

# Getting Ready for ORH Certification

Part 2



## Ohio Recovery Housing

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### Objectives

Social Model of Recovery

Program Expectations

Dwelling Expectations

Preparing for your Onsite


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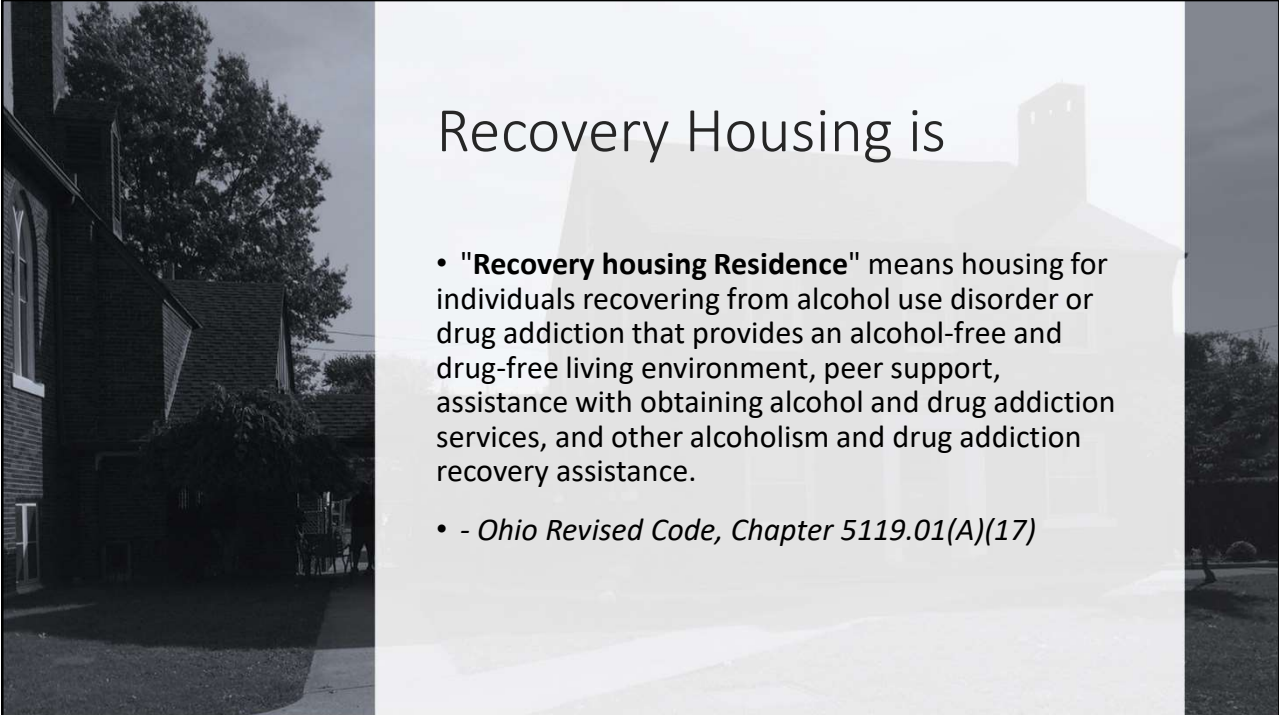
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More information is available

- [Ohiorecoveryhousing.org](https://ohiorecoveryhousing.org)
- “Certification Process”
- “Training”
- “Resource Documents”



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## Recovery Housing is

- **"Recovery housing Residence"** means housing for individuals recovering from alcohol use disorder or drug addiction that provides an alcohol-free and drug-free living environment, peer support, assistance with obtaining alcohol and drug addiction services, and other alcoholism and drug addiction recovery assistance.
- - *Ohio Revised Code, Chapter 5119.01(A)(17)*

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## What are the quality standards?

Administrative Operational	Recovery Support	Property and Architecture	Good Neighbor
Operate with Integrity	Facilitate active recovery and community engagement	Provide a homelike environment	Responsive to neighbors
Uphold Resident Rights	Model prosocial behaviors	Promote health and safety	Courtesy Rules
Create a culture of empowerment	Cultivate a sense of belonging and responsibility		
Develop staff ability to apply Social Model			

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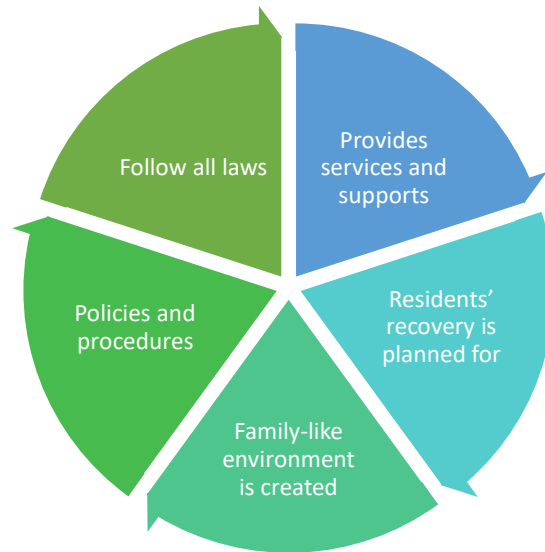


