

# Missouri Mental Health Commission

## Recovery Housing Presentation

December 14<sup>th</sup>, 2017

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# 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



## 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](http://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 charge- 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](mailto: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](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.