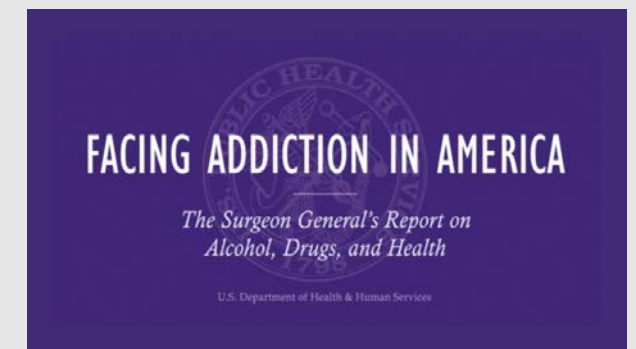
**Federal Recognition
of Recovery
Housing's Value**

Federal Recognition

- HUD's CoC [Recovery Housing Policy Brief](#), 2015
- SAMHSA [Recovery Housing: Best Practices and Guidelines](#), 2018
- HHS [Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs and Health](#), 2016
- [Substance Use-Disorder Prevention that Promotes Opioid Recovery and Treatment \(SUPPORT\) for Patients and Communities ACT](#), October 2018
- CMS [SUPPORT Act Innovative State Initiatives and Strategies for Providing Housing-Related Services and Supports: Sections 1017 and 1018](#)



SAMHSA
Substance Abuse and Mental Health
Services Administration



HUD CoC Recovery Policy Brief 2015

- Written in relationship to CoCs, but provides guidance for recovery housing programs generally.
- Program participation is self-initiated and based on choice
- Minimal barriers to entry
- Housing is single-site to support a recovery-oriented community
- Residents have personal privacy and 24/7 access to the housing, with community space
- Holistic services and peer-based recovery supports are available to all

HUD CoC Recovery Policy Brief 2015 cont.

- Services support exits to permanent housing and acquisition of income and employment
- Recurrence of substance use is not an automatic cause for eviction from recovery housing program
- Participants who are no longer interested in recovery housing are offered assistance in accessing other housing and services options

SAMHSA's 2018 Recovery Best Practices

1. Have a clear operational definition.

- SAMHSA's official definition can be found in the publication, [*Recovery Housing: Best Practices and Guidelines*](#).
- Furthermore, SAMHSA supports the National Alliance of Recovery Residences (NARR) [*levels of care*](#).

SAMHSA's 2018 Recovery Best Practices

2. Recognize that a substance use disorder is a chronic condition requiring a range of recovery supports.

- Trained recovery housing staff
- Peer providers
- Clinical supports
- Access to community resources
- Friends and family

SAMHSA's 2018 Recovery Best Practices

3. Recognize that co-occurring mental disorders often accompany substance-use disorders.
 - Recovery housing operators, staff, and certified peers need to be trained on co-occurring disorders and how resulting symptoms may contribute to increased susceptibility to recurrences of substance use.

SAMHSA's 2018 Recovery Best Practices

4. Assess recovery housing applicant's needs and the appropriateness of the residence to meet their needs
 - Assess unique needs, strengths, challenges and recovery capital.
 - Place in housing that has capacity to meet those needs.
 - Include prospective residents in the assessment and determination.
 - Ensure that referral agencies understand the culture and nature of the recovery residence prior to receiving referrals.

SAMHSA's 2018 Recovery Best Practices

5. Promote and use evidence-based practices

- Pair recovery housing with evidence-based outpatient treatment.
- Provide whole person care through Medication Assisted Treatment (MAT) in conjunction with counseling, behavioral therapies, and community recovery supports.
- Employ peer and recovery coaches.

SAMHSA's 2018 Recovery Best Practices

6. Develop and share written policies, procedures, and resident expectations.
 - Share with referral agencies.
 - Clearly explain to each new resident.
 - Provide resident handbook to ease transition and compliance with house rules.
 - Secure signed document verifying resident's comprehension.

SAMHSA's 2018 Recovery Best Practices

7. Ensure quality, integrity and resident safety to promote adherence to ethical principles
 - At the state level, adopt a process of certification to assure program quality.
 - Require residents to submit to random urinalyses and breathalyzers.
 - Develop medication policy.

SAMHSA's 2018 Recovery Best Practices

8. Learn and Practice Cultural Competence

- Provide cultural competence and sensitivity training to all staff working in recovery housing.
- Consider staffing that is representative of the resident population's race, ethnicity, gender, and sexual orientation.

