Introduction to Recovery Housing Certification
What Vermonters need to know
October 29, 2019; 12:00pm – 1:00pm

Today’s webinar

◊ Introduction to VTARR & NARR
◊ Pending legislation review
◊ Standards overview
◊ Next steps

Presenters

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What is the Opioid Response Network?

- SAMHSA’s State Targeted Response Technical Assistance (STR-TA) grant created the Opioid Response Network to assist STR grantees, individuals and other organizations by providing the resources and technical assistance they need locally to address the opioid crisis.

- Technical assistance is available to support the evidence-based prevention, treatment, and recovery of opioid use disorders. 

www.opioidresponsenetwork.org

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Vermont Alliance for Recovery Residences (VTARR)

The mission of VTARR is to support those in recovery from Substance Use Disorders by improving access to Recovery Residences through established standards, a fair and transparent certification process, community engagement, education, technical assistance, research and advocacy.
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VTARR Board of Directors

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VTARR
Became a NARR Associate in July 2017 – only one per State – and is on track to become a certifying Affiliate in 2019

- Voluntary Certification
- Concern Process
- Legislative Support
- Residences 4 Recovery
The Need

Not long ago a Vermonter may have been required to wait days or weeks to initiate medication-assisted treatment (MAT), a best practice along with concurrent peer recovery support for Opioid Use Disorder.

These delays often led to continued use and in some cases death due to overdose.

The Need (cont.)

Today, Vermont has a robust hub and spoke system that provides enhanced access to MAT.
✓ Over 8,500 Vermonters are currently in some form of MAT. Thousands of individuals are pursuing recovery through other therapies.

Let’s not forget the many other forms of substance use disorder (SUD).
✔ For example, Vermont has the 4th highest rate of alcohol dependence and the highest rate of illicit drug use disorder in the US.
✔ Currently, recovery beds are only available for 2% of the SUD population.

Arguably, recovery housing is the next vital link for addressing Vermont’s SUD crisis. Efforts are underway to scale this critical resource and, at the same time, systems and legislation are needed to establish sustainability, ensure quality and combat stigma.
Certification More than Pays for Itself ($250)

- Access to Participant Scholarship Funds
- Medicaid support for service delivery will require certification
- State legislation supporting Recovery Homes will require certification
- Referrals will only be made to Certified Homes
- Certification will be required to access state and federal funds
- Networking, technical support and best practices

Legislation

VTARR is working on legislation that addresses the needs of Recovery Residences. You can help support this legislation by speaking to your representative.
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National Alliance for Recovery Residences

Recovery housing in the U.S.

Mid-1900s
Founding of Alcoholics Anonymous
Social Model of Recovery
Association of Halfway House Alcoholism
Programs of North America (AHHAP):
workforce development and certification

1840s
earliest records of recovery housing

Late 1900s to present
Oxford House (1975)
70s/80s regional organizations formed: CAARR, GARR, SLN...
Regional standards, training and certifications

Early 2000s
More regional organizations: MASH, CCAR...
Regional standards, training and certification
Significant expansion in numbers and types of residences

2011 to present
National Alliance for Recovery Residences (NARR):
Standard v1.0 (2011)
First white paper (2012)
Merged w/AHHAP (2013)
SUPPORT Act (2018)
Today: 29 states and growing!

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- National Standard for Recovery Residences
- Code of Ethics
- Levels of recovery support
- Best practices from around the nation
- Partnerships with state affiliate organizations
- Technical assistance to state governments, others
- Advocacy, policy work
- VTARR is your NARR affiliate

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- Founded in 2011 by recovery housing organizations and individuals with expertise
- Affiliates in 29 states and more in development
- Collaboration with SAMHSA; recognized as recovery housing authority by White House Office of National Drug Control Policy
- Works with, and supports, state recovery housing organizations
- Network of relationships includes federal and state agencies, other national organizations

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NARR at our founding in 2011

Seven states with recovery housing organizations

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NARR today

29 Affiliates and five emerging associations

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Certifying organizations, called NARR Affiliates, implement standards, promote best practices, monitor compliance and conduct training and education.
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How recovery happens

High

Service intensity

Low

Acute care (ER, detox, hospitalization, residential treatment)

Long-term recovery: Independent, meaningful living in the community

Stabilization

Recovery process duration

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How recovery happens

High

Service intensity

Low

Acute care (ER, detox, hospitalization, residential treatment)

Supportive services in the community (Including outpatient care, recovery support services, job readiness, other)

Long-term recovery: Independent, meaningful living in the community

Stabilization

Recovery process duration

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How recovery happens

- Acute care (ER, detox, hospitalization, residential treatment)
- Recovery housing: different support levels

Long-term recovery: Independent, meaningful living in the community

Stabilization | Recovery process duration

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Five key elements of recovery residences

**Housing**

- Individuals with substance use disorders
- Alcohol and illicit drug abstinence-based
- Peer recovery support
- Operates as a family-like community

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Characteristics of good standards

☑ Define essential requirements
☑ Evidence-based
☑ Objective, measurable
☑ Value-free: Independent of provider’s recovery philosophy
☑ Achievable by conscientious providers
☑ Accepted by health professionals, providers and the public

NARR’s four levels of service

I
II
III
IV

Alcohol and drug free living environments
Social model recovery support
Recovery support services
Life skills development
Clinical
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NARR’s four levels of service

I. Alcohol and drug free living environments
   “Oxford House”

II. Social model recovery support
    “Sober Living Home”

III. Recovery support services
     Terms vary

IV. Life skills development
    Clinical

Terms vary

NARR Standard Version 3.0 (2018)

- 31 elements, four domains
- Roughly 100 individual indicators
- Download from narronline.org

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NARR Standard Version 3.0 (2018, cont.)

**Administration**
- Operate with integrity
- Uphold residents’ rights
- Create a culture of empowerment
- Develop staff skills

**Physical Environment**
- Provide a home-like environment
- Promote a safe and healthy environment
NARR Standard Version 3.0 (2018, cont.)

- Facilitate active recovery and recovery community engagement
- Model prosocial behaviors and relationship enhancement skills
- Cultivate the resident’s sense of belonging to and responsibility for the community’s safety and health

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Good Neighbor

- Be a good neighbor; policies promote healthy and positive external-community relationships

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NARR Code of Ethics

- Separate document than the residence standards
- Consistent with and referenced in Standard 3.0, other professional ethics codes
- Binding on everyone in positions of responsibility and authority including staff, volunteers, contractors and residents

Residence evaluation

- Formal application process
- Review of residence documents, policies and procedures
- Structured interviews with operator, staff & residents
- Site assessment: Safe and healthy
- Standards evolved from “tell us” to “show us”
Case Study on VTARR Certification Process

- VTARR recently completed a pilot certification with David Riegel and Andrew Gonyea of the Vermont Foundation for Recovery

  - Informed several changes that improved the certification process and made it easier!

What can you do now?

- Review the VTARR/NARR Standard and Ethics Code
- Self-assess policies & procedures, good neighbor activities, documentation, health/safety regulation compliance
- Join VTARR’s mailing list Residences4Recovery via rr.downstreet.org/residences4recovery or vtarr.org
- VTARR on Twitter: @vermontfor
- Websites: vtarr.org, narronline.org
- NARR First Friday Open Calls: Monthly 11:00am – 12:00pm Eastern
  - Register in advance by emailing george@narronline.org
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Questions

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