



CABINET FOR HEALTH
AND FAMILY SERVICES

Quality Recovery Housing as Overdose Prevention Infrastructure

Department for Behavioral Health, Developmental and Intellectual Disabilities

Mission: Promote health and well-being by facilitating recovery for people whose lives have been affected by mental illness and substance use; supporting people with intellectual or other developmental disabilities; and building resilience for all.

Vision: All Kentuckians have access to quality services and supports to live full and healthy lives.

Values:

Choice-Respect-Equity-Excellence-Advocacy
Trauma-Informed & Resilience Oriented Approaches

Objectives

- Increase participants' knowledge of the legal and regulatory requirements around certification of recovery housing.
- Increase participants' understanding of the levels of recovery housing and the supports provided.
- Increase participants' understanding of what quality recovery housing looks like.



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Definition of Recovery Housing

Poll: When you hear “Recovery Housing,” what comes to mind?

Definition of Recovery Housing (NARR)

"'Recovery residence' (RR) is a broad term describing a sober, safe, and healthy living environment that promotes recovery from alcohol and other drug use and associated problems."

-National Alliance for Recovery Residences (NARR), (2012),

Definition of Recovery Housing (NCMWB)

“Refers to safe, healthy, and substance-free living environments that support individuals in recovery from addiction. While recovery residences vary widely in structure, all are centered on peer support and a connection to services that promote long-term recovery.

Recovery housing benefits individuals in recovery by reinforcing a substance-free lifestyle and providing direct connections to other peers in recovery and recovery services and supports.”

-National Council for Behavioral Health, (2017), https://www.thenationalcouncil.org/wp-content/uploads/2017/05/Recovery-Housing-Issue-Brief_May-2017.pdf?daf=375ateTbd56

Definition of Recovery Housing (KRS)

"Recovery residence":

Means any premises, place, or building that:

1. Holds itself out as a recovery residence, recovery home, sober living residence, alcohol, illicit drug, and other intoxicating substance-free home for unrelated individuals, or any other similarly named or identified residence that promotes substance use disorder recovery through abstinence from intoxicating substances; and
2. Provides a housing arrangement for a group of unrelated individuals who are recovering from substance use disorders or to a group of parents who are recovering from a substance use disorder and their children, including peer-to-peer supervision models; **and**

Does not include any premises, place, or building that is licensed or otherwise approved by the cabinet or any other agency of state government to operate as a residential or inpatient substance use treatment facility;

KRS 222.500 <https://apps.legislature.ky.gov/law/statutes/statute.aspx?id=55088>



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Certification Requirements

Poll: Do most recovery houses in Kentucky need to get certified?

Certification Requirements

KRS 222.502 states that no individual or entity shall establish, operate, or maintain a recovery residence unless that individual or entity has been certified by a certifying organization.

KRS 222.502 <https://apps.legislature.ky.gov/law/statutes/statute.aspx?id=55089>

Exceptions

A recovery residence that is:

Recognized as a part of the Recovery Kentucky Program; or

Owned or operated by an entity that is exempt, in part or in whole, pursuant to 42 U.S.C. sec. 3607 or 12187 from compliance with the Americans with Disabilities Act, Pub. L. No. 101-336, or the Fair Housing Act, Pub. L. No. 100-430; and

Affiliated with a religious institution that is organized under 26 U.S.C. sec. 501(c) for charitable religious purposes;

unless the recovery residence accepts Medicare or Medicaid funds.

KRS 222.502 <https://apps.legislature.ky.gov/law/statutes/statute.aspx?id=55089>

Certifying Organizations

- The Kentucky Recovery Housing Network (KRHN)
- The National Alliance of Recovery Residences (NARR) or their recognized affiliates
- Oxford House, Inc.; and
- Any other organization that develops and administers professional certification programs requiring minimum standards for the operation of recovery residences that has been recognized and approved by the Cabinet for Health and Family Services.

