

Recovery housing and other recovery support services

National Conference of State Legislatures
Opioid Policy Fellows, January 2019



Death more likely by opioids than by car crash

Brett Molina
USA TODAY

For the first time, Americans' odds of dying from an accidental opioid overdose are higher than from a motor vehicle crash, a data analysis found.

Injury Facts, an analysis from the nonprofit group National Safety Council, found the lifetime odds of dying by an accidental opioid overdose were 1 in

USA Today January 15, 2019

Accidental opioid overdoses now the fifth leading cause of death, exceeding auto accidents for the first time.

Data: National Safety Council

"Any idea that this is just willpower and you ought to be able to get over it is completely contrary to what we know on the basis of strongest medical evidence,"

NIH Director Francis Collins



2016:

U.S. Surgeon General's Report on Alcohol, Drugs, and Health was published, describing the nature of addiction, treatment, and recovery based on 50 years of research and policy; ***firmly established that addiction is a chronic, rather than an acute, condition.***

FACING ADDICTION IN AMERICA

The Surgeon General's Report on Alcohol, Drugs, and Health

A Vision for the Future

#FacingAddiction

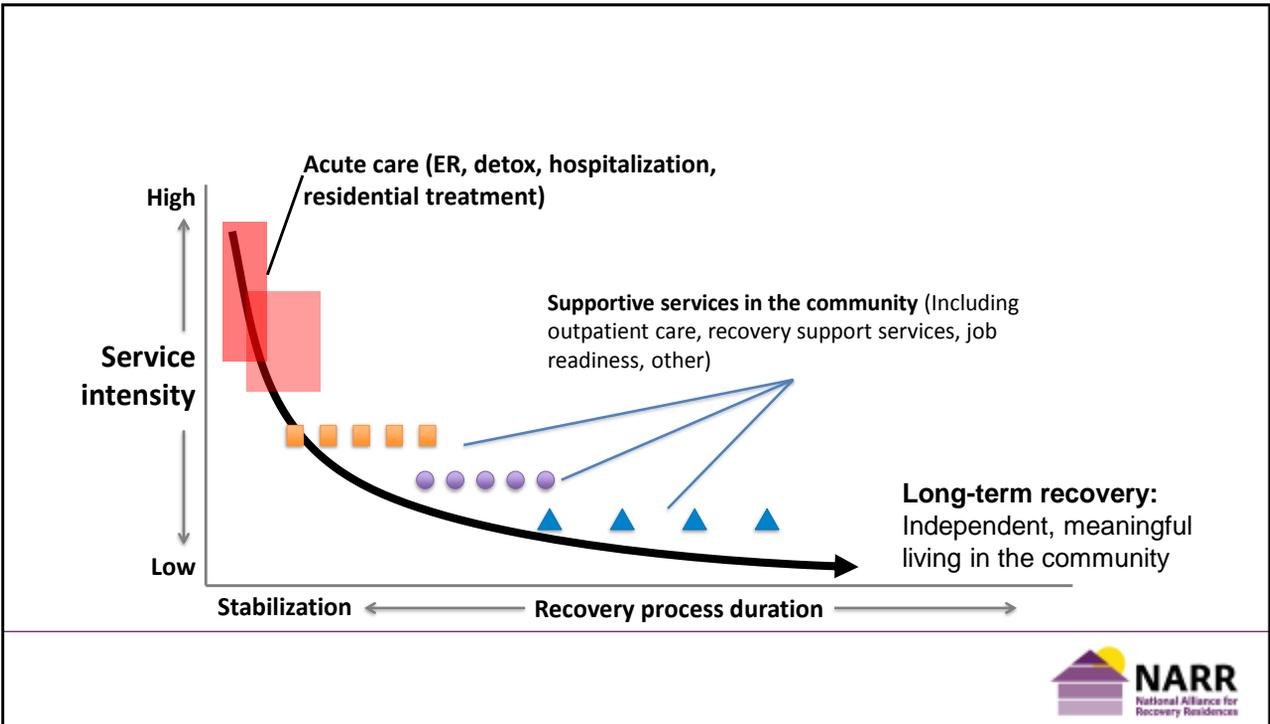
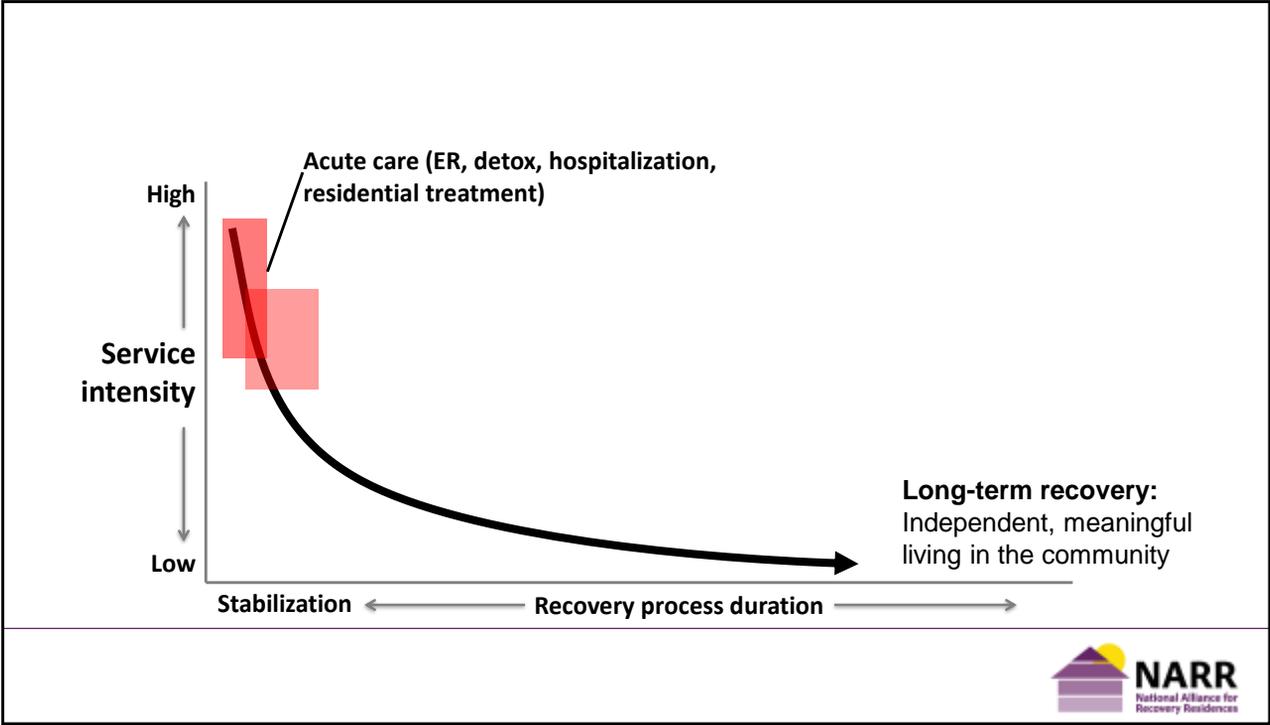