SAMHSA's 2018 Recovery Best Practices

9. Maintain ongoing communication with interested parties and care specialists about any of the following:

- Level of program adherence
- Resident behavior – potential indicators for recurrence
- Treatment attendance
- MAT dosage changes
- Progress reports
- Psychotropic medication changes
- Employment status
- Referral decisions
- Drug testing
- Discharge planning
- Any social network concerns
- Recurring substance use history

SAMHSA's 2018 Recovery Best Practices

10. Evaluate program effectiveness and resident success by collecting data on measures including:

- Abstinence from substance use
- Employment
- Criminal justice involvement
- Social connectedness

Data can be used for continuous quality improvement and to justify funding requests to state and federal funders.

Poll Question

How would you describe your familiarity with peer-based recovery support programs?

Peer Supports

"Peer-based recovery support is the process of giving and receiving nonprofessional, non-clinical assistance to achieve long-term recovery from severe alcohol and/or other drug-related problems. This support is provided by people who are experientially credentialed to assist others in initiating recovery, maintaining recovery, and enhancing the quality of personal and family life in long-term recovery."

<http://www.williamwhitepapers.com/pr/2009Peer-BasedRecoverySupportServices.pdf>



Peer Supports cont.

Peer Supports can successfully be utilized to support:

- Engaging individuals into treatment
- Treatment completion
- Transitions to lower levels of care
- Coordination and continuity of care for ongoing physical and/or behavioral health and correctional system requirements (Parole and Probation).



National Alliance for Recovery Residences: Levels of Care

The National Alliance for Recovery Residences (NARR) has 4 established and federally accepted levels of care in recovery housing



Poll Question

How would you describe your familiarity the varying levels of support under the NARR Recovery Housing program models?



RECOVERY RESIDENCE LEVELS OF SUPPORT

LEVEL I Peer-Run

LEVEL II Monitored

LEVEL III Supervised

LEVEL IV Service Provider

STANDARDS CRITERIA

ADMINISTRATION

- Democratically run
- Manual or P&P

- House manager or senior resident
- Policy and Procedures

- Organizational hierarchy
- Administrative oversight for service providers
- Policy and Procedures
- Licensing varies from state to state

- Overseen organizational hierarchy
- Clinical and administrative supervision
- Policy and Procedures
- Licensing varies from state to state

SERVICES

- Drug Screening
- House meetings
- Self help meetings encouraged

- House rules provide structure
- Peer run groups
- Drug Screening
- House meetings
- Involvement in self help and/or treatment services

- Life skill development emphasis
- Clinical services utilized in outside community
- Service hours provided in house

- Clinical services and programming are provided in house
- Life skill development

RESIDENCE

- Generally single family residences

- Primarily single family residences
- Possibly apartments or other dwelling types

- Varies – all types of residential settings

- All types – often a step down phase within care continuum of a treatment center
- May be a more institutional in environment

Voluntary Certification

Apart from a state business license and the need to meet zoning requirements, only voluntary certification exists in most states.

- Typically completed through state-level NARR affiliates
- Florida Association of Recovery Residences (FARR); Michigan Association of Recovery Residences (MARR)
- Certification includes document compliance, onsite compliance, and continuing compliance
- Only recovery homes with ingrained clinical services require state licensure

Patient Brokering

- **What:** Recovery homes are largely unregulated, which has led to some inconsistencies in quality of care, fraud, and substandard housing
- **Where:** Everywhere, but especially rampant in Florida and California
- **Why:** \$\$\$\$\$\$

HOW PATIENT BROKERING IS RUINING THE ADDICTION TREATMENT INDUSTRY



What is Patient Brokering and how does it work?

Rehab Facilities will hire people to recruit drug addicts or alcoholics into their programs.



Recruiters are paid for every person they sign up.

These so called recruiters will offer incentives for sign up/enrolling in rehab programs:



Cash



Cellphones



Prepaid Debit cards



Low rent or Free stay

Why is it Unethical?

Facilities will charge thousands of dollars to these insurance companies for tests, accommodation, or treatments, which most do not offer.

More than anything these are not legit treatments to help an addict or alcoholic or the best facility for someone that needs help.



How does this affect the addiction industry?



