



2023

RECOVERY HOUSING EXPO & SYMPOSIUM

HOSTED BY ECCLESIA

August 18, 2023
Ecclesia, 1100 Elder Street,
Houston TX 77007

Presentation:

Recovery Housing Quality Standards and Policy

Jason Howell
Executive Director
RecoveryPeople



TROHN

Texas Recovery Oriented
Housing Network



Learning Objectives

Upon completion, participants will be able to:

1. Distinguish the four types of recovery housing
2. Discuss how recovery housing residents are protected under fair housing laws
3. Describe strength-based approaches to accreditation
4. Describe the impact of HB 299, the “Texas Recovery Housing” bill signed into law

Substance use issues...

The result of ~~mis~~using alcohol or drugs in a manner, situation, amount, or frequency that could cause harm to the user or to those around them. Over time, repeated ~~mis~~use can lead to changes in brain circuits governing substance seeking, reward, stress, and executive functions like decision making and self-control. This progression can lead to the development of a substance use disorder, commonly called addiction.

-- Surgeon General

Recovery

- A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential -- SAMHSA (2012)
- A voluntarily maintained lifestyle composed characterized by sobriety, personal health, and citizenship -- Betty Ford Foundation (2007)

**Substance
use disorder**

**Hazardously
using**

**I don't have
a problems**

**I am in
recovery**



People with a history of substance use issues

- Have diverse and evolving wants & needs
- Require a wide range of options to support

Housing Choice

Substance
use disorder

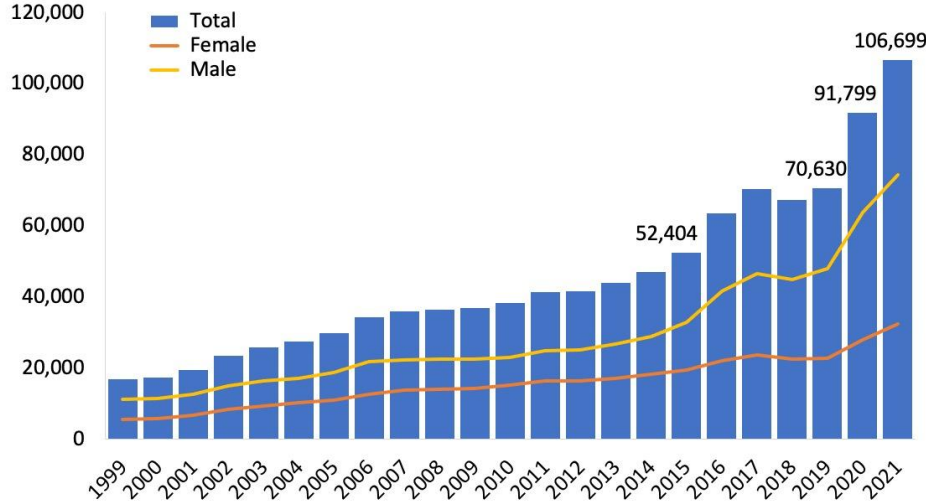
Hazardously
using

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Why recovery housing?

Figure 1. National Drug-Involved Overdose Deaths*, Number Among All Ages, by Gender, 1999-2021



*Includes deaths with underlying causes of unintentional drug poisoning (X40–X44), suicide drug poisoning (X60–X64), homicide drug poisoning (X85), or drug poisoning of undetermined intent (Y10–Y14), as coded in the International Classification of Diseases, 10th Revision. Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2021 on CDC WONDER Online Database, released 1/2023.

SUD Prevalence

16.5% aged 12+

8.5% aged 12 to 17
 25.6% aged 18 to 25
 16.1% Aged 25+

(NSDUH 2021)

25% of family members
 of which 90% live with a person in active addiction

(Ries, R. K., Fiellin, D. A., Miller, S. C., & Saitz, R. (2014))

**ECONOMIC
 IMPACT**

**\$249 billion
 alcohol misuse**

**\$193 billion:
 illicit drug use**

(US Surgeon General, 2016)



Most persons with a substance use disorder return from treatment or an institution to living environments that enable addictive lifestyles.

Recovery housing generates...

Better outcomes

Improved

- abstinence and mental health
- employment rate and monthly income
- reunification of families

Decrease in criminal justice involvement

(Jason, L. A., Davis, M. I., & Ferrari J. R (2007)

(Polcin DL, Korcha R, Bond J, Galloway GP (2010)

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Cost savings

\$25 per day in Level I recovery homes compared to:

- \$61 to \$98 per day in Housing First (Urban Institute)
- \$70 per day in jail (TDCJ)
- \$200 per day in treatment bed (NCDAS)

Net benefit of an OH stay was estimated to be roughly \$29,000 per person on average.

(Lo Sasso 2011)

What is recovery housing?

What is recovery housing?

(SUPPORT Act 2018)

- A shared living environment free from alcohol and illicit drug use and centered on peer support and connection to services that promote sustained recovery from substance use disorders.

What is recovery housing?

(SAMHSA definition)

- Safe, healthy, family-like substance-free living environments that support individuals in recovery from addiction
- Vary widely in structure, all are centered on peer support and a connection to services that promote long-term recovery
- Benefits individuals in recovery by reinforcing a substance-free lifestyle and providing direct connections to other peers in recovery, mutual support groups and recovery support services
- Substance-free does not prohibit FDA-approved medications taken as prescribed


Recovery housing...

Which statement is FALSE

- A. Can trace its origin to the mid-1800s
- B. Is an evidenced-based recovery support service created by persons in recovery for persons initiating and sustaining recovery
- C. Is housing for a person with a substance use issue regardless of their recovery goals

Recovery housing...

Which statement is FALSE

- A. Can trace its origin to peers in the mid-1800s
- B. Is an evidenced-based recovery support service created by persons in recovery for persons initiating and sustaining recovery
-  C. Is housing for a person with a substance use issue regardless of their recovery goals

Designed for a persons pursuing abstinence-based recovery.

Note, taking medication as prescribed can be in alignment with abstinence-based.

Oxford House

“Sober Living”

“Recovery House”

Therapeutic Community

“Sober House”

“Extended Aftercare”

Halfway House

Transitional home

“Residential Recovery Center”

What's What?!