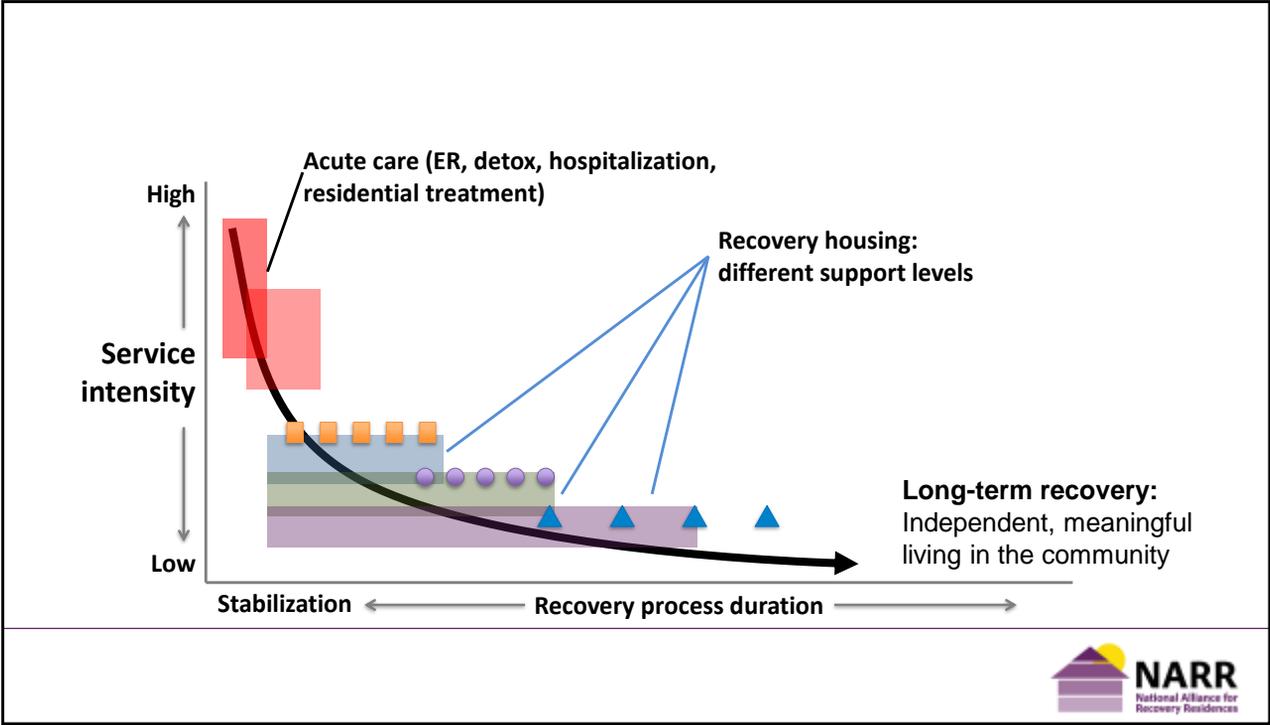
Identified progress

We are moving from...