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Recovery  
Housing is  
not just a  
place to  
stay



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## Social Model of Recovery in Recovery Housing\*

- Uses mutual help and peer support
- Experience in recovery is valued
- Focus on creating an environment and focus on person in recovery interacting with environment

### Key Characteristics

- **Physical environment supports resident interaction**
- **Defined strategies for residents to support one another in recovery**
- **Resident leadership is developed**
- **Defined strategy for peer support**
- **Residents have a voice in governing the home**

\*Policin, Mericle, Howell, Sheridan, Christensen, "Maximizing Social Model Principles in Residential Recovery Settings" Journal of Psychoactive Drugs. 2014 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4226294/>

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What makes your recovery house feel like a home?

- Type answers in chat!

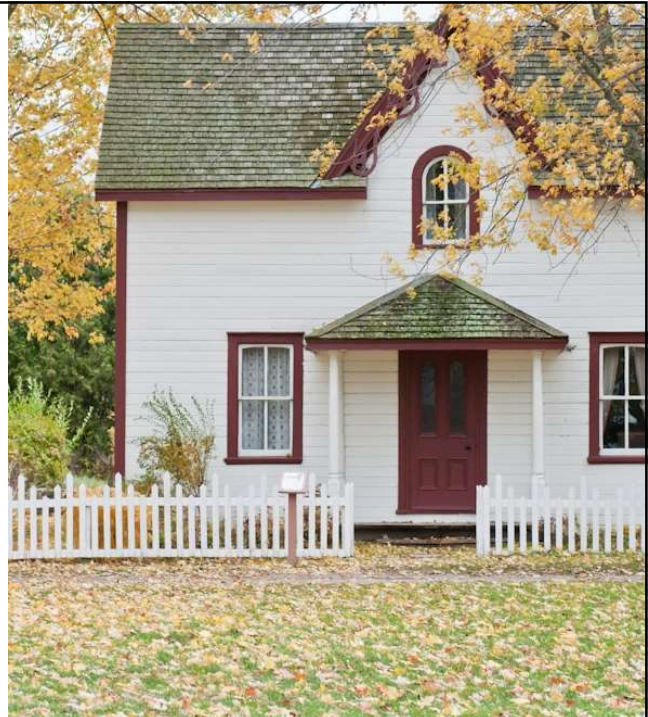
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## Physical Environment

Furniture is typical of a home

Freedom to use the space

Ability to come and go



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Leadership

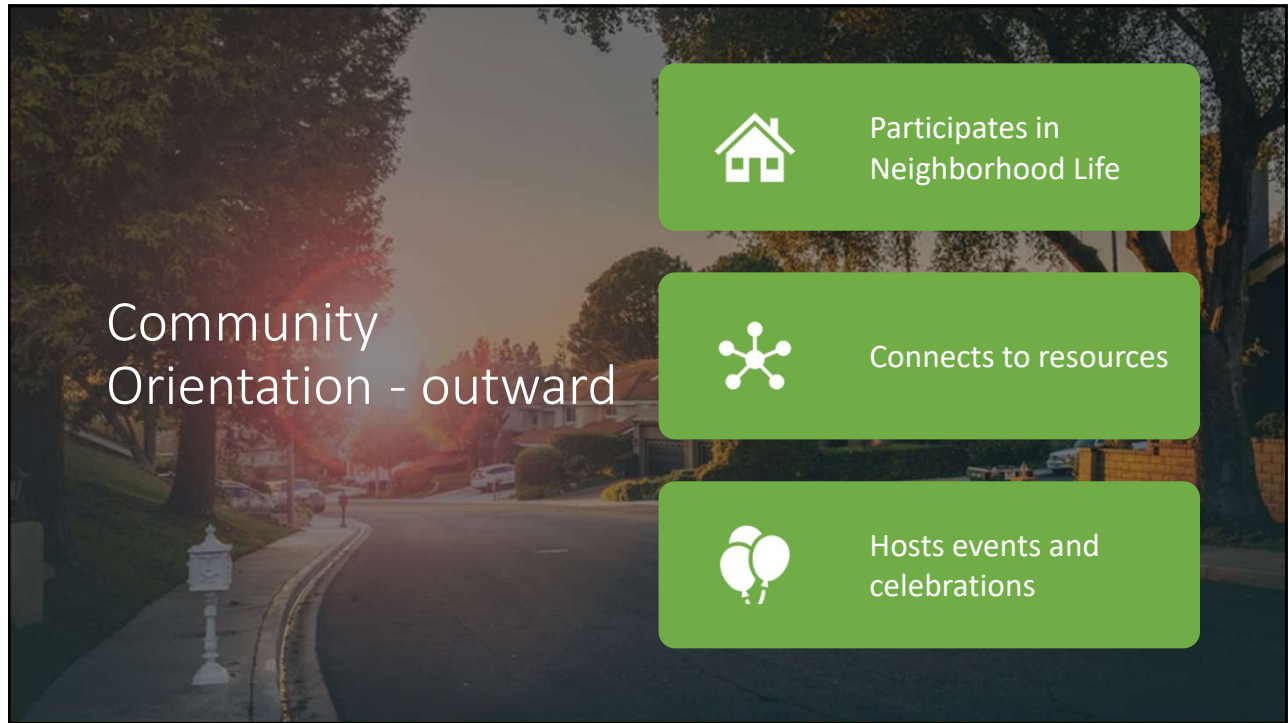
- Any staff are typically in recovery – often program alumni
- Residents become leaders
- Residents expected to model recovery and help others
- Experience in recovery valued