$\frac{3}{4}$ House

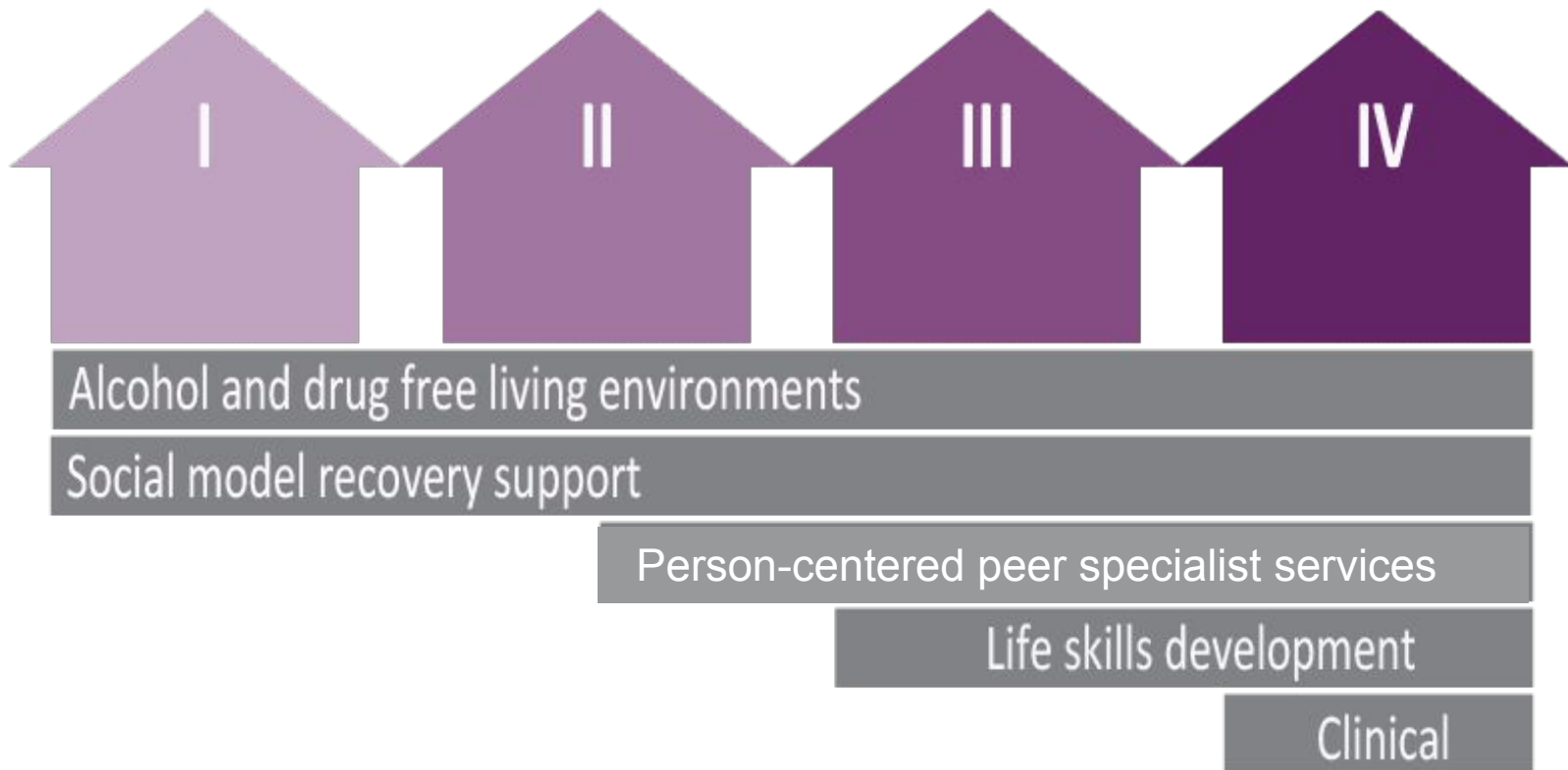
Supportive Housing

AoD Free Halfway

Recovery Housing

Levels of Support (NARR 2012)

