Opportunities, Challenges and Change for Recovery Housing

The Opioid Crisis, Affordable Care Act, State Initiatives and National Developments

AATA AMERICAN ADDICTION TREATMENT ASSOCIATION
CLEARING YOUR PATH TO COMPLIANCE
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RECOVERY HOUSING HISTORY AND ENVIRONMENT

DRIVERS OF CHANGE

FEDERAL, STATE, LOCAL RESPONSES

WHAT THIS MEANS FOR PROVIDERS
RECOVERY HOUSING HISTORY AND ENVIRONMENT

Roots, evolution, and current state of recovery housing
170 year Peer-led legacy

1840s
- Earliest recorded RR
- AA Houses
- Pioneer House, Hazel’s Den
- AHHAP

Mid-1900s
- 70s Oxford House, Inc.
- Regional orgs formed (CAARR, GARR, SLN...), Social Model Philosophy defined

Late 1900s
- 70s Oxford House, Inc.
- Regional orgs formed (CAARR, GARR, SLN...), Social Model Philosophy defined

Early 2000s
- More regional orgs formed (MASH, CCAR...), growth in capacity

2011 to present
- NARR – National Alliance for Recovery Residences
- Merged with AHHAP in 2013
Recovery Residences

*Where peers learn to live recovery*

✓ Spectrum of sober, safe and peer-supportive living environments and residential programs that promote addiction recovery
  ✓ Rooted in Social Model Recovery Philosophy
  ✓ Wide variety in the type and intensity of services
  ✓ Options cost-effectively match the diverse and changing needs of residents
Recovery Residences
*Where peers learn to live recovery*

✓ Developed at the intersection of:

- Recovery
- Housing
- Treatment
Recovery residences in the continuum of recovery

Service intensity

high

Level 4

Acute care (residential TX, inpatient medical, psychiatric)

Level 3

Level 2

Level 1

low

acute care

recovery phase

Long term recovery, independent living
Recovery residences and outside services

Service intensity

- high
- low

1. **Acute care**
2. **Recovery phase**
3. **Long term recovery, independent living**

Community and professional services
National Alliance for Recovery Residences (2017)

- Established 2011
- 23 state Affiliates at various stages of development
- Representing >2,500 certified recovery residences
- Where >25,000 persons in recovery live
What is recovery housing?

What’s What?!

Therapeutic Community
Halfway House
Supportive Housing
Oxford House

“Sober House”
Transitional home

“Sober Living”

“Recovery House”

“Extended Aftercare”
“Residential Recovery Center”

¾ House
AoD Free Halfway
Basic terminology: NARR innovations

• Colloquial, regional names are confusing
• State laws define things differently
• National discussions needed a unifying way to think about residences and services
• “Recovery residence” defined
• Four levels of recovery support quantified
• *No new service models created by this*
Inclusive framework of choices
Recovery Residences
4 Levels of Support

NARR identified 4 basic types (Levels of Support)

“Recovery House”
“Sober House”
Halfway House
“Oxford House”
“Sober Living”
“Extended Aftercare”
“Residential Recovery Center”
“AoD Free Halfway,” “¾ House”

What’s What?!
Levels differ in:

**Staffing**

I. Peer elected officers

II. Senior resident / Peer House Manager

III. Staff supervision e.g. ongoing skills development and support

IV. Supervision
Housing – safe, stable, supportive

Social Model – sociocultural elements & structure that promote ubiquitous support, accountability & connectedness

Peer Recovery Support
- Formal one-on-one (e.g. coaching)
- Formal groups (e.g. support groups)

Life skills
- e.g. job readiness, budgeting

Maybe in outpatient setting

Clinical
One size does not fit all:
Is a recovery residence a fit?
If so, which is right for whom?

1. Recovery capital
2. Disease(s) severity & complexity
3. Stages of development, change & recovery
4. Person-driven choice

Harsh reality: Local availability & affordability
NARR Standard, Code of Ethics

- Based on best practices developed over decades, in all kinds of recovery residences
- Does not prescribe a recovery philosophy, supports multiple pathways to recovery
- Is concrete, with measurable compliance elements
- Specific to a residence’s support level
- Can be met even by small, low-cost residences
Why a National Standard?

*Unification. Education. Quality Capacity*

✓ Standardized nomenclature allows for more productive & meaningful conversations.

✓ Translates across states: different & changing laws.

✓ Inclusive framework: All four levels of support, specific to each

✓ Unites fragmented knowledge base.

✓ Facilitates the collection and promotion of best practices.

✓ Offers a blueprint for new and better capacity.

✓ Path to national training curriculum

✓ Basis for a certification program.
Recovery residences and fair housing laws

• Federal Fair Housing Act
• Americans With Disabilities Act
• A few other federal and many state laws
• Individuals recovering from SUD are a protected class, same as race, sex, religion, ...
• Laws cannot treat differently ...
• Reasonable accommodation
DRIVERS OF CHANGE

Understanding of addiction and recovery, opioid crisis, parity for addiction services, health care reform
Recovery housing today vs. 20 years ago

- More recovery residences in many places
- More variety in service models, recovery pathways, population segments served
- Wider variety of operators, including larger multi-service providers (private and publicly funded sector)
Recovery housing today vs. 20 years ago

• Integration of peer services in addition to core residence management functions
• Growing emphasis on standards, ethics, training (but not everywhere)
  • Local government resistance
• Questionable ethical, financial practices
Understanding the growth in demand

• Professional community: addiction is a chronic condition
• Surgeon General’s report (2016)
• Parity Act (2008)
• ACA, Medicaid expansion
• *Recovery residences mostly excluded from coverage*
Why are things changing now?