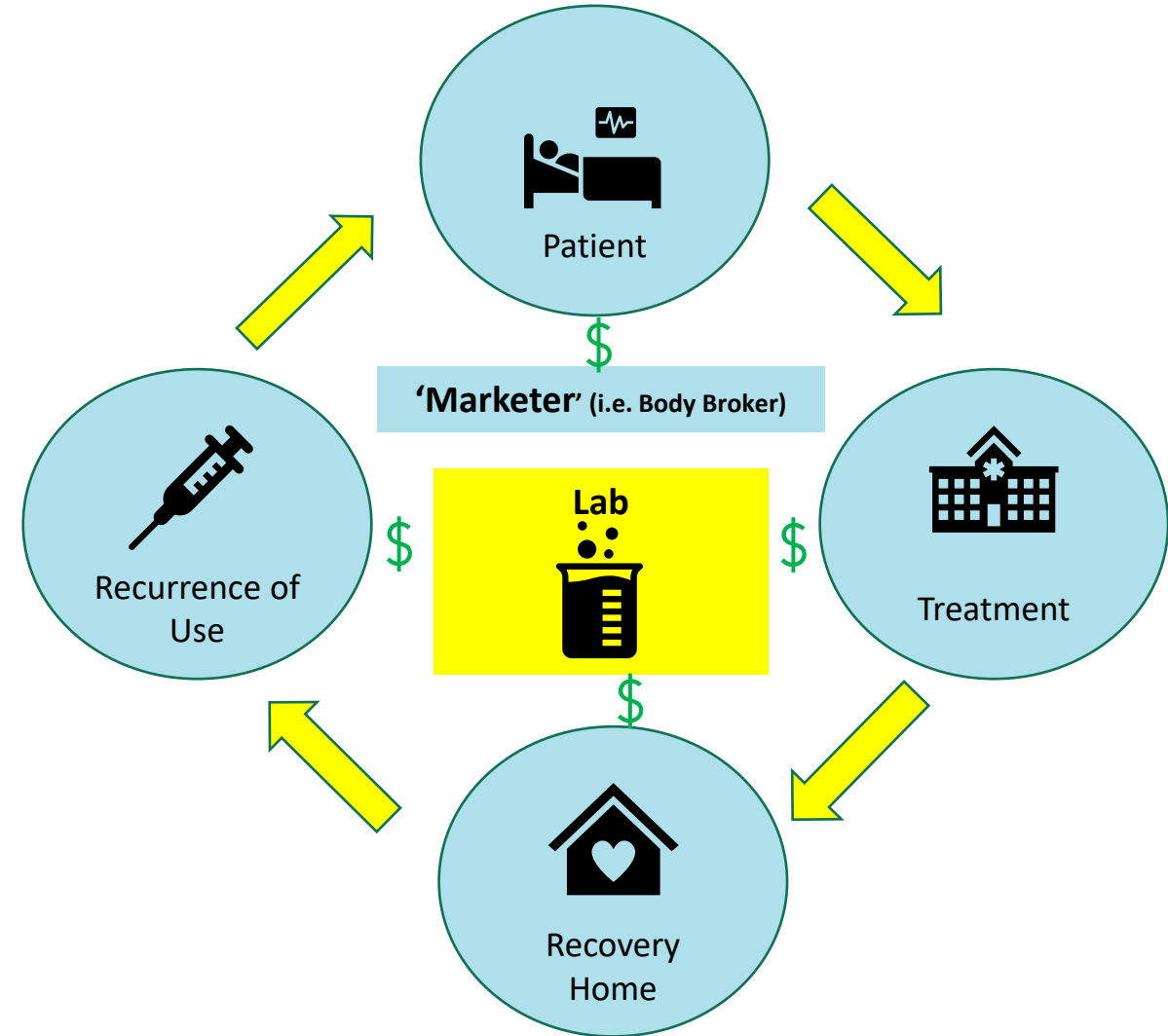
If fraud continues - insurance companies will withdrawal coverage for legitimate treatment programs.



Addicts or alcoholics will refuse to seek help to avoid being scammed.