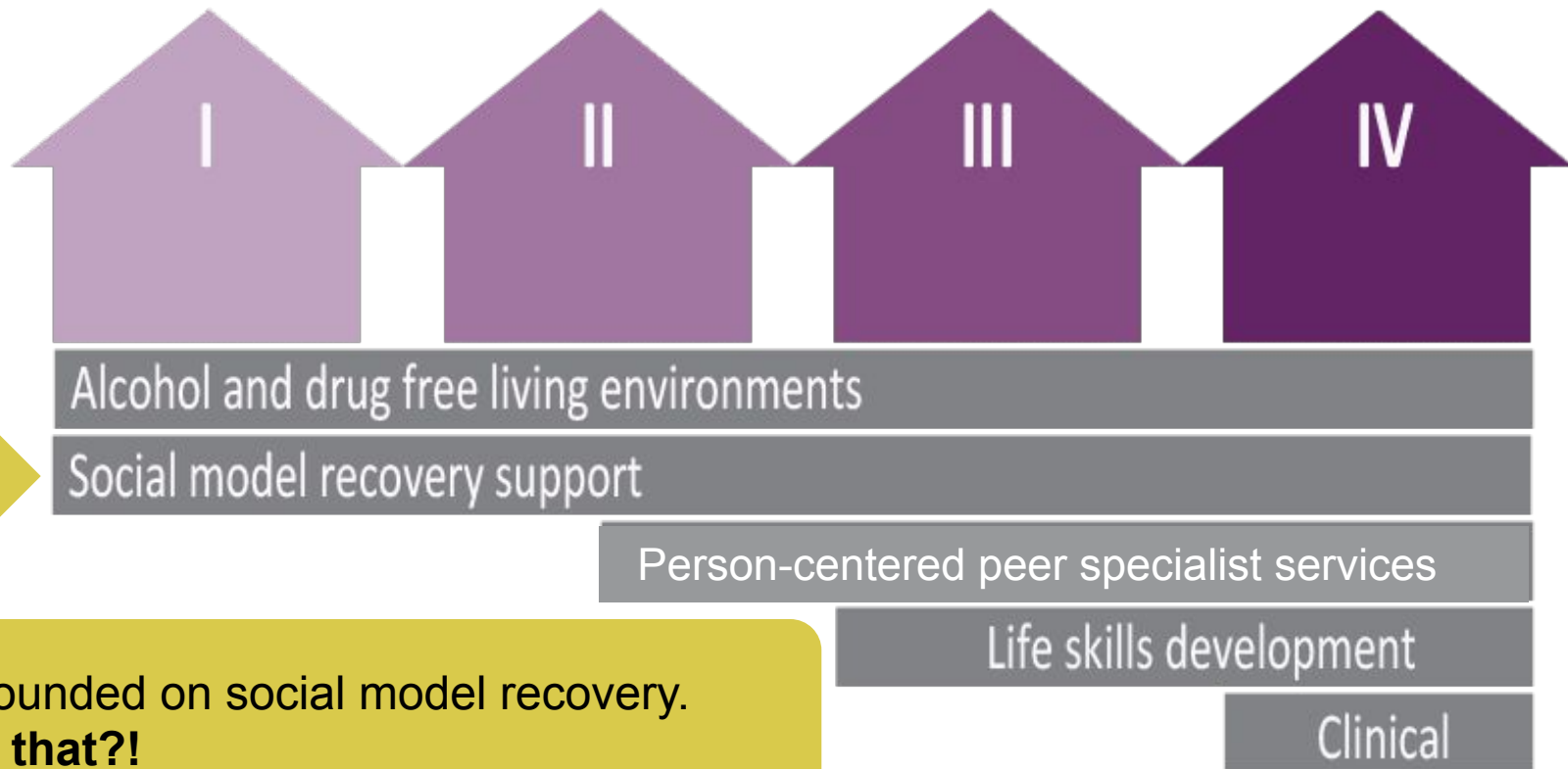
Bundle of
services



Recovery Housing

Levels of Support (NARR 2012)

Bundle of services



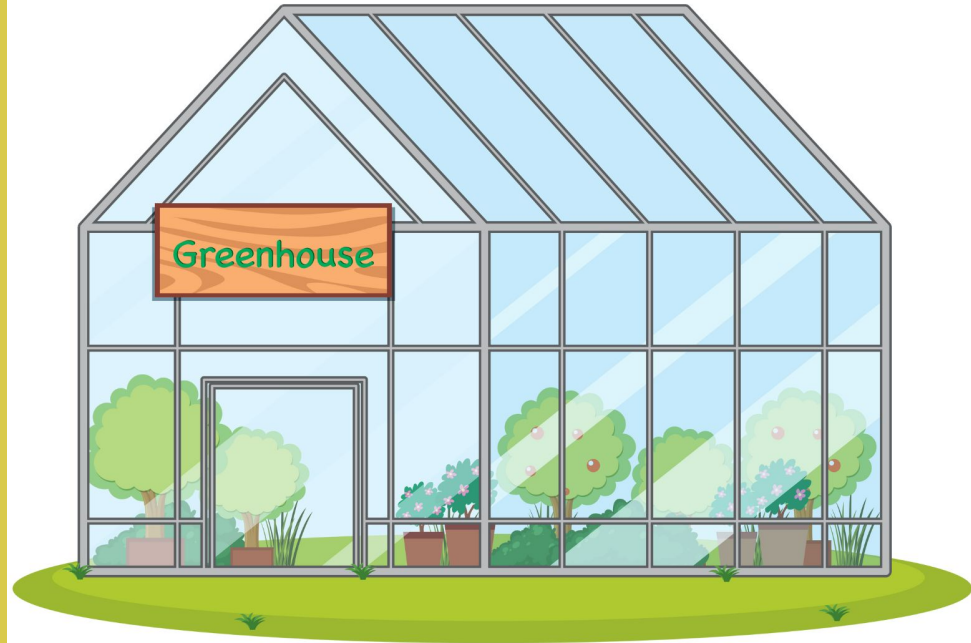
All are founded on social model recovery.
What is that?!

Social Model Recovery

Culture and sense of community

- Environment
- Peer-to-peer support
- Peer leadership
- Peer governance
- Recovery-oriented
- Community-oriented

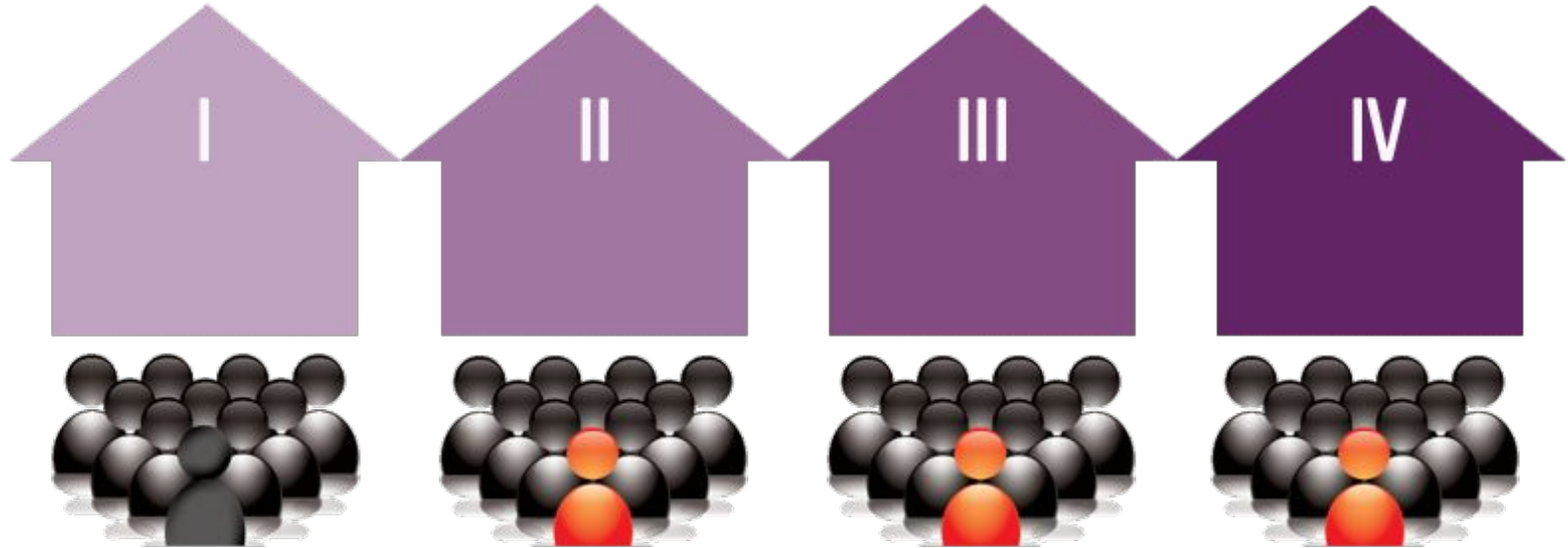
“The setting is the service”



