

# The Paradigm Shift

- Has occurred over the last 10+ years in the treatment of SUDs in the U.S.
- Historically exiting treatment for SUD meant being “cured”
- Further support after treatment was limited to a list of local AA and NA meetings
- Success rates with these regulations meant only 5% or 1 in 20 people were successful in maintaining sobriety



# John Hopkins Study

- Individuals with SUD may be as much as 10x more likely to stay abstinent when having access to drug-free recovery housing and day-to-day treatment programs following detox
- Best outcomes came from individuals who stayed in treatment the longest
- Access to day-to-day treatment tend to promote longer residencies
- An average of 49.5 days vs 32.2 days for residents who did not receive day treatment



“It’s no surprise that opioid-dependent individuals stay off drugs longer when they live in a structured, drug-free environment after finishing detox. Drug dependent individuals frequently report housing as their most pressing need. If we want to help people stay off heroin and stop abusing prescription painkillers, we need to do more than help them initiate abstinence; we need to help them maintain abstinence and build a drug-free lifestyle as well.”

—Michelle Tuten, Lead Researcher

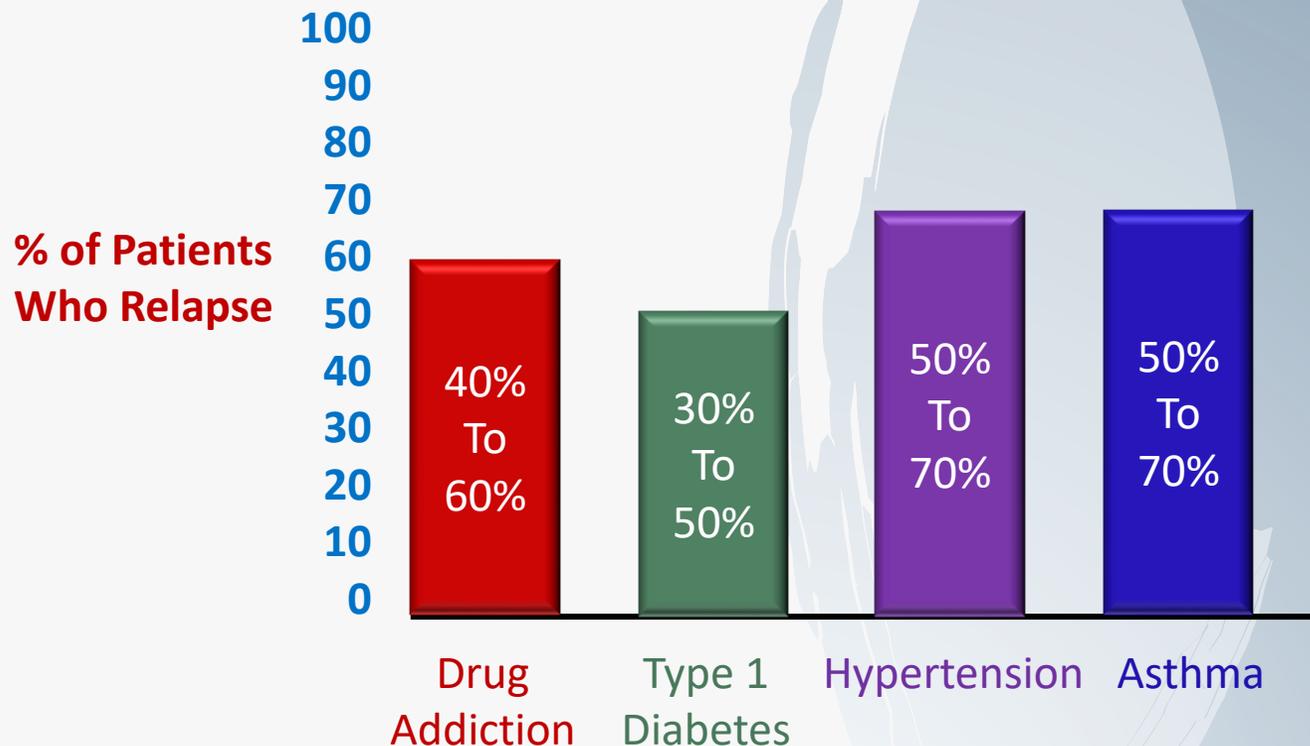
# Addiction is a Chronic Disease

## Addiction:

- Primary, chronic disease of brain reward, motivation, memory, and related circuitry
- Not an acute health problem that is cured by a single dose of treatment.
- Dysfunction in these circuits lead to characteristic biological, psychological, social and spiritual manifestations
- Lack of treatment in recovery activities, means progressive addiction resulting in disability or premature death



