

The Highlighter

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The Hancock County Board of Alcohol,
Drug Addiction and Mental Health Services



"I went to the Recovery Home for thirty days and lived with other recovering women. In this home we were together learning ways to live with addiction, to cope with life's problems, and to learn how to find social support for Recovery. As I look back on that time, I know the Recovery Home was instrumental in my Recovery. I had a safe environment to get the alcohol and cravings out of my system as well as learn how to live without drugs or alcohol."

"Any woman deserves the same chance that I had." - Nancy Hutchinson

Recovery Housing is unified by three essential elements:

Time: An extended period for establishing and practicing healthy routines with a resident-driven length of stay.

Safe, Alcohol- and Drug-Free Environments: Abstinence-focused, monitored living environments cushioned from a world where substance use was the central focus.

Community: Creating a safe, stable community of peer support in which a person in early sobriety can find a foundation for lifelong recovery.

Recovery is when an individual, who either abused a substance or became physically dependent on a substance, stops using the substance and begins to put their life back together. There are individuals in recovery everywhere—in our schools and churches, and places we eat, shop, and play. Anyone is likely to know someone who is in Recovery.

Recovery Housing is a resource for individuals who have already demonstrated a commitment to Recovery and need additional time and support.

Residents benefit when Recovery Homes are accepted in more stable communities with fewer opportunities for relapse, making them more conducive to maintaining sobriety. Neighborhoods defined by transient communities and low socioeconomic status are not ideal locations. Recovery Housing is distinct from addiction treatment by its home-like environment, self-determined lengths of stay, democratic self-governance, and the reliance on experience rather than professional authority. Recovery Housing offers a structured environment with support services, predominantly facilitated by peers, for people in Recovery to gain access to an interim environment where they can transition from

rehabilitation to assimilation into society as a productive citizen.

Smaller, self-governed programs, particularly peer-run and peer-monitored homes, are the most vulnerable to community dynamics. Support from the communities in which they reside is a crucial element for long-term stability.

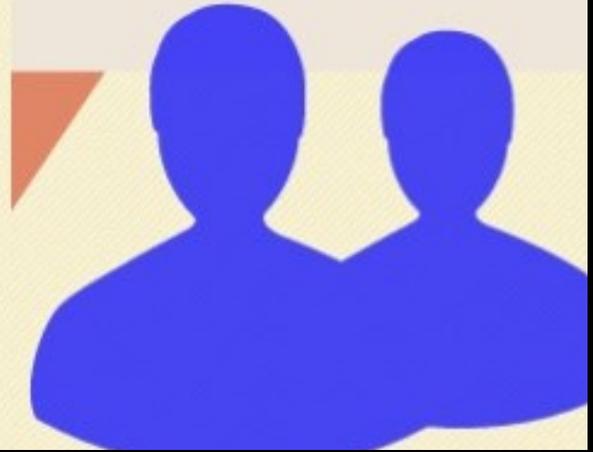
Social support, self-efficacy, and length of stay in a Recovery Home are all key components of Recovery Housing, directly affecting Recovery outcomes, including the probability of relapse.

Our local Recovery Homes will be certified as Level II residences, as designated by Ohio Recovery Housing and the National Alliance for Recovery Residences. This means that the residences will be monitored by one house manager who screens potential residents, have shared living spaces, maintain a structured environment, include support services, toxicology screenings, and no clinical services are provided in-house.

Someone who, through an application and selection process, demonstrates the motivation to:

- * Actively work to live alcohol- and drug-free lives on a daily basis.
- * Desire a safe and structured living environment with others who share the goal of sobriety.
- * Want to engage in support, services, or treatment opportunities to further their Recovery.
- * Pursue employment, increase education, build skills, and actively participate in their community.

Who is Recovery Housing For?



In order for an individual to be considered to live in a Recovery Home, they must first submit an application. In addition to basic demographic information, the application asks twelve questions that directly pertain to the individual's path to Recovery, why they are seeking this type of residence, and what has or hasn't work in their Recovery thus far.