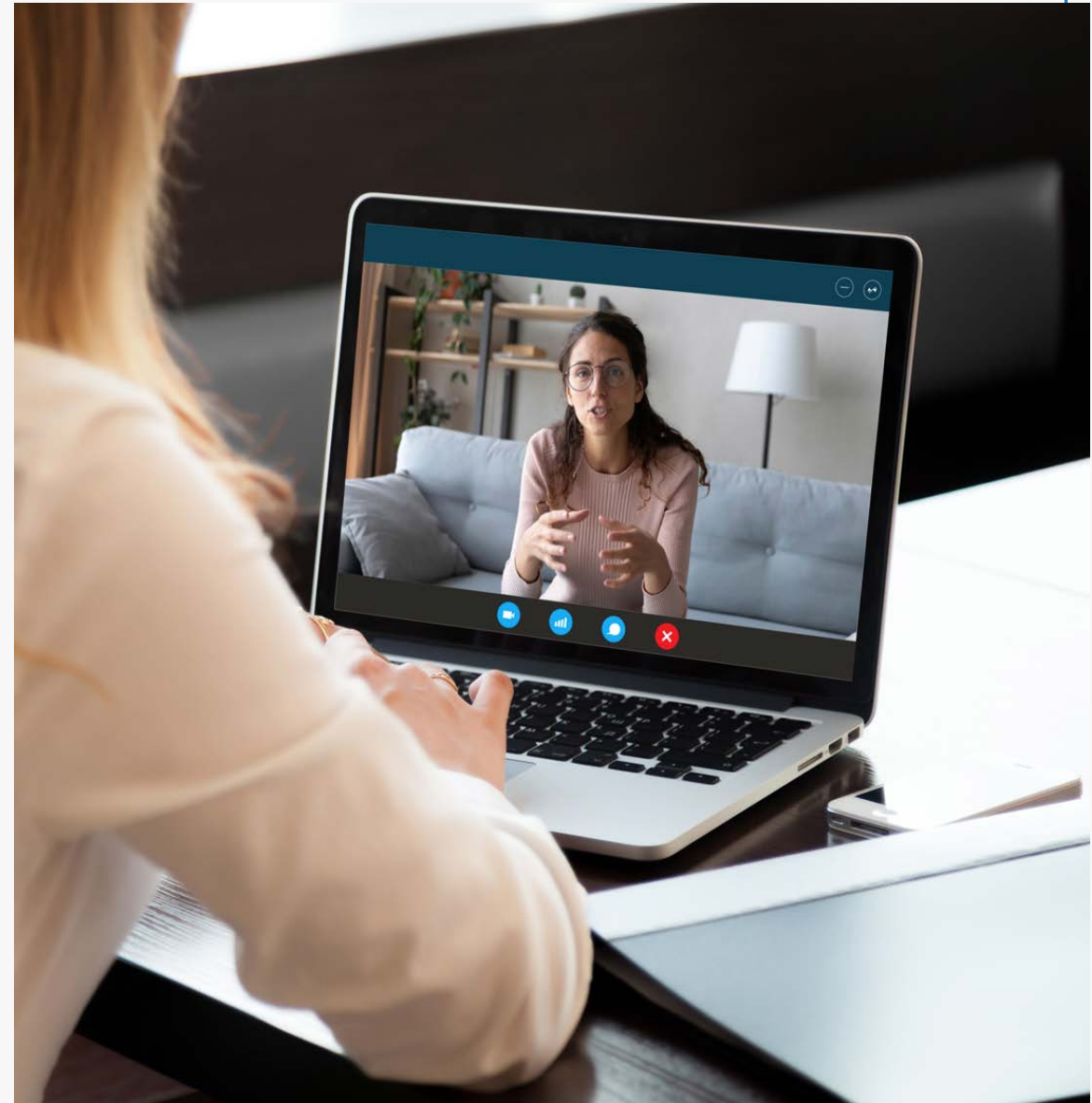
The Consequences

- Decrease in quality of care
- Higher overdose rates
- Incentive to keep patients 'sick'
- Hesitance to send loved ones to treatment programs
- "Not in My Backyard" (NIMBY) attitudes
- Monetary consequences for ethical programs
- Body brokering
- Increase in rates for many insurance plans
- Private insurance plans [pulling out of certain state marketplaces](#)



COVID-19 and Recovery Housing

- Recession of resources
 - Less access to mutual support groups (AA, NA)
 - Virtual meetings: not everyone has access to laptops/smartphones
- Tenant employment
 - How can tenants pay rent without jobs?
- Policy and Procedure changes
 - Mask requirements
 - Social Distancing in recovery homes
 - Handling outbreaks in recovery homes
- [Access the NARR COVID-19 Guidance Here](#)





Q & A

Resources

- **HUD** [Recovery Housing Policy Brief](#), 2015
- **SAMHSA** [Recovery Housing: Best Practices and Guidelines](#), 2018
- **HHS** [Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs and Health](#), 2016
- [Substance Use-Disorder Prevention that Promotes Opioid Recovery and Treatment \(SUPPORT\) for Patients and Communities ACT](#), October 2018
- **William White**, [Peer-Based Addiction Recovery Supports](#), 2009
- **National Alliance for Recovery Residences (NARR)**, [NARR COVID-19 Guidance](#)
- **The Fix**, [Relapse for Cash: How Patient Brokers and Unscrupulous Rehabs Prey on Addicts Looking for Help](#)
- **Health News Florida**, [Cigna Pulls Out Of FL Marketplace, Cites Abuse](#)
- **National Alliance for Recovery Residences**, <https://narronline.org/>
- **CMS** [SUPPORT Act Innovative State Initiatives and Strategies for Providing Housing-Related Services and Supports: Sections 1017 and 1018](#)
- **HUD Exchange RHP Page** <https://www.hudexchange.info/programs/rhp/>



Thank you for attending!

Visit RHP Page on HUD
Exchange

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