Missouri Mental Health Commission

Recovery Housing Presentation

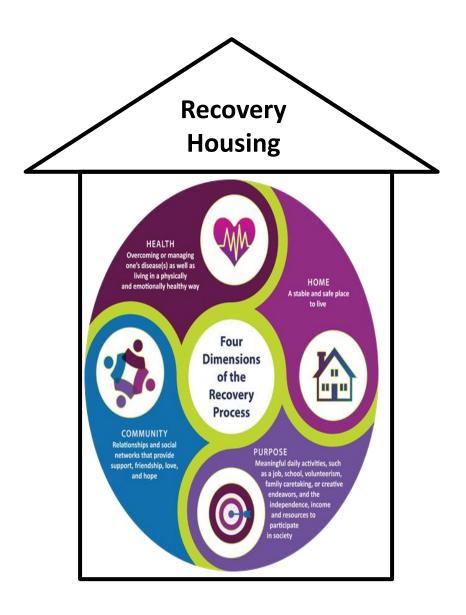
December 14th, 2017

Scott Johnston

Recovery Housing

"A safe, healthy, home-like facility with a <u>culture</u> 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 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 current 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.

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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.