



Development & Funding of Recovery Housing

 **SUNSTONE**
DIRECTION • SUPPORT • INDEPENDENCE

Sunstone

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Founders

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Ohio Recovery Housing

Certified Associate



What is Recovery Housing?

The National Alliance of Recovery Residences defines recovery housing as sober, safe, and healthy living environments dedicated to promoting recovery from alcohol, drugs and other associated problems. NARR has established four levels of recovery housing that offer differing levels of support for residents.

Level I: Peer-run, democratically run; housing often provided in shared living environments such as single family residences; most often no paid positions to run the housing; support services include self-help and drug screening, housing meetings

Level II: Monitored by one house manager who screens potential residents; shared living environment such as single family residence; structured; support services include self-help and drug screening; no clinical services provided in house

Point of Entry and Exit for Recovery Residences Occurs at Any Level

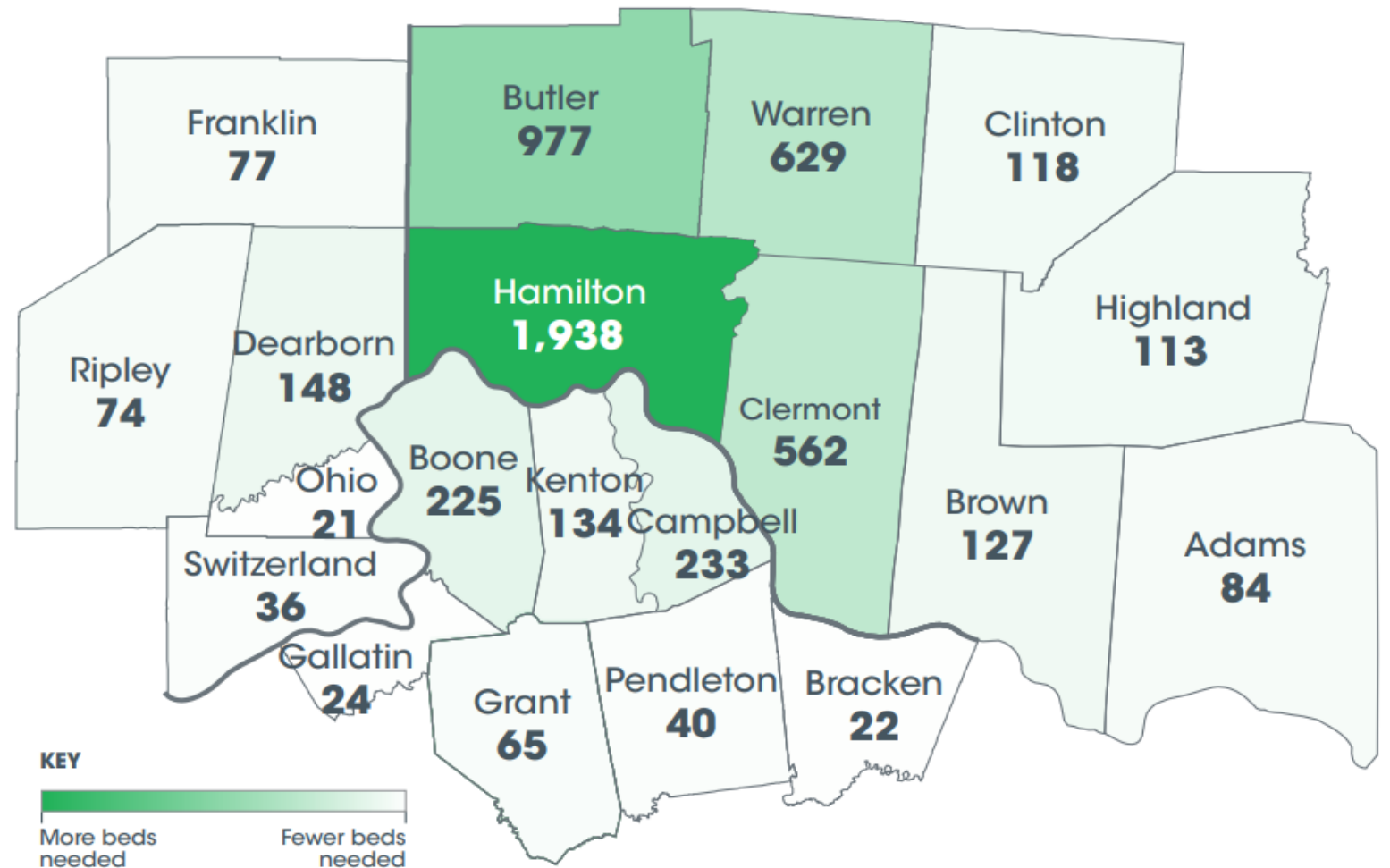
Level III: Supervised; an organizational hierarchy with administrative oversight; found in all types of residential settings; staffed by a facility manager, certified staff or case managers; support services include life skills development emphasis and clinical services; services provided through program are limited

