



Introduction to Recovery Housing and Certification

What Vermonters need to know

“These Green Mountains”



VERMONT ALLIANCE FOR
RECOVERY RESIDENCES



Opioid
Response
Network
STR-TA



NARR
National Alliance for
Recovery Residences

Background

- Higher Education (Champlain and UVM)
 - United Way (Vermont 211)
- Mental Health (CARF Accreditation)
 - Health Care (NMC)
 - Federal Grand Jury
- Recovery Residences (NARR Certification)

Vermont Alliance for Recovery Residences

VTARR is the Vermont Affiliate to the National Alliance of Recovery Residences (NARR). We are committed to improving access to Recovery Residences through established national standards, a fair and transparent certification process, community engagement, education, technical assistance, research, and advocacy.

The Need

Not long ago a Vermonter could wait days to be able to access medically assisted treatment (MAT), considered a best practice, for opioid dependence. These delays created opportunities for continued use and in some cases death due to overdose. Today, the State of Vermont has a robust hub and spoke system, which provides enhanced access to MAT. Over 8,500 Vermonters are currently in some form of MAT. Thousands of individuals are pursuing recovery through other forms of therapy. Let us also not forget that there are many 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 country. Currently there are only recovery beds available for 2% of this population. Arguably, recovery housing is the next critical link to addressing Vermont's overall 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.

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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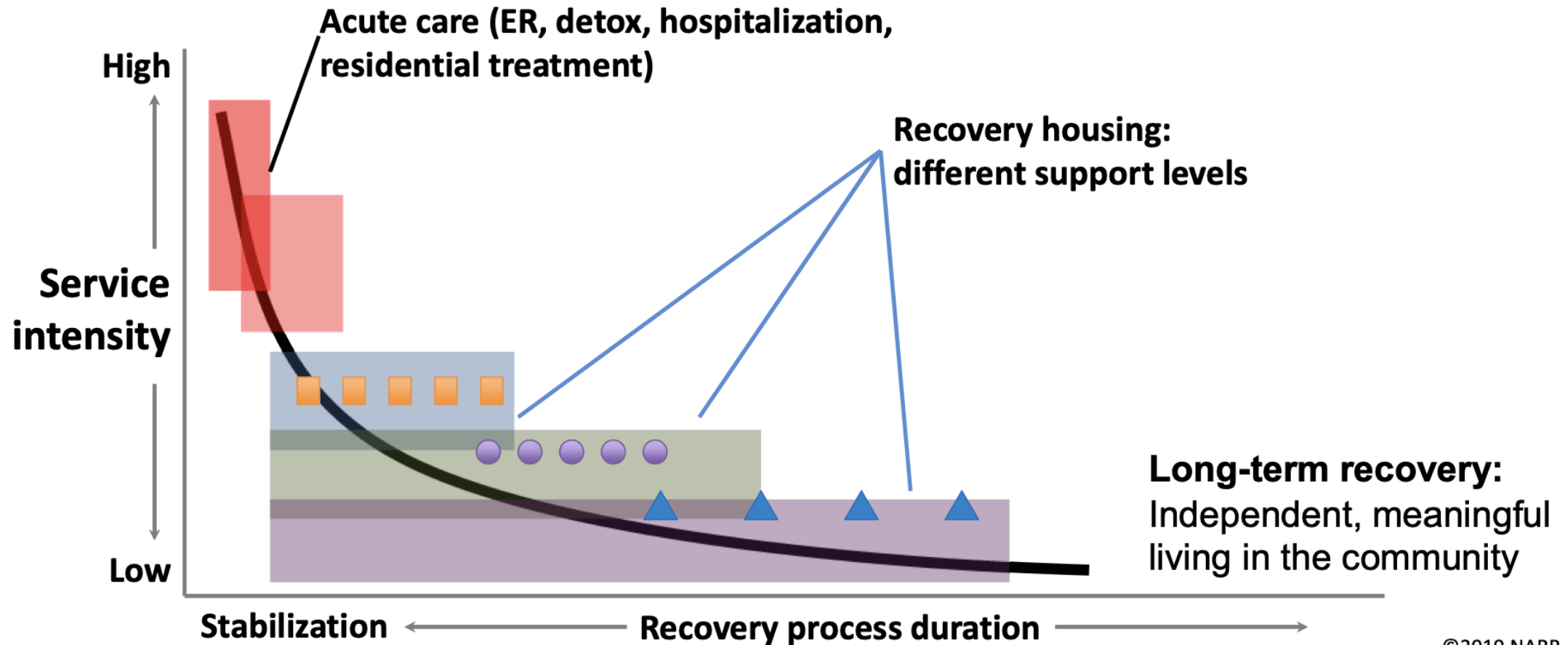