Recovery Housing

Levels of Support

Staff and
governance

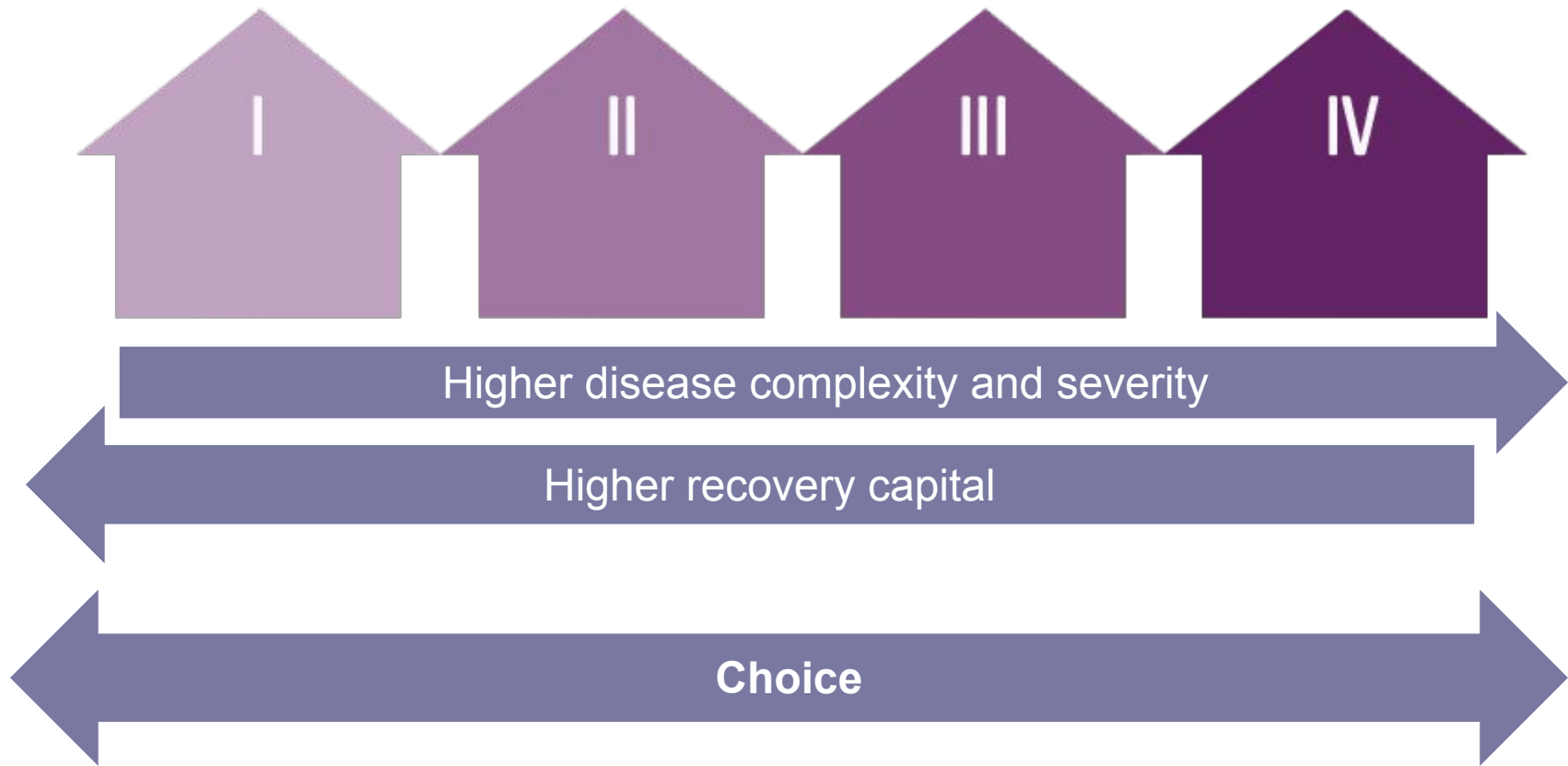


Trained or credentialed and supervised

Recovery Housing

Levels of Support

Cost effectively match
diverse and evolving



What is recovery housing from a
policy perspective?