Level IV: Service provider with organizational hierarchy and administrative oversight; licensing varies from state to state; clinical supervision; may be more institutional setting or treatment center with credentialed staff, support services include clinical services; services provided in-house

In 2019, SAMHSA estimated that 7.6% of people with substance use disorder seek treatment each year. Researchers estimated that if 50% of those who seek treatment in Greater Cincinnati were to seek recovery housing, the region would need 5,647 more beds.

https://www.interactforhealth.org/upl/media/recovery_housing_in_greater_cincinnati.pdf

Estimated number of additional beds needed if 50% of people in need of treatment sought recovery housing





Only 1 in 5 recovery houses in Greater Cincinnati (21%) reported being certified through Ohio Recovery Housing (ORH) & the National Alliance of Recovery Residences (NARR), and that is concerning.

https://www.interactforhealth.org/upl/media/recovery_housing_in_greater_cincinnati.pdf

The objective is to keep residents on the path to stability and independence while encountering the least amount of setbacks possible.

If relapse does occur, we ensure a warm handoff and a plan to return.

Traditional Sober Livings

- Access & lack of funding
- Subpar quality
- No MAT & Stigma
- House Managers, not paid staff
- Triggering locations
- Expectations & Compliance
- Communication gaps
- UDS issues



A Novel Approach to Recovery Housing

- Integrated approach with outpatient providers
- MAT friendly & recovery focused campus
- Funding for up to 90 days
- Nonpunitive, supportive
- Staff, updated, good neighborhood
- Application process & Care Coordination
- Direction & support for long term independence

Up To 90 Days of Free Housing

Month 1

Treatment & recovery is priority
Identification
Employment search

Month 2

Secure & start employment
Adjust to working & treatment

Month 3

Decrease LOC
Increase to full time employment
Prepare to be self-pay

Integrated Model of Recovery Housing

- Working hand in hand with outpatient treatment providers
- Individualized & custom recovery plans
- Working closely with drug treatment & recovery court
- Working closely with probation & parole
- Identifying & removing barriers to success
- Closing systemic gaps
- Improved overall outcomes

MAT Friendly Recovery Housing

- Structured MAT management with daily access
- Monitor & require attendance with outpatient treatment
- Removed fear of not having access to medication
- Required UDS compliance
- Non-stigmatizing language used
- Improved outcomes
- Longer length of stay

**You don't come to sober living to
get sober & find recovery.
You come to stay sober
& keep your recovery.**

Community Care Link

- A case management focused resident record database
- Streamlined intake process
- Interactive bed board
- HIPAA compliant documentation and internal messaging
- Track daily tasks
- Referral tracking
- Tracking multiple levels of data for grant studies

<https://www.communitycarelink.com>

Creating a Standard Daily Rate

- Established \$30 per day rate for level 2 recovery housing
- Develop funding mechanisms
- Certified by ORH through NARR standards
- Data driven improved outcomes & quality
- Experienced & professional staff
- Structured medication management
- Case management & other needs met
- Quality, safe property management
- UDS

Creating a Funding Mechanism

- Making recovery housing part of the continuum of care
- Require NARR certification
- Standardization & accountability
- County, state & federal funding
- Accessing opioid settlement funds
- Decreasing financial burden on society
- 90/90/90
- Longer length of stay for long term recovery

**Thank you for being here.
Questions?**

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