# Relapse Rates are Similar for Drug Addiction and Other Chronic Illnesses



- Addiction involves relapse and remission similar to diabetes, hypertension, and asthma
- The figure to the left shows astoundingly comparable relapse rates between addiction and other chronic illnesses
- Much like the others, opioid addiction cannot be cured, only treated and managed
- Viewing addiction as a chronic disease, moves the goal of treatment from “quick cure” to “long-term management”
- Ultimate goal: Patient is able to manage their disease and reduce or eliminate symptoms

# Continuum of Care

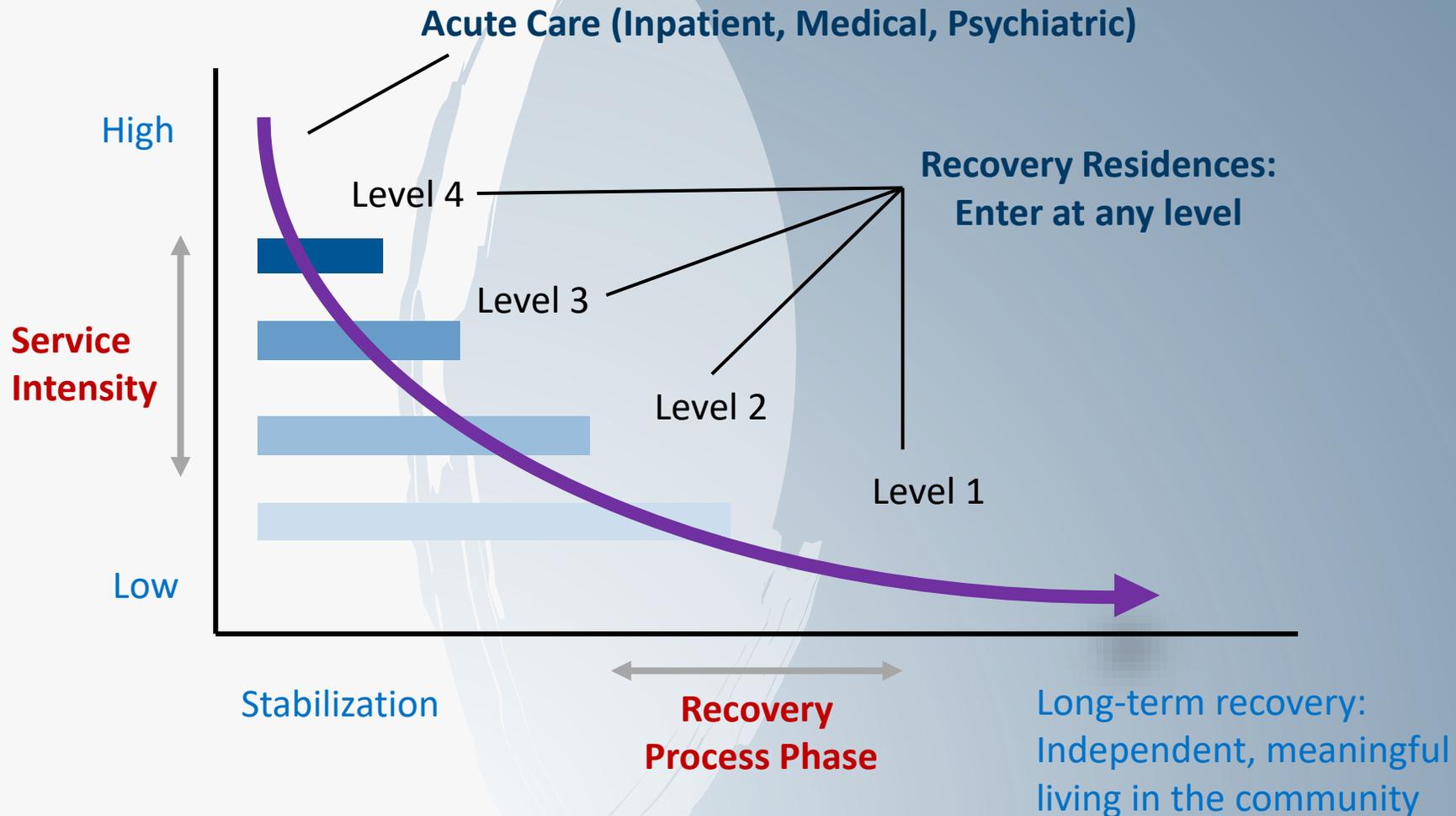
- Planning for recovery supports after the 30-60-day period of treatment has ended
- Recovery housing, which is critical immediately after treatment