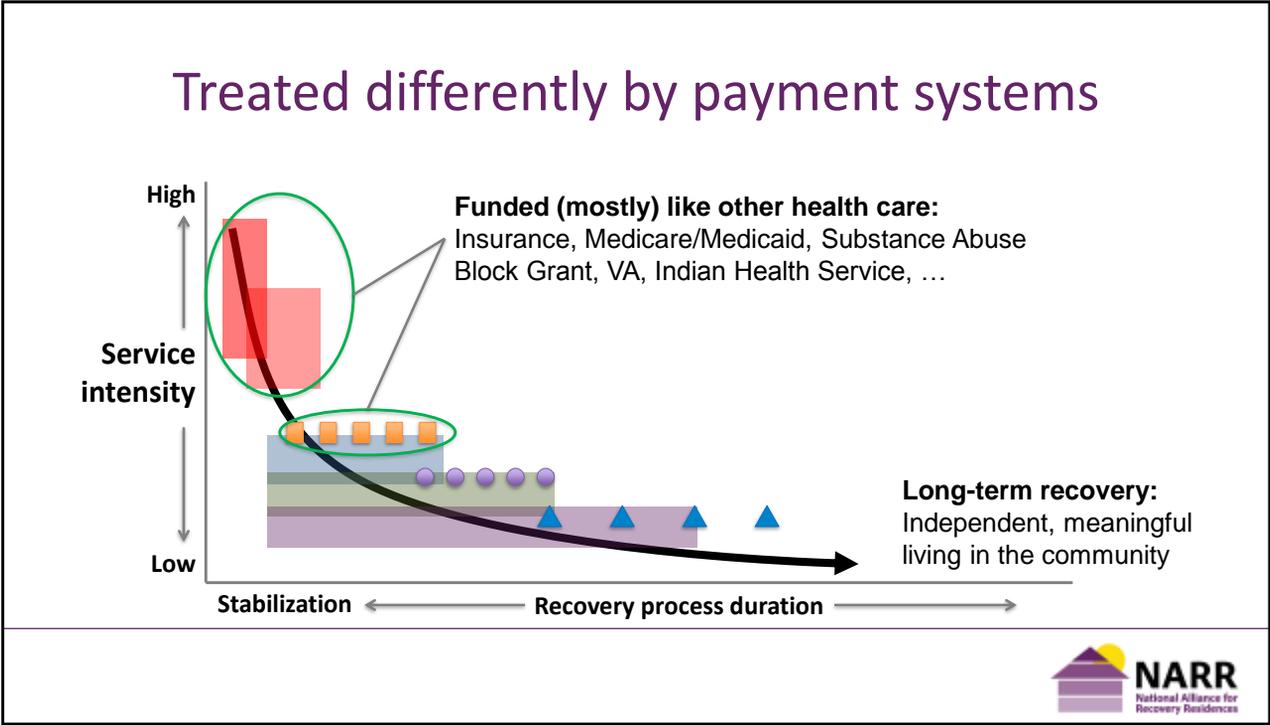
- A “moral issue” (***criminal justice***) → a genetically influenced disease of the brain (***public health***)
- A few treatment options → many evidence-based pharmacological and psychosocial treatment options
- A rapid detox and “30 day rehab” → ongoing recovery management
- Believing few people recover → understanding that most people recover, but it can take time
- Uncoordinated and segregated addiction care → health systems treating this as a top public health problem (e.g., Mass. General Hospital)



