

OHIO RECOVERY HOUSING CONFERENCE 2024

The Role of Recovery Housing vs. Outpatient Treatment Services for Residents



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Objectives

- Gain knowledge of Recovery Housing Best Practices According to SAMHSA
- Identify the levels of recovery housing under the NARR Standards
- Understanding the intersection of Recovery Housing and Outpatient Treatment Services and its benefits.
- Offering quality Recovery Housing and Outpatient services as one agency.



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Recovery Housing



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National Alliance of Recovery Residences

Defines Recovery Housing as a sober, safe and healthy living environment dedicated to promoting recovery from alcohol, drugs and other associated problems.



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NARR Levels of Recovery Housing

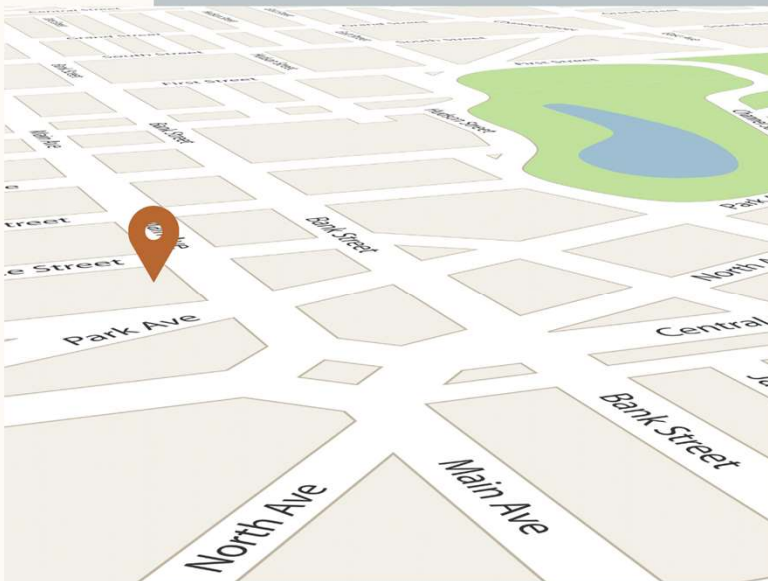
		RECOVERY RESIDENCE LEVELS OF SUPPORT			
		LEVEL I Peer-Run	LEVEL II Monitored	LEVEL III Supervised	LEVEL IV Service Provider
STANDARDS CRITERIA	ADMINISTRATION	<ul style="list-style-type: none"> • Democratically run • Manual or P&P 	<ul style="list-style-type: none"> • House manager or senior resident • Policy and Procedures 	<ul style="list-style-type: none"> • Organizational hierarchy • Administrative oversight for service providers • Policy and Procedures • Licensing varies from state to state 	<ul style="list-style-type: none"> • Overseen organizational hierarchy • Clinical and administrative supervision • Policy and Procedures • Licensing varies from state to state
	SERVICES	<ul style="list-style-type: none"> • Drug Screening • House meetings • Self help meetings encouraged 	<ul style="list-style-type: none"> • House rules provide structure • Peer run groups • Drug Screening • House meetings • Involvement in self help and/or treatment services 	<ul style="list-style-type: none"> • Life skill development emphasis • Clinical services utilized in outside community • Service hours provided in house 	<ul style="list-style-type: none"> • Clinical services and programming are provided in house • Life skill development
	RESIDENCE	<ul style="list-style-type: none"> • Generally single family residences 	<ul style="list-style-type: none"> • Primarily single family residences • Possibly apartments or other dwelling types 	<ul style="list-style-type: none"> • Varies – all types of residential settings 	<ul style="list-style-type: none"> • All types – often a step down phase within care continuum of a treatment center • May be a more institutional in environment
	STAFF	<ul style="list-style-type: none"> • No paid positions within the residence • Perhaps an overseeing officer 	<ul style="list-style-type: none"> • At least 1 compensated position 	<ul style="list-style-type: none"> • Facility manager • Certified staff or case managers 	<ul style="list-style-type: none"> • Credentialed staff

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Outpatient Treatment Services for SUD

Getting Here

-  Take the Metro
-  Take an Uber



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Level I Outpatient Treatment

- Suitable for those with less severe disorders or as a step down from more intensive services.
- Treatment occurs less than 9 hours a week and may involve individual and group counseling.