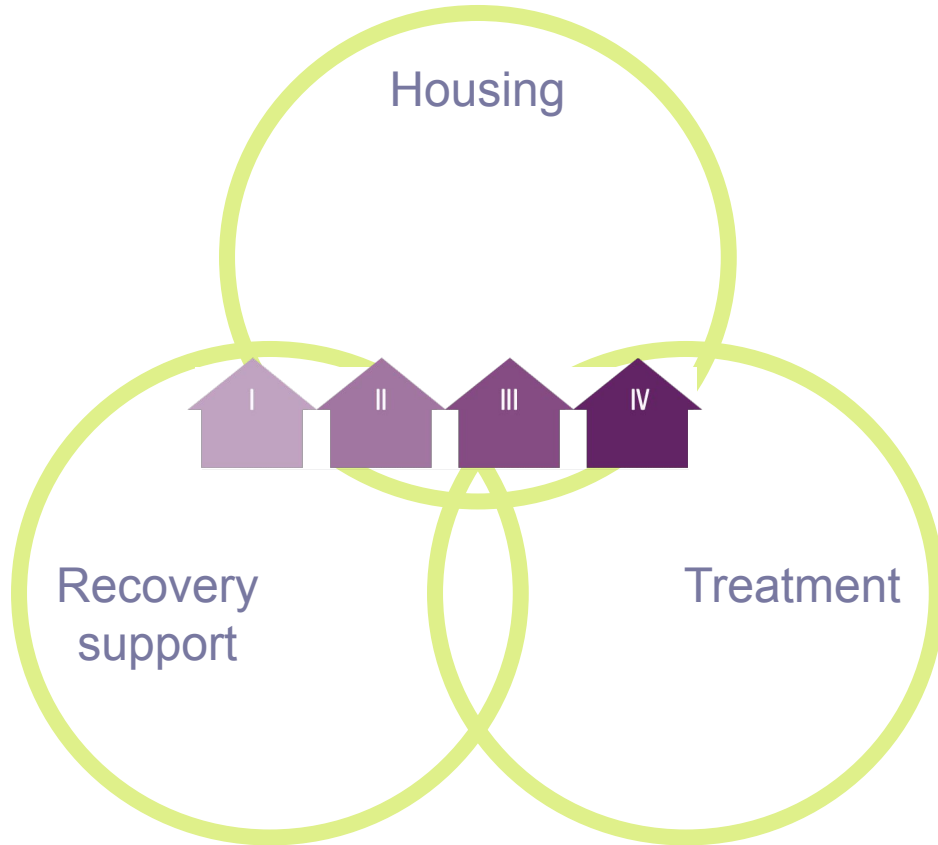
Recovery Housing



- Funding and regulatory policy often looks at services rendered

Recovery Housing

Funding Policy



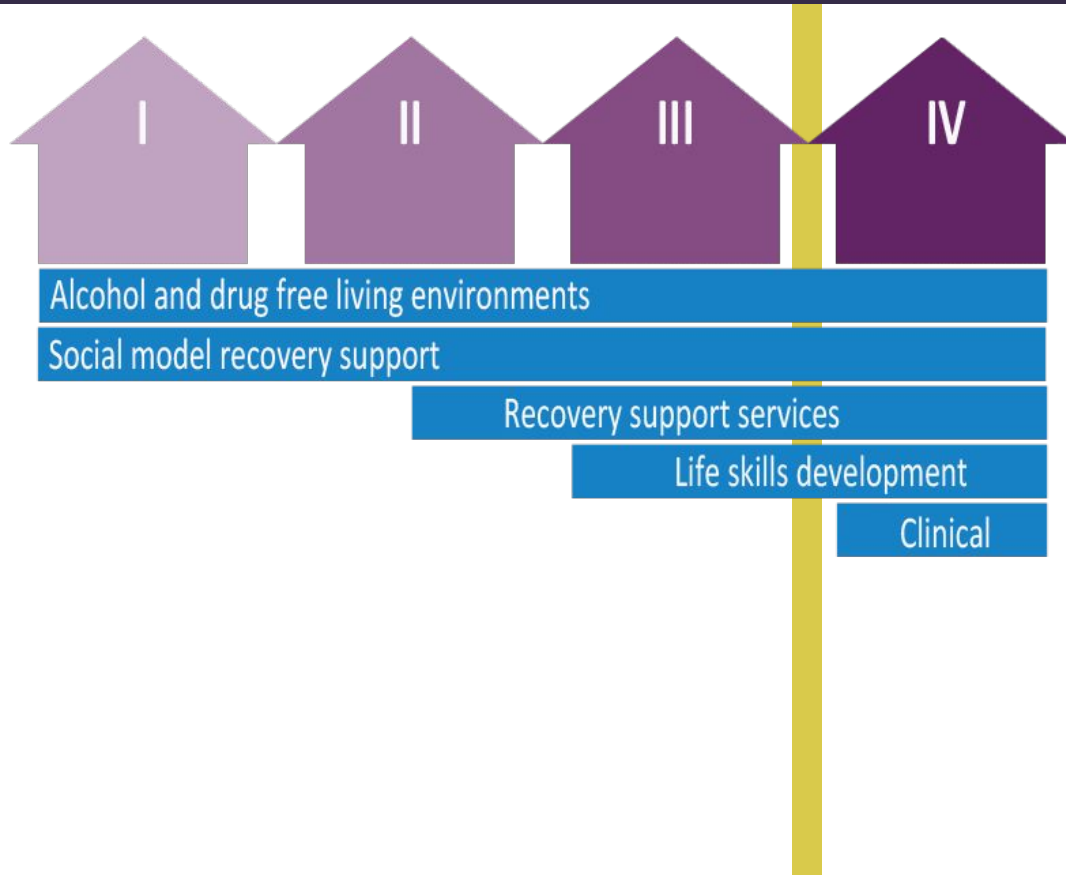
To varying degrees recovery housing is sited at the intersections of:

- Housing
- Recovery support
- Treatment

As a result, recovery housing can fall through funding policy “cracks”