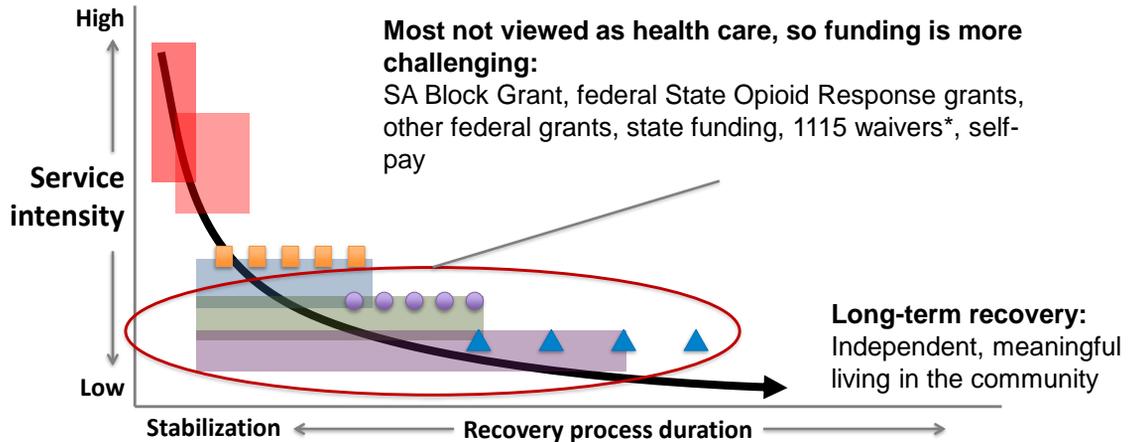




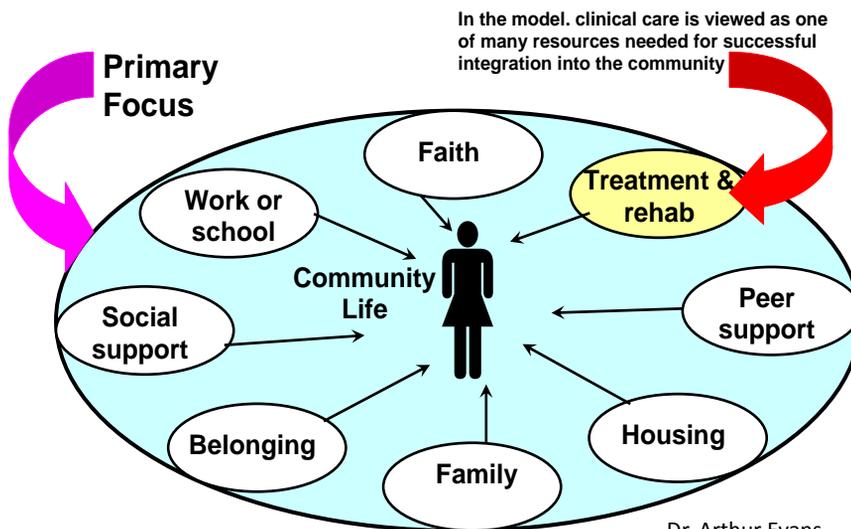
Treated differently by payment systems



Treated differently by payment systems



Service System Progression Model 3: Recovery-oriented System of Care



Numerous Long-term Recovery Support Services Now Exist...



SAMHSA Technical Expert Panel
Recovery Support Services, August 2018



Peer recovery support services

- Help individuals and families initiate, stabilize, and sustain recovery
- Provided by individuals with “lived experience” of addiction and recovery
- Non-professional and non-clinical
- Not case management or treatment
- Distinct from mutual aid support, such as 12-step groups
- Provide links to professional treatment, health and social services, and support resources in communities



Peer recovery support services

- Place-based (hospitals, emergency rooms, community recovery centers)
- Client-based (similar to home health care models); Recovery Community Organizations
- Different service models provide:
 - Assistance in creating, managing personal recovery plans
 - Resource navigation
 - Encouragement through sharing personal experience



Recovery Community Centers (RCOs)

Vision

- Community institution like a Senior or Youth Center
- Recovery-oriented sanctuary anchored in the heart of the community.
- Drop-in services, scheduled activities, gathering place



Recovery Community Centers (RCOs)

- Physical location – to organize the local recovery community's ability to care
- RCO provides opportunities for civic engagement, leadership development, and interface with the greater community as a key stakeholder
- Includes participation of family members
- Provides volunteer, service, and leadership opportunities
- Often a delivery point for peer recovery support services
- Provides public and visible space for recovery to flourish in community: Recovery on Main Street



Education-based RSS

- Includes **recovery high schools (RHS)** & **collegiate recovery programs (CRP)**, both of which have grown in recent years
- Opportunities for recovery without abandoning or delaying educational goals

Recovery High Schools

- Range from 2 – 115 students^[2]
- Exist as independent schools and programs within another school^[3]
- Are professionally led
- No single model for RHS
- Estimated 40 RHSs currently in operation in U.S.^[4]

Collegiate Recovery Programs

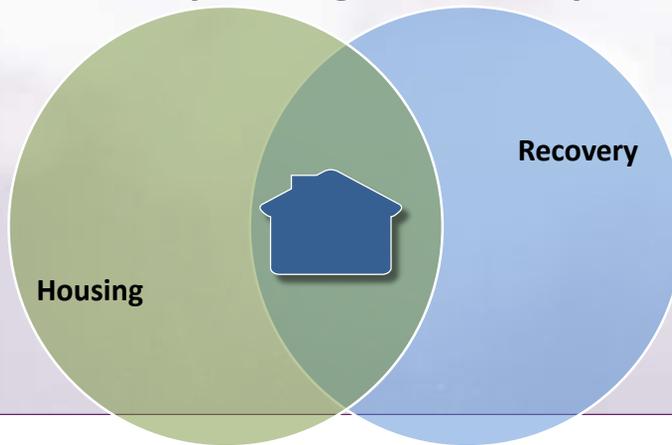
- Range from 10 – 50 students^[5-6]
- Are peer driven, with limited professional staff
- No single model for CRP
- Estimated 50 CRPs in development or operation in U.S.^[7]