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Resident Involvement

-  Residents have a say in rules
-  Residents help enforce the rules
-  Residents' concerns are prioritized

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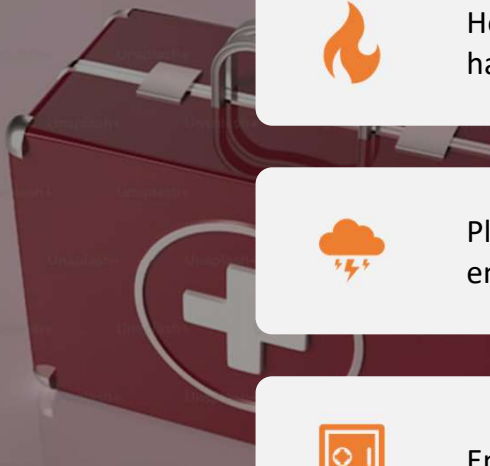


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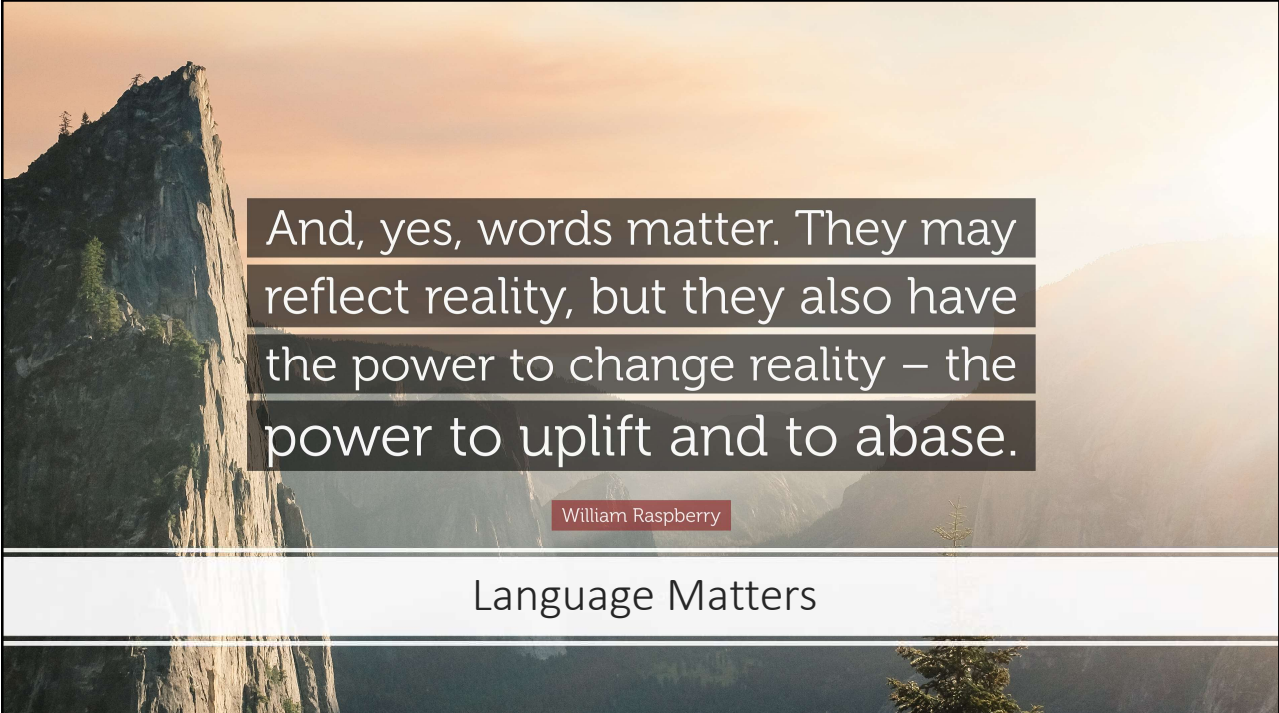




Safe

-  House free from fire hazards
-  Plan for disasters and emergencies
-  Emotionally safe

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And, yes, words matter. They may reflect reality, but they also have the power to change reality – the power to uplift and to abase.

