

Recovery Housing and the Americans with Disabilities Act

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SAMHSA
Substance Abuse and Mental Health
Services Administration

A National Snapshot: Behavioral Health Data



- **46.3 million people aged 12 or older (16.5%)** met the DSM criteria for substance use disorder including 29.5 million having alcohol use disorder and 24 million people who were classified as having a drug use disorder.
- Approximately **9.2 million adults** in the United States have a co-occurring disorder.
- **Overdose** remains a **leading cause** of injury-related deaths – approximately **107,000 lives lost**.
- **7 in 10 adults** who had a substance use problem considered themselves to be in recovery or recovering.

*Data sources include SAMHSA National Survey on Drug Use and Health and the CDC

SAMHSA's Priorities and Core Principles

SAMHSA'S 2023-2026 PRIORITIES AND CORE PRINCIPLES



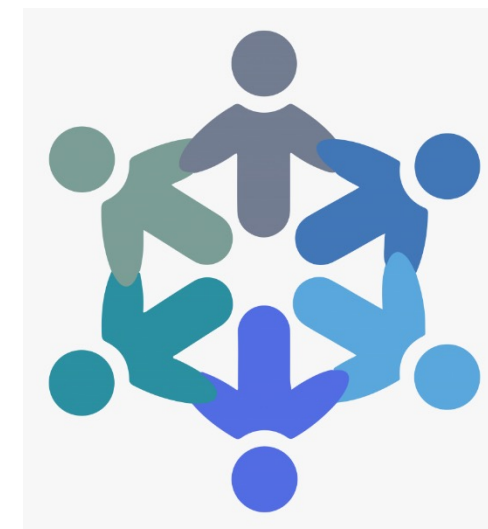
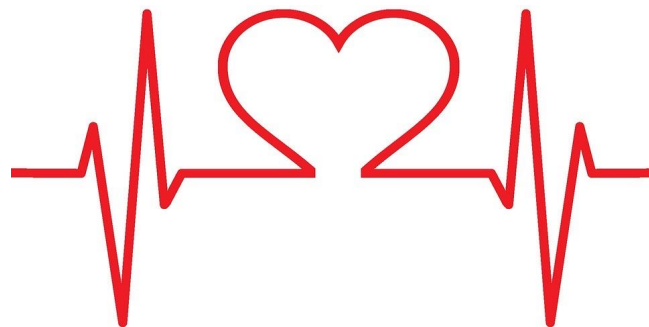
RECO  VERY

SAMHSA's Working Definition of Recovery

A process of change through which individuals:

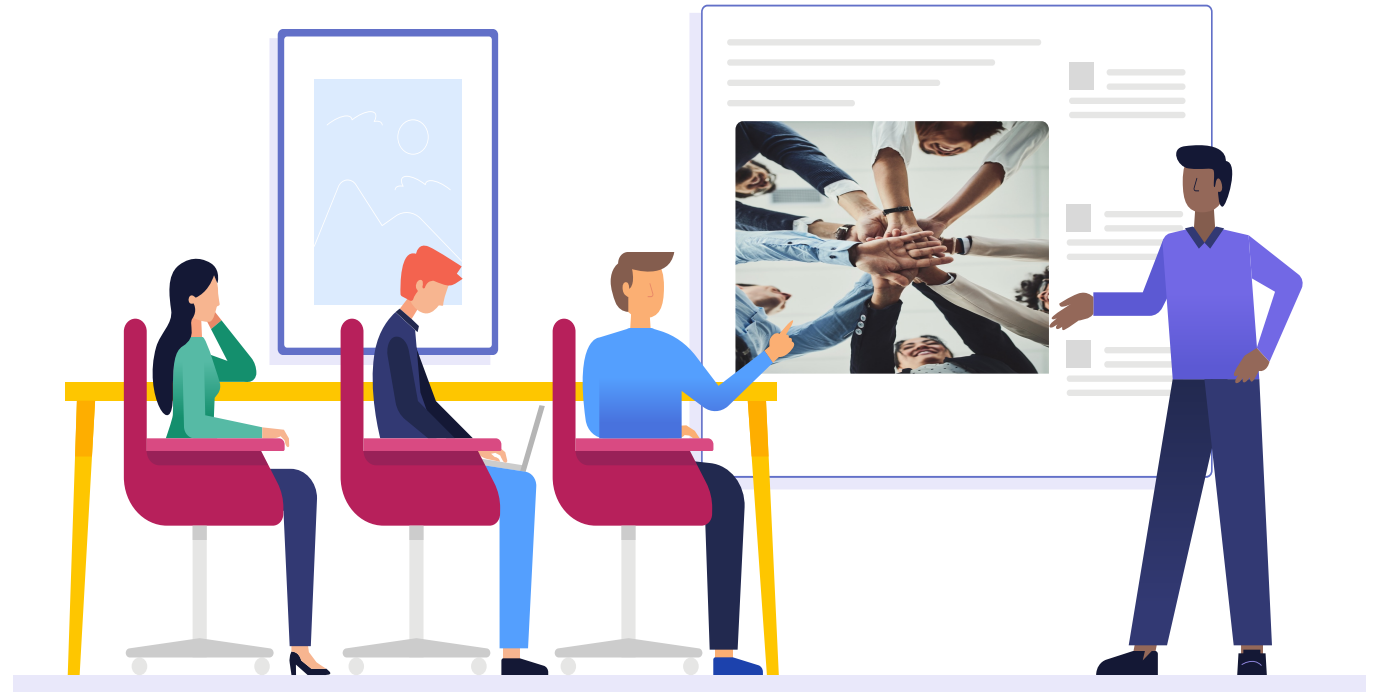
- ✓ Improve their health and wellness,
- ✓ Live self-directed lives, and
- ✓ Strive to reach their full potential

Four Dimensions of Recovery



SAMHSA's Office of Recovery

- Building on SAMHSA's long history of supporting recovery
- Announced September 2021 – first-ever SAMHSA Office of Recovery inclusive of both mental health and substance use disorders
- Engaged in series of dialogues with recovery community leaders and allies to help identify the focus of the Office which included hosting the National Recovery Summit in August of 2022
- Formalized in September 2022



SAMHSA National Recovery Agenda

Aim & Purpose

Advancing Recovery Across the Nation

To forge partnerships to support all people, families and communities impacted by mental health and/or substance use conditions to

- pursue recovery,
- build resilience, and
- achieve wellness.