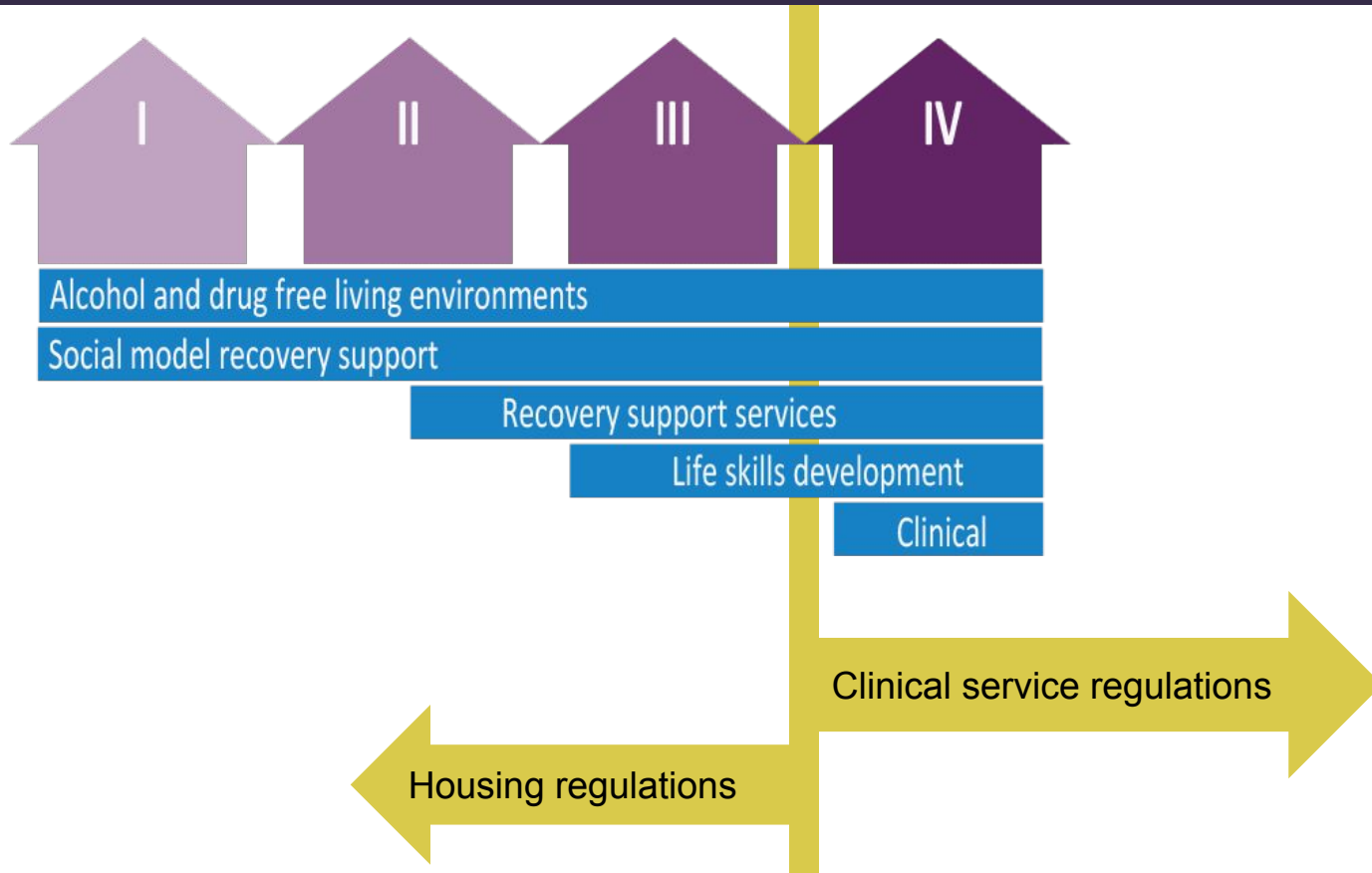
Recovery Housing

Regulatory
Policy



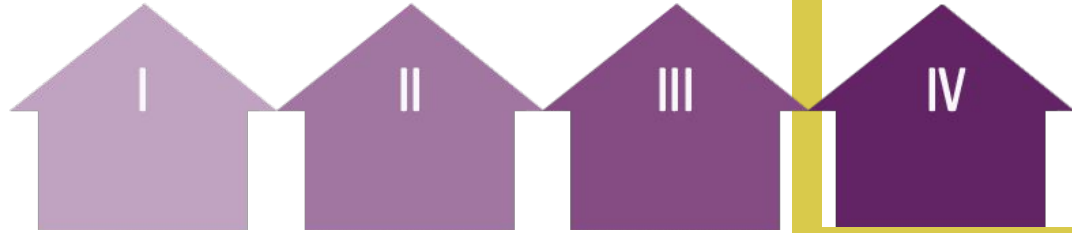
Recovery Housing

Regulatory
Policy



Recovery Housing

Regulatory Policy



Residential treatment regulations

- License, Texas Health and Safety Code 464 (State)
- IMD Rule (Fed)
- HIPAA, HITECH, and 42 CFR Part 2 (Fed)
- Anti-kickback, 42 USC 1320a-7b(b) (Fed)**
- STARK Law 42 USC 1395nn (Fed)***
- Conditional Employee or Agent Relationship on Patient Revenue, TX Health and Safety Code 164.005 (State)
- Soliciting and Contracting with Certain Referral Sources, Texas Health and Safety Code 164.006 (State)

**All federal health plans

***Medicaid/Medicare

Recovery Housing

Regulatory Policy



Recovery housing regulations

- Fair housing laws (Fed, State, Local)
- American with Disabilities Act (Fed.)
- Landlord-Tenant (State)
- Public Housing Policy (Fed, Local)
- Federal Anti-Drug Abuse Act (Fed)
- Land use ordinances (Local*)
- Health and safety, building codes (Local*)
- HB 299 (State)

*Reasonable accommodation if local law causes discriminatory impact or affect.

What are the barriers?



Recovery housing barriers

Fair housing discrimination

- Despite meeting the civil rights definition of “disabled”, a “protected class”, persons in recovery often have to fight for their right to live in neighborhoods
- Stigma and unfounded fears
- Not In My Backyard (NIMBY) politics
- Over regulation



Recovery housing barriers

Affordability and funding

- Many cannot afford the level of support they need
- Funding policies often raise barriers to recovery housing choice
- Falling through the policy cracks that do not recognize recovery housing as housing, recovery support or treatment.



Recovery housing barriers

Poor quality and ethics

- Bad Players
 - Give recovery housing bad reputation
 - Flee to state turning a blind-eye
- Florida's Review of Ethical Practices in Treatment and Recovery Strategies
- GAO Report on Recovery Housing
 - Bipartisan request from Senators Warren, Hatch & Rubio
- Anyone can marketing "recovery housing" without following fidelity or quality standards



What is a strength-based solution?

Accreditation to best practices

Carrots over sticks

A voluntary, accreditation program is a legal, strength-based and cost effective approach to increasing the quality and supply of recovery housing;

Whereas, government regulation is not.