Levels of support offered;

- ❖ **Level IV**, including paid clinical staff providing treatment
- ❖ **Level III**, paid nonclinical staff providing structured support
- ❖ **Level II**, unpaid staff providing some structured support
- ❖ **Level I**, no staff; self-governing providing some structured support



# Recovery Residences in the Continuum of Recovery



## “Recovery Residence” (RR)

- Broad term describing sober, safe, healthy living environments
- RRs promote recovery from alcohol, other drug use and associated problems
- Thousands exist in the U.S. that vary in size, organization and target population
- RRs are not regulated by the government so exact number is unknown
- At minimum, RRs offer peer to peer recovery support
- Some provide professionally delivered clinical services promoting abstinence-based long-term recovery
- Sober living environments mean no alcohol or illegal drug use among residents.
- Credentialed RRs publish policies on relapse, readmission and other rules governing group living.
- RR also may require abstinence from some medications

# What is a Recovery Residence?



# SUD Protection

SUD sufferers are a protected class under;

- ❖ The Federal Fair Housing laws
- ❖ The Americans with Disabilities Act

This includes discriminatory zoning decisions

Federal law prohibits states from requiring a license from any RR operators that do not provide clinical treatment. (Levels 1, 2, 3)



# Recovery Residences: Primary Purpose and Services

## Purpose

- To provide a safe and healthy living environment to initiate and sustain recovery
- Abstinence from alcohol and non-prescribed drug use
- To improve ones physical, mental, spiritual and social well-being
- To provide resources that will continue to support recovery as residents transition to independent living

## Services

- RR's are divided into Levels of Support based on type, intensity and duration of support offered
- Services span from peer to peer support (all residences) to medical counseling (higher level residences)
- NARR Standards (Section 5 appendix details) define the minimum services for each Level, additional services may be provided

# So you want to start a recovery residence....

## Basic Decisions:

- Who you are you going to serve?
- How many people are you going to serve?
- What NARR level ((e.g. Level I (democratically run with no staff), Level II (unpaid staff monitoring residence), Level III (paid staff providing nonclinical support) and Level IV (clinical services provided by licensed medical providers.)?)
- What financial and skill resources are you willing to commit to starting a home?

## Secondary Decisions:

- Location and site selection...proposed number of beds
- Zoning laws
- Located (preferably) near public transportation.
- Located (preferably) near employment sources.
- Availability of drug treatment services (including IOP, psychiatry, counseling, etc.).
- Budgeting and staffing costs.
- Developing written policies and procedures (house rules, lease forms, implementation of an accounting system).
- Combating NIMBY concerns & establishing a good neighbor policy.
- Establishing a 501(c)(3) nonprofit
- Obtaining MARR certification
- Availability, funding and programmed use of peer recovery coaches.
- Availability and funding for staff\ownership continuing education and attendance at professional conferences\seminars.

# Recovery Residence Facts

- ❖ Self governed, financially self-supported RRs rapidly spread in the U.S. during the closing decades of the 20<sup>th</sup> century.
- ❖ The Largest network of RRs is the Oxford House, growing to 1,521 houses since 1975. They encompass 45 states with a resident capacity of over 12,000.



# The National Alliance for Recovery Residences



- Until 2010 a unified national voice for recovery residences did not exist nor was there a uniform standard governing operations of recovery residences. The National Association of Recovery Residences (NARR) fills these voids.
- Industry leaders from across the United States came together in 2010 and created a Standard that is the cornerstone of the national association.
- NARR is comprised of regional recovery residence associations representing all areas of the United States, that do the actual certification of a recovery residence .
- The sole state affiliate for NARR within the state of Michigan is MARR, the Michigan Association of Recovery Residences, Inc.
- Affiliation with a national association enhances professional legitimacy and strengthens advocacy.
- The NARR Standard assures those we serve that they have a safe community residence that promotes recovery.

# Benefits of MARR Certification

- Recognition that the recovery residence adheres to the highest level “gold” standard of operations.
- Access to universally accepted protocols for operating ethical, high quality recovery residences plus a clearinghouse of best practice materials pertaining to all levels of residential recovery operations.
- Staying abreast of current trends and national issues affecting recovery residences along with contributing to the dialogue on these issues.
- Access to advocacy guidance and response protocols regarding NIMBY (Not In My Back Yard) issues, zoning challenges and other potentially discriminatory actions taken by community governments.
- Expanded referral base. Members enjoy widespread recognition via the MARR & NARR websites and through other outreach efforts.
- Opportunities to participate in an accrediting association that assists members by sharing their knowledge and expertise in developing and growing regional associations.