SAMHSA National Recovery Agenda Goals

Inclusion

Equity

Peer Services

Social Determinants

Wellness

Overview -

***Best Practices
for Recovery
Housing***

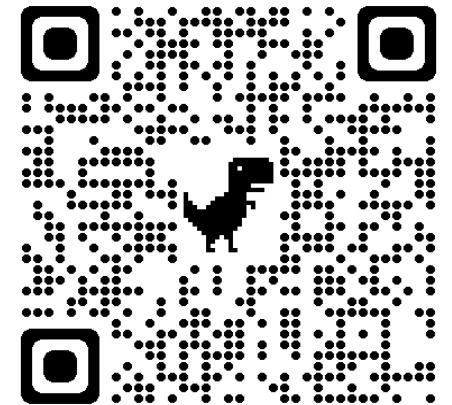


Omnibus – Excellence in Recovery Housing

- Develop new guidelines for best practices for recovery housing
- Provide grants to states to implement these guidelines
- Create interagency working group to coordinate work on recovery housing
- Commission a study to review availability and quality of recovery housing

Support for Recovery Housing

- 2018 SUPPORT legislation defined ‘recovery housing’ as a shared living environment free from alcohol and illicit drug use and centered upon peer supports and connection to services that promote sustained recovery from SUDs.
- Best Practices for Recovery Housing updated and released last month
- This ensures that the recovery housing facility adheres to and promotes the use of evidence-based practices.



Best Practices for Recovery Housing

Best Practice 1: Be Recovery Centered

- Health, Home, Purpose & Community
- Helpful for those recently released from residential or criminal justice custody
- Assist in all phases of recovery
- Building on social and recovery capital

Best Practice 2: Promote Person-Centered, Individualized and Strengths-Based Approaches

- Decision making for placement should ensure strengths, needs, preferences and goals are at the center.
- Clear expectations in recovery house policy and procedures
- Considerations for appropriate settings

Best Practices for Recovery Housing

Best Practice 3: Incorporate the Principles of Social Model Approach

- Culture of recovery
- Promotes peer to peer connections
- Provides a sober, supportive environment
- Replaces treatment plan with recovery plan

Best Practices for Recovery Housing

Best Practice 4: Promote Equity and Ensure Cultural Competence

- Promote equity and does not discriminate
- Strong sense of community
- Implements strategies to improve services to promote behavioral health equity

Best Practices for Recovery Housing

Best Practice 5: Ensure Quality, Integrity, Resident Safety and Reject Patient Brokering

- Adhere to ethical principles
- Be aware of the existence of unethical practices
- Report any known entities to law enforcement or other governing bodies
- Avoid working or partnering with programs that don't promote resident safety and wellness

Best Practices for Recovery Housing

Best Practice 6: Integrate Co-Occurring and Trauma-Informed Approaches

- Incorporate trauma informed approaches
- Avoid retraumatizing those seeking help
- Ensure leadership and staff understand prevalence of co-occurring mental health and trauma conditions among people with substance use disorders

Best Practices for Recovery Housing

Best Practice 7: Establish a Clear Operational Definition

- Characterized by alcohol and drug free living environments
- Grounded in social model of recovery
- May differ in governance or staffing models

Best Practices for Recovery Housing

Best Practice 8: Establish and Share Written Policies, Procedures and Resident Expectations

- Have clearly written and easy to read policies, procedures and expectations
- Establish a resident handbook to ease transition
- Inform residents of their rights including a process to submit and resolve grievances

Best Practices for Recovery Housing

Best Practice 9: Importance of Certification

- Remedy to address unethical and illegal practices
- Use of NARR or Oxford House standards
- Ensures organizational, fiscal, operational, property and recovery support standards

Best Practices for Recovery Housing

Best Practice 10: Promote the Use of Evidence-Based Practices

- Several practices can complement recovery housing
- Offers resources to help residents access and support recovery including access to health care, employment, social services, and other supports
- Not have any barriers or restrictions for residents using prescribed medications for behavioral or physical health conditions.

Best Practices for Recovery Housing

Best Practice 11: Evaluate Program Effectiveness

- Assess how program is performing in quality of service
- Recommend collection of data on sustained recovery, employment, criminal justice involvement, transition to permanent housing and social connectedness
- Resident surveys

Other Recovery Housing Efforts

- Hosted meeting on Intersection of Recovery Housing and Housing First Models
- Interagency Workgroup across Federal agencies to collaborate for quality Recovery Housing
- Funding and Technical Assistance

Thank You!

SAMHSA's mission is to lead public health and service delivery efforts that promote mental health, prevent substance misuse, and provide treatments and supports to foster recovery while ensuring equitable access and better outcomes.

Office of Recovery

www.samhsa.gov/about-us/who-we-are/offices-centers/or

988 Suicide and Crisis Lifeline Toolkit

www.samhsa.gov/find-help/988/partner-toolkit