Accreditation incentives

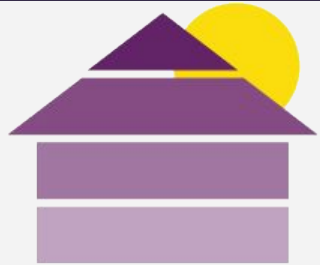
Increase revenue

- Designated as meeting best practices
- Rental assistance vouchers
- Referral restrictions

Underwrite or lower cost

- Training
- Technical assistance
- Accreditation

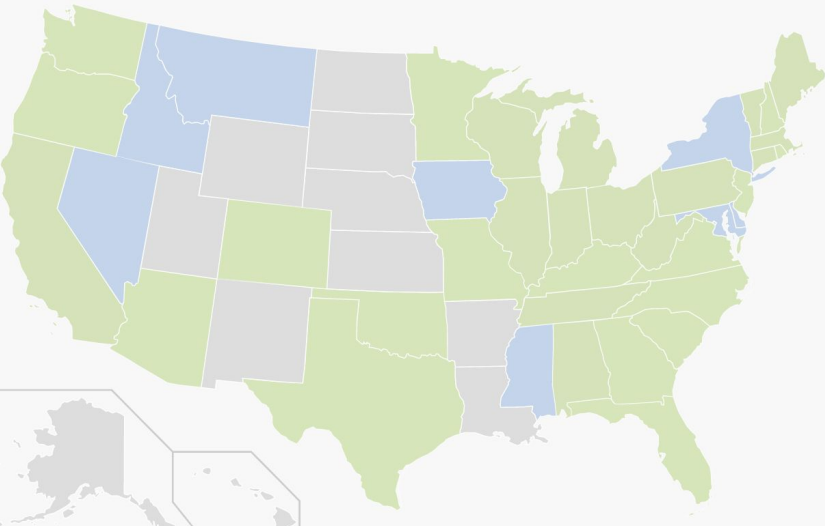
Promote quality while upholding civil rights with a market-based solution



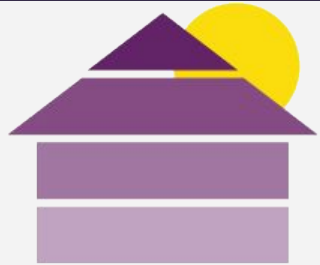
NARR

**National Alliance for
Recovery Residences**

Community ▪ Standards ▪ Ethics ▪ Education



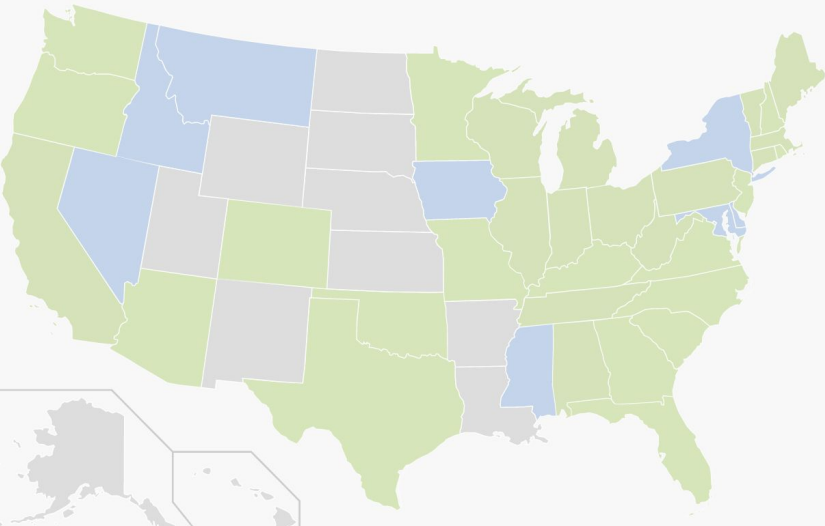
- Standardized nomenclature
- Levels of Support, an inclusive framework
- National fidelity standards and Code of Ethics
- Accreditation program



NARR

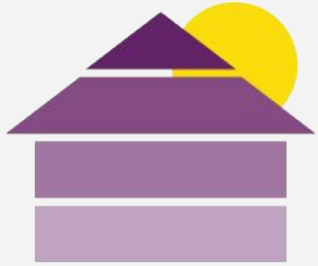
**National Alliance for
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Community ▪ Standards ▪ Ethics ▪ Education



As of July 2023:

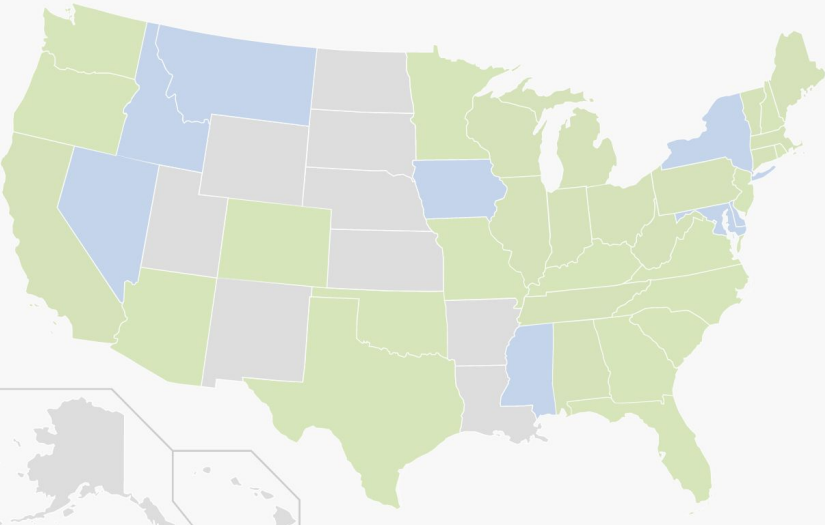
- 30 statewide affiliate organizations
- 8 state projects in development
- 1,600 recovery residence providers
- 4,500 NARR-certified residences
- 48,000 recovery beds
- 25% annual growth accredited capacity



NARR

**National Alliance for
Recovery Residences**

Community ▪ Standards ▪ Ethics ▪ Education



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**Texas Recovery Oriented
Housing Network**

NARR Standard (NARRonline.org)