William Raspberry

Language Matters

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Social Model of Recovery  
Promotes Resident involvement

- Residents themselves agree to uphold rights and rules
- Residents are empowered in their environment and have a critical role

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## Language Matters

<p><b>Language that Promotes Stigma</b></p> <ul style="list-style-type: none"> <li>• Addict/ Former Addict</li> <li>• Abuse</li> <li>• Clean/ Dirty</li> </ul>	<p><b>Language that does not promote stigma</b></p> <ul style="list-style-type: none"> <li>• Person in Active Addiction/ Person in Recovery</li> <li>• Harmful use</li> <li>• Substance Free/ Not Substance Free</li> </ul>
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## Language Matters

### **Housing Language**

- Units/ Capacity
- Support
- Application
- Move in
- Move Out
- Resident

### **Treatment Language**

- Beds
- Treatment
- Assessment
- Intake/ Admission
- Discharge
- Client/ Patient

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How do you feel when someone says something is mandatory?

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How do you feel when someone asks to agree to something?

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## Phrasing Matters\*

### **Traditional Phrasing**

- Must
- Mandatory
- Prohibited
- Zero-Tolerance

### **Social Model Oriented Phrasing**

- I agree to...
- I commit to...
- I will/ I will refrain from...
- I understand that...

\*Source: Tennessee Alliance of Recovery Residences

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## Things are different!

- **Even if you were certified previously, measures were updated in January.**
- **You may need to make changes to stay certified**

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## Be Prepared

- To show your policies
- **WE WILL ASK TO SEE THEM!**
- Policies should match what you turned in
- Be prepared to explain your policies



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## Tell us

- What daily life is like in your home
- How you will respond to specific scenarios
  - If someone needs extra help
  - If someone experiences a disruption in their recovery
  - If there is a repair needed
  - What happens when residents move in and out



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## Talk about the leadership in your home

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- How you select people to leadership roles
  - What type of work different people perform
  - How to make sure everyone is completing their jobs
  - That Level III home are supervised and Level II home are monitored



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## Share how residents are involved

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SHARE HOW RESIDENTS GROW INTO LEADERS



HOW DO YOU MAKE SURE RESIDENTS SUPPORT ONE ANOTHER



HOW ARE RESIDENTS TAKING OWNERSHIP OF THEIR ENVIRONMENT

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## How do you prioritize safety

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Tell us how you make sure the home is safe



How do you make sure people are doing chores



Who make sure that code of conduct is being followed all the time

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## A part of the community

- Explain how your residents interact with the community
- What resources do you use and how do you use them
- What partnerships do you have
- How do you build community in your home
- How do you ensure residents respect their individual cultures