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Level II Intensive Outpatient/ Partial Hospitalization Treatment

Subdivided into two levels:

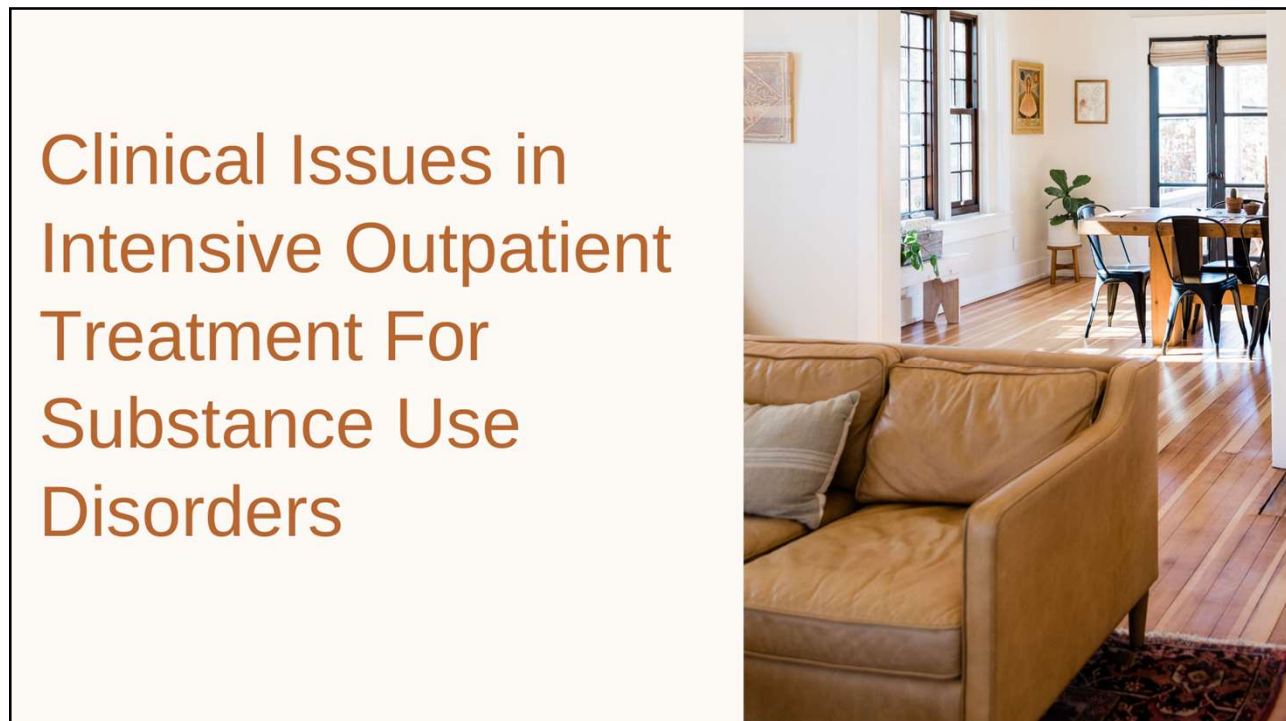
Level 2.1

- Consists of at least 9 hours and no more than 20 hours per week of treatment.

Level 2.5

- Offers more intensive care within outpatient setting

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Clinical Issues in Intensive Outpatient Treatment For Substance Use Disorders

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Key Points

- IOP outcomes are comparable to those seen with residential services for clients with minimal risk of acute intoxication/withdrawal, health conditions, and psychological symptoms.
- IOP programs provide clients with local comprehensive SUD treatment services and access to other social services in the community, thereby establishing and building a recovery network that can extend beyond treatment.




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Key Points

- Key IOP program features improve treatment engagement, retention, and outcomes, including shared decision making, mutual-support and recovery activities, CM, and vocational support.
- IOP treatment is most effective if it is part of a continuum of care.



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Recovery housing plays a crucial role in supporting individuals with substance use disorder (SUD) during their recovery journey. Here are some key outcomes associated with recovery housing:



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- Decreased Substance Use
- Reduced Likelihood of Relapse
- Lower Rates of Incarceration
- Higher Income and Employment
- Improved Family Relationships
- Long-Term Recovery
- Health and Wellness
- Community Involvement



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Conclusions:

Findings underscore the importance of safe and supportive housing during outpatient substance use treatment as well as the need for future research on how housing environments may affect engagement, retention, and outcomes among individuals accessing outpatient substance use treatment.

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Offering quality
Recovery Housing
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agency

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Questions?