- 5 Domains
- 10 Principles
- 31 standards
- Subsections and rules

Domains, Core Principles and Standards

1		Administrative and Operational Domain		LEVELS			
				I	II	III	IV
A.		Core Principle: Operate with Integrity					
1.		Use mission and vision as guides for decision making					
	a.	A written mission that reflects a commitment to those served and identifies the population served which, at a minimum, includes persons in recovery from a substance use disorder.	✓	✓	✓	✓	
	b.	A vision statement that is consistent with NARR's core principles.	✓	✓	✓	✓	
2.		Adhere to legal and ethical codes and use best business practices					
	a.	Documentation of legal business entity (e.g. incorporation, LLC documents or business license).	✓	✓	✓	✓	
	b.	Documentation that the owner/operator has current liability coverage and other insurance appropriate to the level of support.	✓	✓	✓	✓	
	c.	Written permission from the property owner of record (if the owner is other than the recovery residence operator) to operate a recovery residence on the property.	✓	✓	✓	✓	
	d.	A statement attesting to compliance with nondiscriminatory state and federal requirements.	✓	✓	✓	✓	
	e.	Operator attests that claims made in marketing materials and advertising will be honest and substantiated and that it does not employ any of the following: <ul style="list-style-type: none"> ▪ False or misleading statements or unfounded claims or exaggerations; ▪ Testimonials that do not reflect the real opinion of the involved individual; ▪ Price claims that are misleading; ▪ Therapeutic strategies for which licensure and/or counseling certifications are required but not applicable at the site; or ▪ Misleading representation of outcomes. 	✓	✓	✓	✓	
	f.	Policy and procedures that ensure that appropriate background		R	R	✓	

NARR Standard (NARRonline.org)

Domains, Core Principles and Standards

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		b.	A vision statement that is consistent with NARR's core principles.				

Standard

Subsection or rule

NARR Standard (NARRonline.org)

Domains, Core Principles and Standards

1 Administrative and Operational			LEVELS				
			I	II	III	IV	
A.	Core Principles						
	I.	Use mission	Decision making				
		a.	...ent to those served ...at a minimum, ...e use disorder.	✓	✓	✓	✓
		b.	A vi...R's core princ...	✓	✓	✓	✓


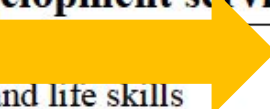
Levels
Of
Support

NARR Standard (NARRonline.org)

Domains, Core Principles and Standards

1 Administrative and Operational Domain			LEVELS			
			I	II	III	IV
A.	Core Principle					
	I.	Use				
		a.	✓ = Required	✓	✓	✓
		b.	✓	✓	✓	✓

NARR Standard (NARRonline.org)

					
24.	Provide recovery and development services				
	a. Provide and/or develop opportunities.	<div style="background-color: yellow; padding: 5px; display: inline-block;"> ✓ = Required Level III and IV </div>		✓	✓
	b. Ongoing performance support and training are provided for staff.			✓	✓
25.	Provide clinical services in accordance with state law				
	a. Evidence that the program's weekly schedule includes clinical			*	✓

Accreditation in Texas



As of Sep 1, 2023
Administrator training
on standards and
requirements



Submit
application at
TROHN.org

Application
review

Interview

Onsite
review

**2 Year
accreditation**

88th Texas Legislature

HB 299, regarding voluntary recovery housing accreditation

88th Texas Legislature: HB 299, Regarding voluntary recovery housing accreditation

Defines “recovery housing” in Texas law as:

A shared living environment that promotes sustained recovery from substance use disorders by integrating residents into the surrounding community and providing a setting that connects residents to supports and services promoting sustained recovery from substance use disorders, is centered on peer support, and is free from alcohol and drug use.

88th Texas Legislature: HB 299, Regarding voluntary recovery housing accreditation

Defines what recovery housing is NOT :

- Lists types of facilities that are ineligible for accreditation
- Prohibits accredited recovery house from providing personal care services as defined by the Assisted Living Facility Licensing Act.

88th Texas Legislature: HB 299, Regarding voluntary recovery housing accreditation

Health and Human Services Commission (HHSC) must:

- Adopt accreditation standards consistent with National Alliance for Recovery Residences and Oxford House Incorporated
- Accrediting organization are limited to the National Alliance for Recovery Residences or the Oxford House Incorporated

88th Texas Legislature: HB 299, Regarding voluntary recovery housing accreditation

Health and Human Services Commission (HHSC) must:

- Publish an annual HHSC report on accredited recovery houses in Texas.

88th Texas Legislature: HB 299, Regarding voluntary recovery housing accreditation

Accrediting organizations must:

- Establish accreditation requirements that at a minimum include the HHSC adopted standards;
- Establish procedures to issue accreditation and related fees;
- Provide training to designated recovery house responsible parties, if applicable, and recovery house staff regarding the HHSC adopted standards;
- Develop a code of ethics; and
- Provide information to HHSC for its annual report on accredited recovery houses

88th Texas Legislature: HB 299, Regarding voluntary recovery housing accreditation

NARR accredited recovery housing must have an Administrator:

- Responsible for administering recovery home in accordance to standards;
- Completes applicable training requirements; and
- Notify TROHN of any change to the Administrator within 30th business days

88th Texas Legislature: HB 299, Regarding voluntary recovery housing accreditation

Any accredited recovery house SHALL NOT:

- **Body broker** - Offering to pay or agreeing to accept remuneration in cash or in kind to or from another for securing or soliciting a patient or patronage for or from a person licensed, certified, or registered by a state health care regulatory agency;
- **Illegally market** - Advertise any false, misleading, or deceptive information about the recovery house, including advertising or otherwise communicating about accreditation status that the recovery house does not have;

Texas 88th Legislative Session

HB 299, regarding recovery housing

Accredited organizations shall enforce through:

- **Suspension** of a violator's accreditation for a period not to exceed six months while the accrediting organization conducts an audit; and
- After the audit is complete, implementation of a **corrective action plan or revocation** of accreditation

Texas 88th Legislative Session

HB 299, regarding recovery housing

Important Dates

- **EFFECTIVE DATE:** September 1, 2023
- **Effective September 1, 2025**, the bill prohibits a recovery house that is not accredited from receiving state money.

info@trohn.org

<https://trohn.org/>