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Best Practices

Practice an interview

All of the questions are online

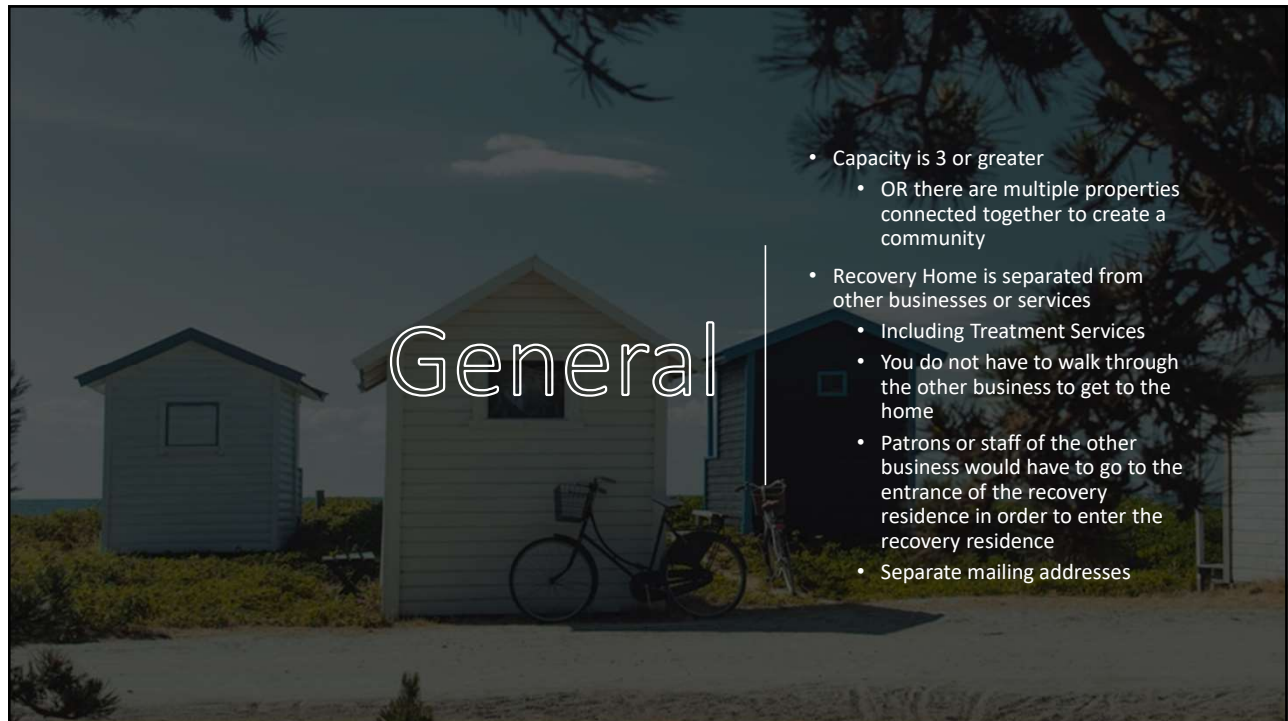
Have someone who is not as familiar with your program sit in and pretend to be a reviewer

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## Physical Property

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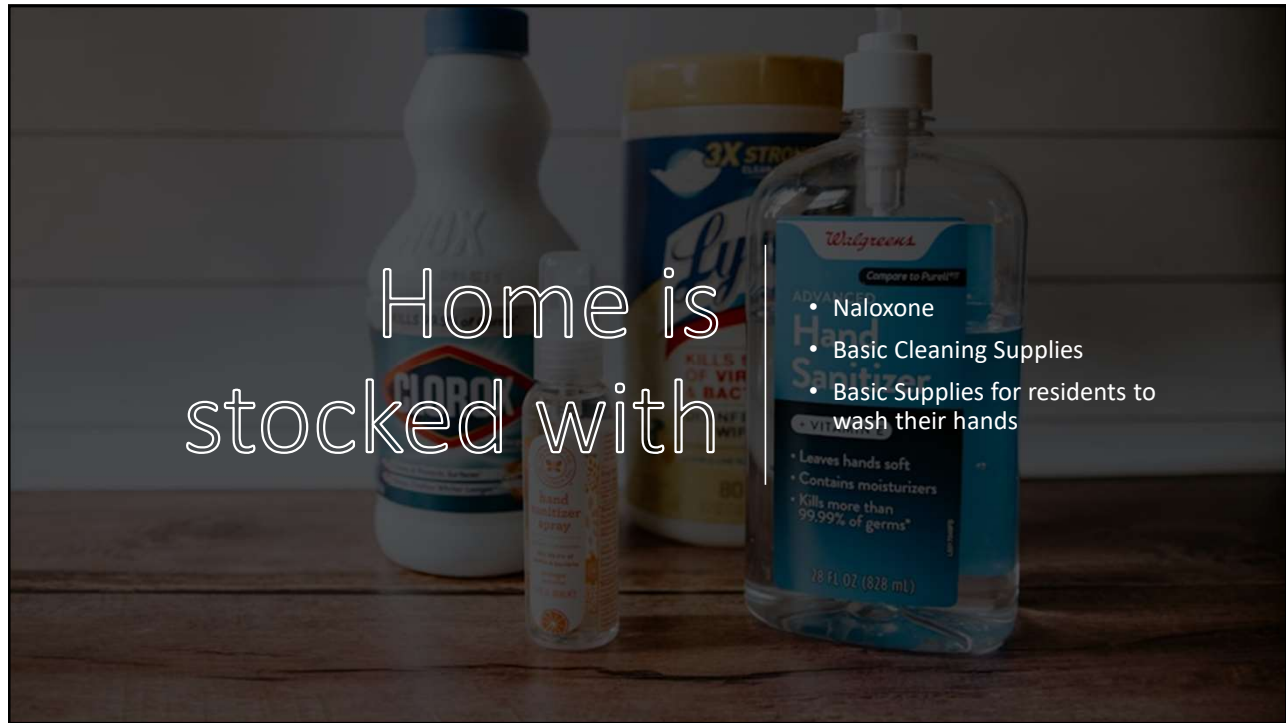