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How recovery happens



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- ✓ **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**



- ✓ **Founded in 2011 by recovery housing organizations and individuals with expertise**
- ✓ **Affiliate organizations 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**



Five key elements of recovery residences

Housing

Individuals with substance use disorders

Abstinence-based

Peer recovery support

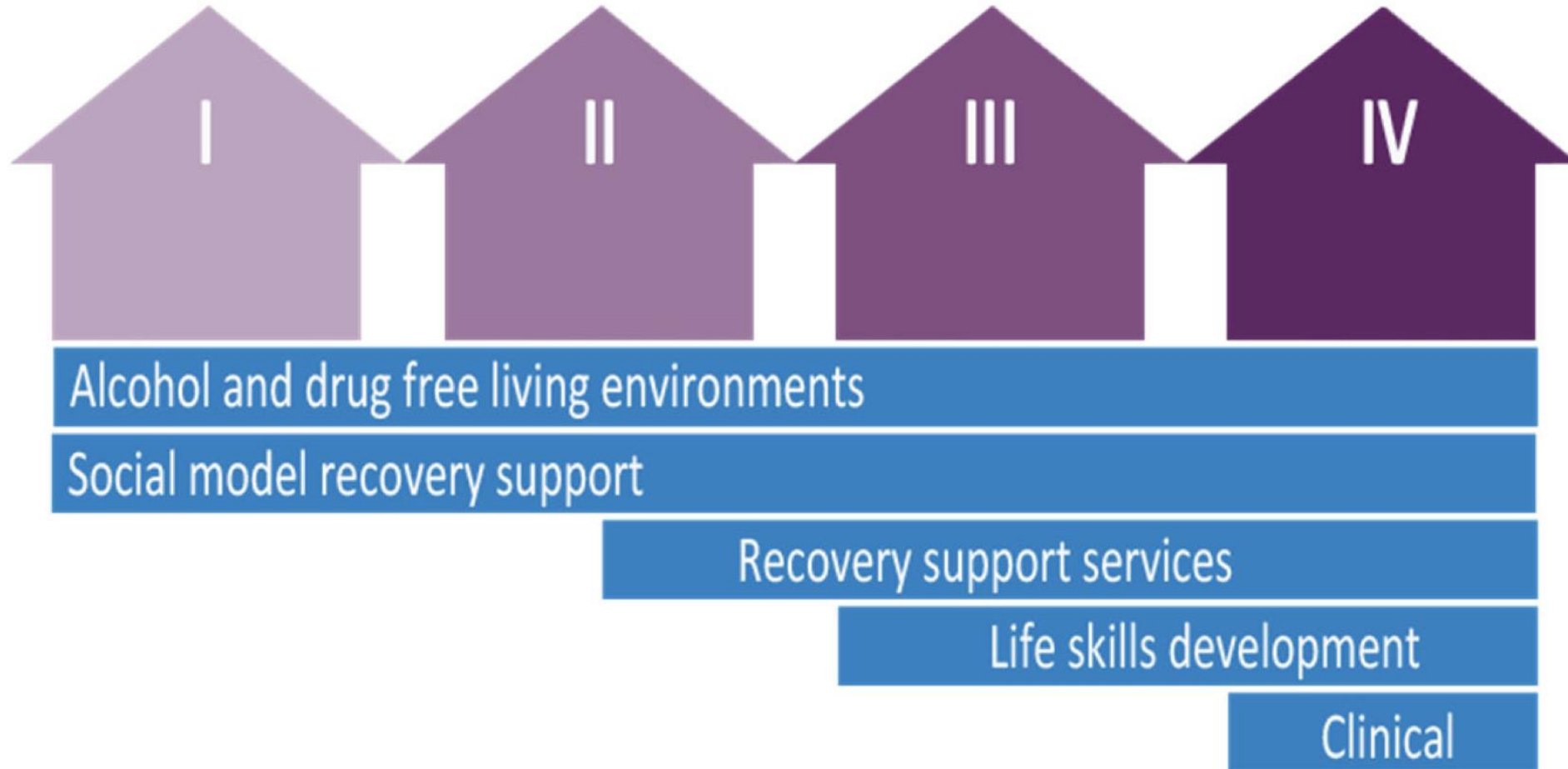
Operates as a family-like community

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



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NARR Standard Version 3.0 (2018)

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

Administration

Physical Environment

Recovery Support

Good Neighbor

NARR Code of Ethics

NARR CODE OF ETHICS

All persons working in NARR Affiliate organizations, (recovery residence owners, operators, staff and volunteers) are expected to adhere to the following Code of Ethics:

It is the obligation of all recovery residence owners/operators and staff to value and respect each resident and to put each individual's recovery and needs at the forefront of all decision making. To meet this obligation, we adhere to the following principles:

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

1. Assess each potential resident's needs, and determine whether the level of support available within the residence is appropriate. Provide assistance to the resident for referral in or outside of the residence.
2. Value diversity and non-discrimination.
3. Provide a safe, homelike environment that meets NARR Standards.
4. Maintain an alcohol- and illicit-drug-free environment.
5. Honor individuals' rights to choose their recovery paths within the parameters defined by the residence organization.
6. Protect the privacy and personal rights of each resident.
7. Provide consistent and uniformly applied rules.
8. Provide for the health, safety and welfare of each resident.
9. Address each resident fairly in all situations.
