Recovery housing is an essential recovery support for individuals and families in or seeking recovery from substance use disorders. Recovery residences provide abstinence-focused, safe, healthy environments that support recovery and foster communities where people are able to improve well-being, build resources, and integrate peer support.

Resources to Support Your Work

Together with the National Alliance for Recovery Residences (NARR) and other partners, the Center for Social Innovation has developed resources to support the promotion and implementation of high-quality recovery housing.

ROLE OF RECOVERY RESIDENCES IN RECOVERY-ORIENTED SYSTEMS OF CARE

Experts from NARR discuss the role of recovery residences in a recovery-oriented system of care in a podcast series. They explore the importance of recovery housing as a choice in any community seeking to transition to a culture of recovery; discuss recovery housing as a method of homelessness prevention; and highlight the importance of having baseline standards for recovery housing as a community benefit.

The Role of Recovery Residences in a Recovery-Oriented System of Care, a podcast series from t3 (think. teach. transform.).

RECOVERY HOUSING & CHOICE IN HOMELESS SETTINGS

Gaps within and across services systems limit access to quality recovery-oriented housing options for individuals and families exiting homelessness and seeking recovery from substance use disorders. Various housing programs exist within the homeless services system—including some housing first models that focus on people with substance use or co-occurring disorders. However, research on substance use outcomes in housing first models indicates mixed results. Kristen Paquette and Laura Winn argue that recovery housing is essential for some homeless individuals and families and should become part of a comprehensive, choice-based homeless services continuum to support housing retention.

The Evidence

Research shows that recovery housing supports long-term recovery. Depending on the level of support, length of stay, and model type, recovery housing is associated with positive outcomes including:

- Decreased substance use
- Reduced probability of relapse/reoccurrence
- Lower rates of incarceration
- Higher income
- Increased employment rates

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reduce homelessness, promote recovery, and foster self-determination. The authors explore key barriers—including misperceptions and lack of evidence-based practices, policies, and funding—and make recommendations for research, policy, and practice.


LESSONS LEARNED: BRINGING RECOVERY HOUSING TO SCALE IN OHIO

Strategies for increasing the availability of recovery housing are not well known, and state policy and systems changes are needed to integrate recovery housing into the full range of housing options. Laura Winn and Kristen Paquette conducted interviews with key informants and focus groups as well as site visits with six recovery housing programs. A prevailing perception was that the availability of recovery housing to support recovery in Ohio was insufficient—especially housing tailored to the special needs of subpopulations such as families with children, people with co-occurring disorders, and those with criminal justice histories. The authors discuss facilitators (e.g., collaboration with other recovery homes, programs, and service systems, county and community support) and barriers (e.g., existing regulations, need for funding, common definition). The process can be replicated by other states interested in expanding recovery housing.

Bringing Recovery Housing to Scale in Ohio: Lessons Learned in the Journal of Dual Diagnosis in April 2016.

RECOVERY HOUSING IN THE STATE OF OHIO: ENVIRONMENTAL SCAN

This environmental scan documented status, needs, opportunities, and challenges for expanding recovery housing throughout Ohio. The goal was to inform policy changes, best practices, and training and technical assistance resources to increase recovery housing capacity in the state. It was supported by the Ohio Department of Mental Health and Addiction Services.


For More Information
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ENDNOTES