Certifying Organizations (KRHN)

- CHFS Certification Program for Recovery Residences
- Open Call for networking, training, sharing resources, and development of the recovery housing community



National Alliance for Recovery Residences (NARR)

- Founded in 2011 by a group of organizations and individuals with deep recovery housing expertise, and a goal of developing and promoting best practices in the operation of recovery residences.
- Published the NARR Standard 3.0



Oxford House, Inc.

The Oxford House Model: Our principles are based on replication and guidelines for running single-family homes for recovering alcoholics and substance abusers. In its simplest form, an Oxford House is a democratically run, self-supporting, and drug-free home.





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Signs of Quality Recovery Housing

Poll: What are signs of quality recovery housing?

Kentucky Recovery Housing Network (KRHN)

- **Certification Program for Recovery Residences**
 - Certifies that a residence meets the best practice requirements of the NARR Standard 3.0



About the NARR Standard 3.0

- The Social Model of Recovery
 - Promotes norms that reinforce healthy living skills and associated values, attitudes, and connection with self and community for sustaining recovery
- Key Principles of the Social Model
 - Peer Support
 - Community Engagement
 - Empowerment
 - Holistic approach



		RECOVERY RESIDENCE LEVELS OF SUPPORT			
		LEVEL I Peer-Run	LEVEL II Monitored	LEVEL III Supervised	LEVEL IV Service Provider
STANDARDS CRITERIA	ADMINISTRATION	• Democratically run • Manual or P&P	• House manager or senior resident • Policy and Procedures	• Organizational hierarchy • Administrative oversight for service providers • Policy and Procedures • Licensing varies from state to state	• Overseen organizational hierarchy • Clinical and administrative supervision • Policy and Procedures • Licensing varies from state to state
	SERVICES	• Drug Screening • House meetings • Self help meetings encouraged	• House rules provide structure • Peer run groups • Drug Screening • House meetings • Involvement in self help and/or treatment services	• Life skill development emphasis • Clinical services utilized in outside community • Service hours provided in house	• Clinical services and programming are provided in house • Life skill development
	RESIDENCE	• Generally single family residences	• Primarily single family residences • Possibly apartments or other dwelling types	• Varies – all types of residential settings	• All types – often a step down phase within care continuum of a treatment center • May be a more institutional in environment
	STAFF	• No paid positions within the residence • Perhaps an overseeing officer	• At least 1 compensated position	• Facility manager • Certified staff or case managers	• Credentialed staff

The NARR Standard 3.0

- Four Domains
 - Administrative Operations
 - Physical Environment
 - Recovery Support
 - Good Neighbor



NARR Standard 3.0

Domains and Principles

- Administrative Operations
 - Operate with integrity
 - Uphold residents' rights
 - Create a culture of empowerment
 - Develop staff abilities to apply the Social Model
- Physical Environment
 - Provide a home-like environment
 - Promote a safe and healthy environment

NARR Standard 3.0

Domains and Principles (2)

- Recovery Support
 - Facilitate active recovery and recovery community engagement
 - Model prosocial behaviors and relationship enhancement skills
 - Cultivate the resident's sense of belonging and responsibility for community
- Good Neighbor
 - Be a good neighbor



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Choosing Recovery Housing?

Poll: What are some recovery housing red flags?

The Certification Process

- Application
- Documentation review
- Interview
- Site visit



Where are we now?

- 300+ Certified Residences
- 4100+ Certified Beds
- 100+ Applicants



Benefits of Certification

- Recognition of Excellence
- Advocacy
- Community
- Collaboration
- Required by certain grant programs and by statute (with exceptions)
- <https://findhelpnow.org/ky/recoveryhousing>



What about MAT/MOUD?

Research supports Medications for Opioid Use Disorder (MOUD)

- **MOUD reduces**

- Opioid use, craving, and return to use
- Risk of overdose and mortality
- Recidivism
- Infectious disease transmission

- **MOUD improves**

- Treatment retention
- Opportunity for choice and collaboration

Review

- Do most recovery houses in Kentucky need to be certified by a recognized certifying organization?
- How many levels of recovery housing are currently certified in Kentucky?
- Can a recovery residence require residents to waive their rights, turn over benefits (such as EBT cards), or work for the residence?

Questions?

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