## General

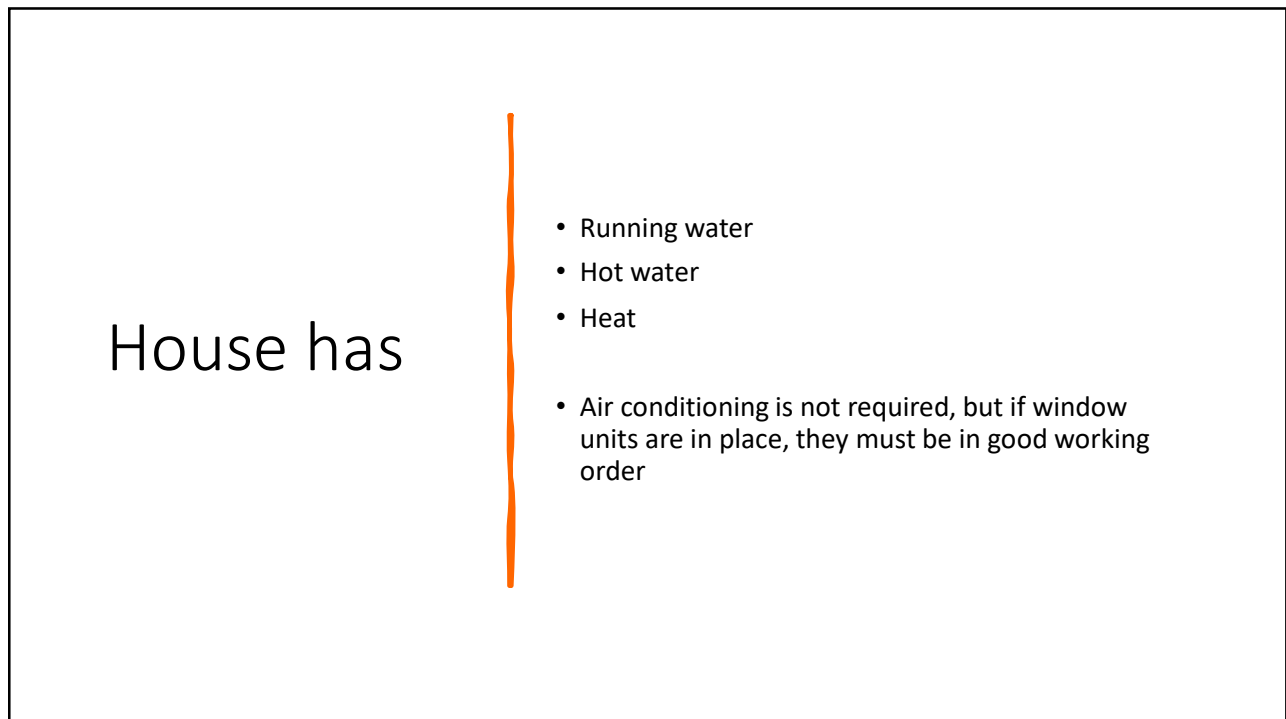
- Capacity is 3 or greater
  - OR there are multiple properties connected together to create a community
- Recovery Home is separated from other businesses or services
  - Including Treatment Services
  - You do not have to walk through the other business to get to the home
  - Patrons or staff of the other business would have to go to the entrance of the recovery residence in order to enter the recovery residence
  - Separate mailing addresses

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## Space Requirements

- One toilet sink and shower for every six residents
- Bedrooms are 70 square feet for the first person, 50 square feet for each additional person
- Limit of 6 residents per room
- If you have 3-6 residents you must demonstrate homelike elements
  - Residents decorate the room themselves
  - Residents can move furniture
  - Residents have privacy
- Living Room, dining room, common areas large enough to hold house meetings, entertain
- 1 Fridge per 5 residents. Dry food storage in the kitchen

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## Outside

- House yard is free from trash and debris
- Yard is well maintained
- Designated smoking area
- Outdoor buildings in good repair and safe

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## Furniture

- Furniture is typical of a single family home
- Residents use the space for leisure and activities
- In good condition
- Used for intended purpose

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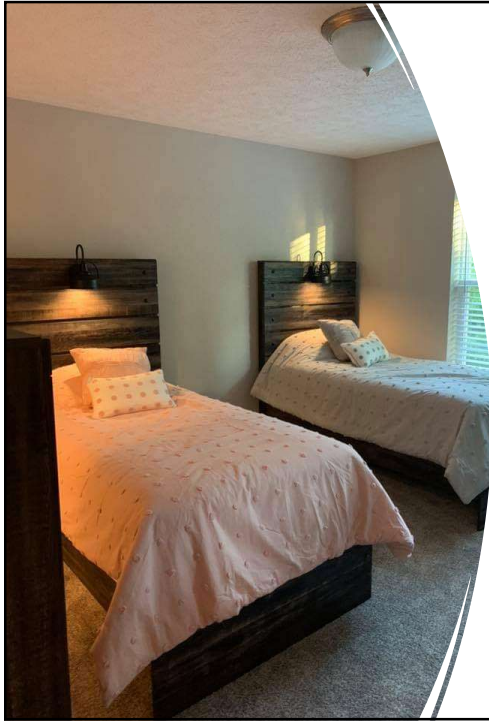
## Safety