# THANK YOU

Jeff Van Treese 

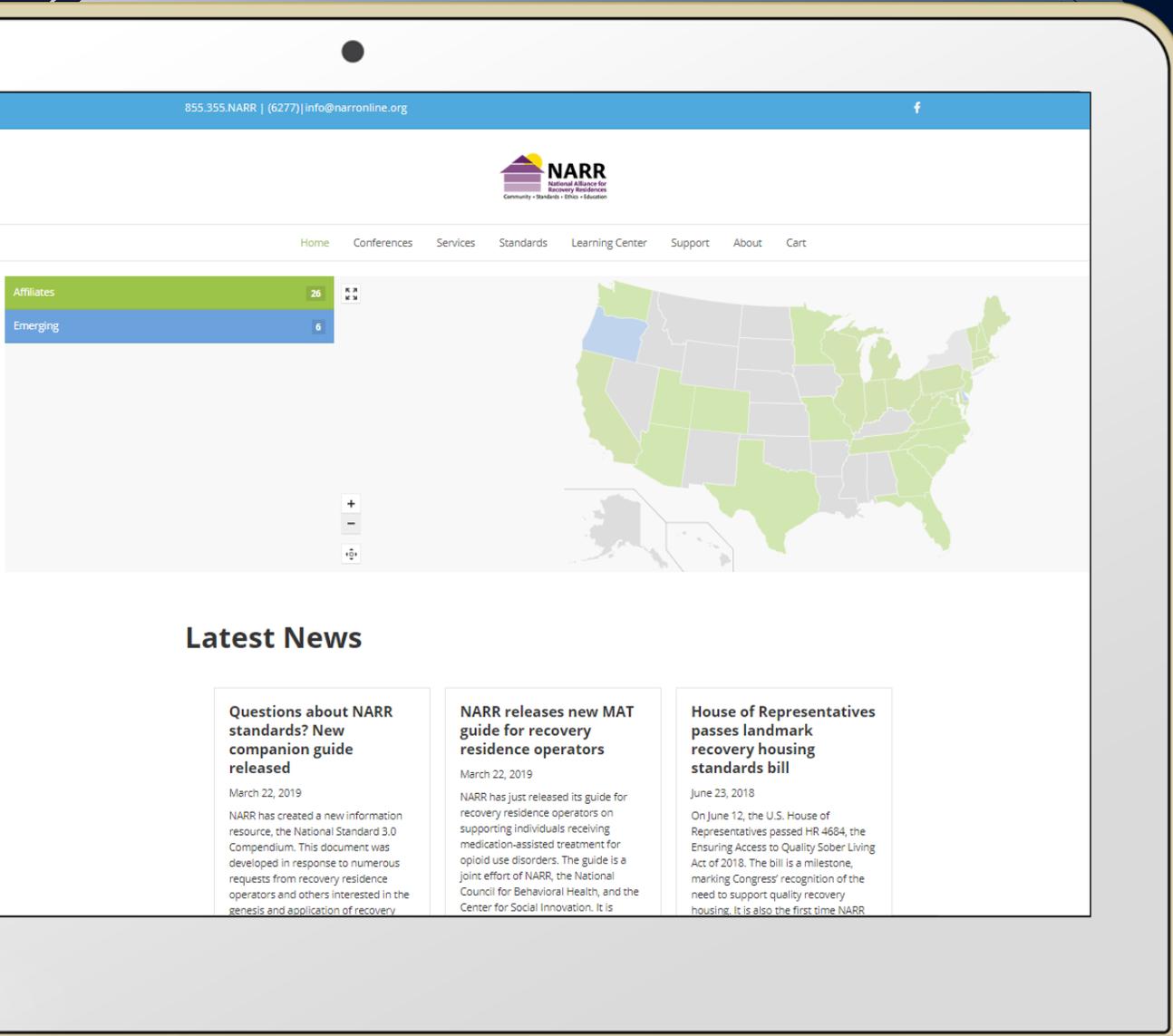
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Bibliography TBD





# The NARR Website

You are invited to join the rapidly evolving movement and add to the unified voice and quality standard for recovery residences.

For additional information go to [www.michiganarr.com](http://www.michiganarr.com) or [www.narronline.com](http://www.narronline.com)