Missouri Mental Health Commission

Recovery Housing Presentation

December 14th, 2017

Scott Johnston
Recovery Housing

“A safe, healthy, home-like facility with a culture that promotes recovery from substance use disorders.” Mark Shields

“...a broad term describing a sober, safe, and healthy living environment that promotes recovery from alcohol and other drug use and associated problems.” A Brief Primer on Recovery Residences – FAQs: NARR September 20, 2012,
Recovery Housing

Four Dimensions of the Recovery Process:

- **Health**: Overcoming or managing one's illness(es) as well as living in a physically and emotionally healthy way.
- **Home**: A stable and safe place to live.
- **Community**: Relationships and social networks that provide support, friendship, love, and hope.
- **Purpose**: Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society.
Recovery Housing Linkage with SUD Treatment?

• Yes – recovery housing is a part of the full continuum

• Sometimes recovery housing is an alternative pathway
What is the Evidence that Recovery Housing is Effective?

Research indicates that recovery housing provides individuals with substance use disorders a greater chance of achieving long-term recovery than those who do not live in recovery-oriented environments. Recovery housing has been associated with numerous positive outcomes including:

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

*National Council for Behavioral Health, Recovery Housing Issue Brief, May 2017
Idea is Not New But...

Missouri’s history of recovery housing includes:

- Federal and State Contracted Facilities
- Large and small not-for-profit agencies
- Faith based organizations
- Oxford Houses
- Access to Recovery (ATR)

However, there have been no standards for recovery housing in Missouri until today.
**Special Report: Development of Recovery/Transitional Housing Accreditation Organization** – Missouri Recovery Network, September 29, 2014

**Key Takeaway:** need for and strong support of developing a Missouri Association of Recovery Housing organization

**Recommended Approach:** Develop customized standards for Missouri using NARR and other states standards

**Goal:** “to create a system that will achieve the stated goals by providers of achieving accountability and legitimacy for recovery housing, opening the door for expansion and improved quality.”

**Result:** Missouri Coalition of Recovery Support Providers (MCRSP) as accrediting body
National Alliance for Recovery Residences, NARR

• NARR is a nonprofit and recovery community organization that currently serves 25 regional affiliate organizations.
• Mission: Our mission is to support person in recovery from addiction by improving their access to quality recovery residences through standards, support services, placement, education, research and advocacy.

narronline.org
# MCRSP Housing Committee

- **Jane Pfefferkorn, Chair**  
  Mission Missouri, Sikeston, Mo

- **Alon Fisch**  
  New Beginnings Sanctuary, Springfield, Mo

- **Bobbie Jo Reed**  
  Healing House, Kansas City, Mo

- **Tia Kolb**  
  Recovery Lighthouse, Warrensburg, Mo

- **Merna Eppick**  
  Dynamic New Visions, Springfield, Mo

- **Mark McDonald**  
  ASCENT Recovery Residences, Joplin, Mo

- **Greg Smith**  
  Mission Gate, St. Louis, Mo

- **Sandy Mick**  
  Recycling Grace Women’s Center, Poplar Bluff, Mo

- **Sarita Graham**  
  Sarita Lynne Ministries, Kansas City, Mo

- **Scott Johnston**  
  Facilitator

- **Sean Adams**  
  Provider Relations Coordinator, MCRSP
MCRSP Housing Task Force Accomplishments

- Established Recovery Housing Standards, Code of Ethics, and Recovery Housing Grievance Policy approved by MCRSP Executive Board
- Recovery Housing Accreditation Process approved by MCRSP Executive Board
- Gained affiliation status for MCRSP with the National Alliance for Recovery Residences July, 2017
- Conducted 5 state-wide regional trainings
- Developed an E-Learning Training Component
- Implemented the accreditation process
- Accredited 13 Recovery Houses
Recovery Housing Standards Overview

• MCRSP has adopted a set of standards and established an accreditation process in coordination with the National Alliance for Recovery Residences

• 4 Domains with 35 standards and multiple items within each standard:
  – Administration and Operational (1-16)
  – Recovery Support (17-28)
  – Property (29-32)
  – Good neighbor (33-35)

• Developed from NARR standards, customized for Missouri and approved by NARR before Missouri could become an affiliate

• Each standard includes those items that are considered evidence of meeting that standard

• The standards as written are set at the minimal acceptable level.
Accreditation Process

• Application

• Application review and technical assistance in application preparation process

• Peer Review Process

• Accreditation Determination and Notice
Recovery Housing Standards-Continued

Three types of recovery housing within the state (Levels 1, 2 and 3):

- Level 1- Peer run (oxford)
- Level 2- someone in change- Peer Manager, report to some one, services are outside of the house (most of the houses in Missouri is level 2)
- Level 3- supervised recovery house- presence of case management staff and peer specialists

MCRSP will work with housing operators to identify the appropriate level of the house

NARR has a Level 4, which closely matches Missouri’s residential treatment facilities, which are already licensed within the state
MCRSP Website

• mcrsp.org
• Recovery Housing tab
  – Accreditation Process for Recovery Homes link
  – Start Here tab

  – Contact for Specific MCRSP Recovery Housing Assistance
    • mcrsp.recoveryhousing@gmail.com
    • 816.866.0857
DMH Role in Recovery Housing

- Encouraged and supported the formation of an organization (MCRSP) and the formation of a Missouri NARR affiliate, utilizes grant funding to support MCRSP, NARR and recovery housing.

- Facilitate and encourage collaboration among key stakeholders in the recovery community to better support recovery housing

- Provide insight, assistance and understanding to the Missouri NARR affiliate on DMH expectations regarding recovery housing as a component of the continuum of SUD treatment and recovery
Recovery Housing

“The opposite of addiction is not sobriety, it’s connection”

(Johann Hari 2015 TED talk)

https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong

Recovery Housing is connection to a community of love, acceptance, purpose, health and recovery.