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- Check your local building/ safety codes for requirements
- All recovery homes must have
  - Smoke detectors in bedrooms and kitchens
  - Fire extinguishers in kitchens
  - Carbon monoxide detectors

Naloxone must be available in the home

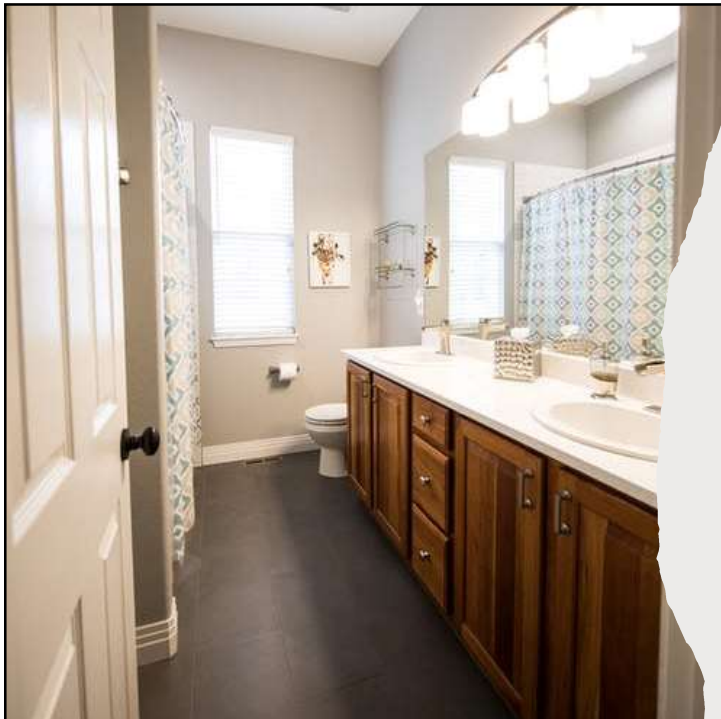
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## Bedrooms

- Each resident has a bed
- There is an egress
- **There is an appropriate door**
- Each resident has storage space
- **Fire Detector**
- Resident does not need to travel through the bedroom to get to common areas of the home
- Bunk Beds are allowed but discouraged

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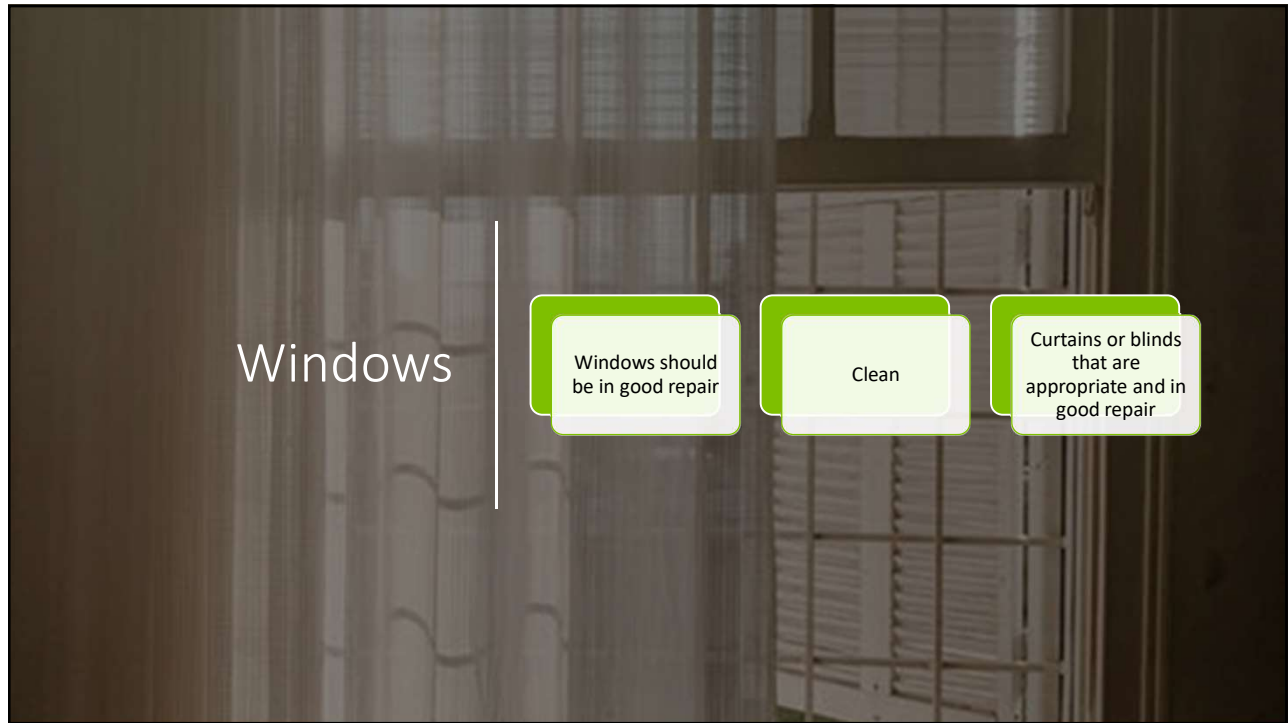