10. Encourage residents to sustain relationships with professionals, recovery support service providers and allies.
11. Take appropriate action to stop intimidation, bullying, sexual harassment and/or otherwise threatening behavior of residents, staff and visitors within the residence.
12. Take appropriate action to stop retribution, intimidation, or any negative consequences that could occur as the result of a grievance or complaint.
13. Provide consistent, fair practices for drug testing that promote the residents' recovery and the health and safety of the recovery environment and protect the privacy of resident information.
14. Provide an environment in which each resident's recovery needs are the primary factors in all decision making.
15. Promote the residence with marketing or advertising that is supported by accurate, open and honest claims.
16. Decline taking a primary role in the recovery plans of relatives, close friends, and/or business acquaintances.
17. Sustain transparency in operational and financial decisions.
18. Maintain clear personal and professional boundaries.
19. Operate within the residence's scope of service and within professional training and credentials.
20. Maintain an environment that promotes the peace and safety of the surrounding neighborhood and the community at large.

Final: July 2016

Residence evaluation

- ➔ Formal application process
- ➔ Review of residence documents, policies and procedures
- ➔ Structured interviews with operator, staff & residents
- ➔ Site assessment
- ➔ Standards evolved from “tell us” to “show us”



Certification Benefits to Provider

- Quality Assurance and Best Practices
- Independent Grievance Process
- Access to Participant Resident Assistance 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
- Reimbursement and/or pro-bono Testing
- Networking, Technical Support and Best Practices

Legislative Intent

- Importance of Sober Environment
- Safety and Sobriety of Members Living in a Recovery Residence
- Stepped Process to Support an Individual's Reoccurrence
- Standard Recovery Residence Definition
- Common Zoning Language

Contact



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