• Residences becoming viewed as part of health care delivery systems
• California’s Medicaid waiver
• Opioid crisis
• CARA, 21st Century Cures Act Expansion of medication-assisted treatment
Other environmental drivers

• Scarcity of good housing options
• Homelessness and insufficient shelter, transitional housing
• Criminal justice demand is growing
Most urgent factor of all
CityViews: Calling Out Cuomo for the Opioid Crisis

By Jeremy Saunders | August 18, 2017

NYS’ Overdose Crisis: Cuomo’s Real Train Wreck!
Estimated drug-overdose deaths, per 100,000 population

1999

2004

2010

2014
Underlying failure of current system

U.S. Population

8.9% needed treatment

1.6% received treatment

National Survey on Drug Abuse 2010
“The acute care model of addiction treatment in the United States as we have evolved it over the 40 years is politically and scientifically not sustainable.”

“...Interventions so brief it has little probability of success”

“Not a personal failure...a systems failure”

-- William White

(source: youtube.com/user/williamwhitepapers/ Life Beyond Treatment - Session 1 Chapter 2)
FEDERAL, STATE, LOCAL RESPONSES

Local government initiatives, state law and regulation, federal responses
21st Century Cures Act

• $1 billion appropriated for states to fight the opioid epidemic
• Funding for medications, services outside of insurance and Medicaid frameworks
• Medication-assisted treatment (buprenorphine, naltrexone, methadone)
• Recovery support services including peer support services, recovery housing support
National letter to states
Recommendations

1. *Create or support an existing NARR affiliate* in your state

2. *Provide technical assistance*: Help recovery residences to build capacity and a strong statewide network to share information and resources

3. *Prioritize funding and/or referrals* to NARR-certified homes and Oxford Houses
• Sent to heads of all state addiction services agencies

• **Technical assistance for implementation available to those agencies next year**

• Letter and accompanying issue brief available on the NARR website:  
  [http://narronline.org/resources/](http://narronline.org/resources/)
HUD Recovery Housing Policy Brief

Notwithstanding its emphasis on a Housing First approach, HUD also **recognizes the importance of providing individual choice to support various paths towards recovery.**

Some people pursuing recovery from addiction **express a preference for an abstinence-focused residential or housing program** where they can live among and be supported by a community of peers who are also focused on pursuing recovery from addiction—environments that are provided by Recovery Housing programs.
But some storm clouds on the horizon
Threats to recovery housing access

• Proliferation of recovery housing includes a lot of substandard and/or badly managed capacity
• Unethical, illegal business practices driven by third party payment availability
• Recovering individuals still stigmatized
• NIMBY fears motivating local governments
Federal responses

• **Federal bill** introduced to eliminate civil rights protections from recovering individuals in their access to housing, at local government discretion (H.R. 472 – Issa)

• **Pending agency and Congressional committee inquiries** into federal regulation of certain addiction treatment and recovery services
Discriminatory state, local initiatives

• Mandatory state licensure
• Spacing requirements, up to 1,300 ft. between any two residential recovery properties (treatment or housing)
• Excessive fire safety requirements
• Random inspections by state officials
Discriminatory state, local initiatives

- Many would apply to other kinds of shared housing, not just recovery housing
- Legislation introduced or enacted in states including Arizona, Utah, California, New Jersey
- Local ordinances passed or pending include Costa Mesa CA, Phoenix AZ, Delray Beach FL
There is a better way
New approaches

• State recognition of national standards, support for certifying organizations (Ohio)

• Combined with benefits to providers for obtaining voluntary certification (Massachusetts, Indiana, Florida, Rhode Island, legislation introduced in California, Pennsylvania)
New approaches

• Standards administered by independent organizations, with state oversight
• Creates incentives for seeking and maintaining certification, being subject to oversight
• Without violating individuals’ rights to housing
• *Raises community expectations, increases supply of well-managed residences*
WHAT DOES THIS MEAN FOR RECOVERY HOUSING PROVIDERS?

Standards, accountability, advocacy, education
Be part of the change

• If NARR certification is available in your state, become certified. Get involved with your NARR organization
• If not available, ask your state agency why they do not support standards and best practices
• Make connections: local recovery community, service providers, local governments
• Be mindful of ethical standards
About the AATA
Worried About Committing Fraud When You Waive Patient Deductibles?

Stay Safe.

The Patient Financial Responsibility Toolkit is Now Available

- Model policies
- Sliding fee assistant charts
- Talking points for staff
- Prompt pay versus cash pay discounting
- Application and program policy
- Invoice & prompt pay discount template

Download your preview today:
http://www.addictiontx.com/page/Toolkit

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Why Join the American Addiction Treatment Association?

• Compliance requirements vary from state to state and are changing constantly, making it incredibly challenging to identify and implement the rules that apply to you;
• AATA is the only entity that tracks and organizes state rules and regulations in every state across the nation;
• It’s our mission to empower you through the vital information, resources, and industry connections you need;
• We offer ongoing, relevant, timely education that keeps you in the know, with presenters that possess unparalleled expertise in this field;
• You need to ensure that your facility is compliant with all requirements for licensure, certification, and accreditation;
• It’s crucial for you to clearly define your rights and responsibilities within those requirements;
• You need to maximize your time and therefore need to rely upon the most up-to-date information from experts specializing in and constantly monitoring the industry;
• We deeply believe in what you do…and we’re motivated to help you succeed!

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Want to learn more? Join us!

NARR

Chicago

Best Practices Summit
for Recovery Residences

October 16 - 18, 2017
Palmer House Hotel

Conference schedule and registration information coming soon
Questions