Notes are to citations from a SAMHSA Technical Expert Panel on research and recovery support services, August 2018



Recovery housing; recovery residences

At the intersection of housing and recovery



Housing

Individuals with substance use disorders

Abstinence-based

Peer recovery support

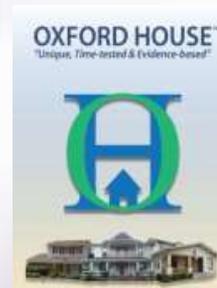
Operates as a family-like community

Excellent recovery housing doesn't just happen

- Standards, ethics based on national best practices
- Provider accountability
- Consumer information and protections
- Provider support, continuing quality improvement
- Training, workforce development
- Integration into larger systems of care
- Local expertise, policy resource



National standards and support systems



NARR at a glance

- Founded in 2011 by leading regional recovery housing experts, organizations; based on decades of best practices developed nationally
- National Standard and Code of Ethics
- Covers the full spectrum of recovery housing
- Operating model for statewide recovery housing support systems
- Affiliate relationships in 30 states, over 2,500 residences nationally
- Training, technical assistance; working relationships with gov't agencies
- Certification program implemented by state affiliate organizations



Classification: Levels of recovery support

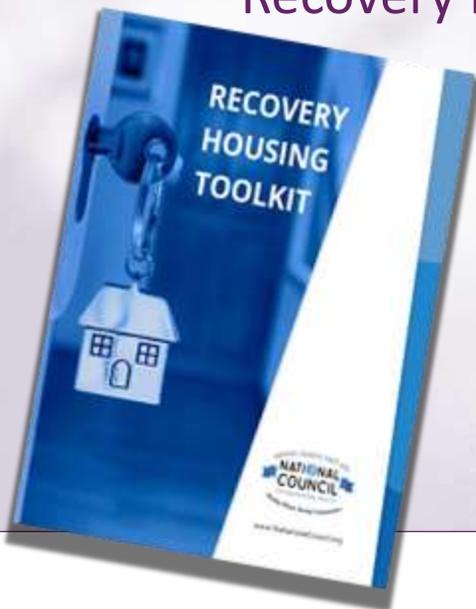


Oxford House at a glance

- Founded in 1975 by individuals in recovery
- Standards, ethics codes
- Model is a pure peer-run recovery environment
- About 2,400 Oxford Houses nationally
- Contracts with several state governments
- Infrastructure of trained staff supports autonomous homes
- Resident training and resources



Recovery housing policy guide



- A joint effort between National Council and NARR with input from other stakeholders, including Oxford House.
- Provides state policymakers and advocates strategies, tools, and policy language that support the infrastructure of recovery housing, quality operating standards, and protections for people in recovery.
- Highlights three main sections:
 1. Protecting Recovery Housing
 2. Supporting Recovery Housing in Practice
 3. Sample Legislative Language



State system support elements

- Recognition of standards, certification of residences
- Incentives for becoming standards-compliant, submitting to oversight
- Provisions addressing patient brokering, insurance fraud, misleading advertising
- Funding for these elements:
 - Resident access, services
 - Capital costs, system expansion
 - System support



State system adoption

Already adopted, working well

- 30 existing state organizations
- Legislative support: OH, FL, MA, IN, RI, MD, PA
- Legislation pending: NJ, WV
- Legislation to be introduced: VA, TX
- Oxford House already supported, funded in several states



For more information



569 Selby Avenue
St. Paul, MN 55102
(888) 877-4236
narronline.org
info@narronline.org

Dave Sheridan
Board President
dave.sheridan@narronline.org