## Bathrooms

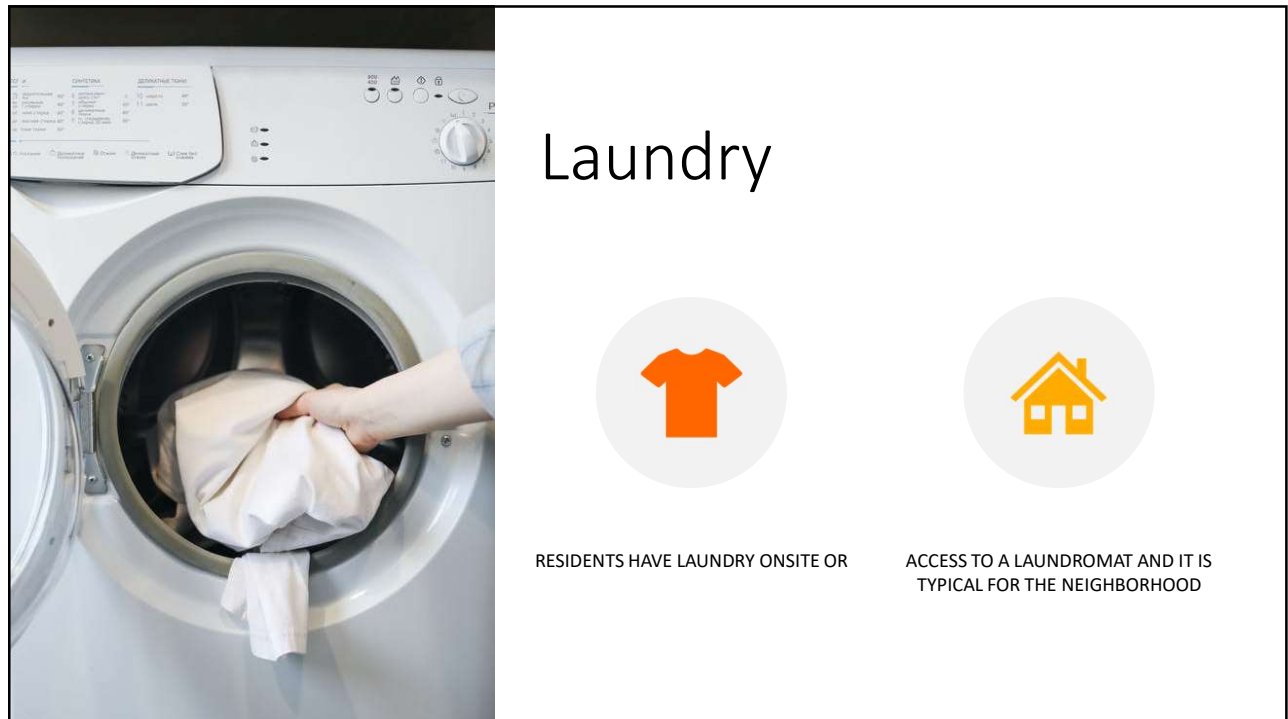
- One sink, toilet and shower per six residents
- Showers should have appropriate curtains or doors
- Bathroom should have an appropriate door
- Appropriate privacy

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## Walls

- Walls are free from holes
- Paint is in good condition
- No over loaded electrical outlets
- Extension cords being used appropriately




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## Ceilings

- All light fixtures have appropriate coverings
- No wires are hanging from the ceiling
- No damage or holes in the ceiling
- No leaks in the ceiling



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## Can bedrooms be in basements?

You need to ensure you have an appropriate egress.

You must follow all state and local building codes.

Must be homelike

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## Cameras

- IF you have cameras
  - Only allowed in non-private areas
  - Footage can only be viewed by authorized staff if there is an incident
  - Cameras are not used in place of staff monitoring
  - How long camera footage will be stored




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Questions?

- [Certification@ohiorecoveryhousing.org](mailto:Certification@ohiorecoveryhousing.org)
- 614-453-5133