In order to be a viable candidate, the applicant must have at least 30-90 days of sustained Recovery, although a longer length of sustained Recovery is preferred. The applicant must not have any significant violent or aggressive criminal history and must be willing and able to submit to the criteria set forth as requirements for living in the Recovery Home.

Once the application is received and reviewed for initial appropriateness and viability, the applicant will be interviewed by a representative committee comprised of the following: the ADAMHS Board Property Manager, the Focus on Friends Recovery Support Supervisor, the Resident Manager, and an individual with long-term, sustained recovery.

If the initial interview is successful, a group interview with the current Recovery Home residents will take place. If, at this point, the applicant, residents, and Resident

Manager conclude the applicant will be a good fit, the applicant will be invited to move into the Recovery Home.

No specific treatment programming will be delivered in the Recovery Home. However, to live in the Recovery Home, individuals will be required to sign and adhere to a Program Agreement and House Rules. These documents dictate that residents must seek outside Recovery programming in order to maintain their residency. Residents will also be responsible for creating and guiding their own Recovery goals which will be facilitated by peers, called Recovery Guides, who have lived experience and appropriate peer support training. Self-directed Recovery creates greater maintenance of long-term Recovery.

A key component of outside programming will be delivered by Focus on Friends, a peer-led Recovery Center. Many learning opportunities for self-improvement will be offered at Focus on Friends such as money management, computer literacy, and coping skills. Additionally, residents will have opportunities to participate in support groups with other peers in Recovery.



Longitudinal studies of peer-run Recovery Homes have shown that after twenty-four months, when compared to individuals who returned to their communities of origin after treatment, peer-run housing residents had significantly better outcomes, including: decreased substance use, decreased rates of incarceration, and increased income (Jason et. al., 2007a; Polcin et. al., 2010).

Furthermore, studies have shown that living in Recovery Housing also led to higher rates of employment, ranging from 79-86%.

In 2010, the Journal of Substance Abuse Treatment published the results of an exhaustive study on the statistics for former residents of sober-living communities. The research found that recovering addicts who passed through some kind of structured sober living environment were significantly less likely to face relapse, arrest, and homelessness. One of the key findings of this study was that a major factor in the improved outcomes for the subjects was the large and mostly positive community support that was established in the very early days of sober living.

No research exists to support the claim that surrounding property values decrease as a result of Recovery Housing placed within a neighborhood. According to the National Association of Recovery Residences, the American Planning Association's Policy Guide on Community Residences reviewed more than fifty studies and concluded that community residences such as group homes and halfway houses do not have an effect on the value of neighboring properties.

Additionally, studies of affordable housing, group homes, and emergency shelter have concluded that crime rates are no higher in proximity to those units than in comparison sites.

For additional supporting information
please visit the
Recovery Housing page at
www.yourpathtohealth.org

WHY NOW?

1

A recognized expanded view of Recovery includes long-term outlook, need for Recovery supports, and safe and affordable housing.

2

A growing body of research shows Recovery Homes are positive, cost-effective ways to promote Recovery.

3

Emerging national and state efforts to understand and support Recovery Housing.

4

Ohio House Bill 369: Each county in Ohio is required to include Recovery Housing as part of the continuum of care for substance use disorders.

Waking up my head is aching,
Breaking down I grab the glass...
Take a drink to stop the shaking,
God I pray the pain will pass...
Please don't tell this to my father,
Lord knows what his wife will say...
If it isn't any bother,
Someone save my life today...

Treeline is the place you've placed me,
Frighten'd feeling so much pain...
In these groups I feel you've graced me,
Enlighten'd in my broken brain...
Tell my daughter I'll get better,
She has been my biggest fan...
Write my children all a letter,
Daddy can be Super Man...

Laura asked me what's my Talent,
So I put it in a rhyme...
Chemicals will come in balance,
Take it one day at a time.
- Mica Closson

Local Recovery Homes will provide individuals,
just like the individual represented through this poem,
hope and an opportunity to restore their lives
through a strong, supportive environment within their own community.

Please contact our office with any additional questions or concerns regarding Recovery Housing—419-424-1985.

TOLL FREE CRISIS HOTLINE 1-888-936-7116