

Building a Foundation of Recovery

Integrating SAMHSA's Best Practices into New Hampshire's Recovery Housing Standards



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Workshop Overview

- Understanding NH's Recovery Housing Landscape
- Overview of SAMHSA's Best Practices for Recovery Housing
- Four domains: Home, Health, Purpose, Community
- Understanding the Social Model of Recovery
- How New Hampshire Partnership for Recovery Residences (NHPRR) certification requirements incorporate best practices
- Panel discussion on how the standards are lived out in recovery homes



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New Hampshire Partnership for Recovery Residences

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NHPRR Director**



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NHPRR Certification Manager**



Learn More About NHPRR



What Is Recovery Housing?

Multiple terms

- Recovery residences
- Recovery housing/homes
- Sober living
- Halfway houses
- Step-down houses

Definition:

“A residence that provides a safe, healthy, family-like, substance-free living environment that supports individuals in recovery from addiction and is centered on peer support and a connection to services that promote long-term recovery”



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About NHPRR

- New Hampshire's only designated certifying body for recovery housing (RSA § 172-B:2)
- Promotes safe, ethical, and supportive recovery environments
- Certification framework built on SAMHSA's Best Practices (2023)
- Five domains: Operations, Home, Health, Purpose, Community
- Conflict-free Advisory Board



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NH Recovery Housing Data

91 certified houses

- 1 Pregnant and Parenting Women Home
- 1 LGBTQ+ Home
- 1 Co-ed Home

Demographics

- 726 male beds
- 359 female beds
- 6 LGBTQ+ beds
- 26 co-ed beds

Areas of Priority

- Rockingham County
- Coos and Carroll County
- Veteran Recovery Housing
- LGBTQ+ Recovery Housing
- Aging Adults
- Families



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Importance of Certification



- Certification is voluntary in New Hampshire
- Ensures quality, integrity, and resident safety
- Builds public trust and community partnerships
- Allows residents voice if there are concerns
- Aligns NH's recovery housing with best practices
- Promotes transparency and accountability



Enhanced Funding Opportunities

- NH Voluntary Housing Registry
- Community Housing Program (CHP)
- Opioid Use Disorder Supportive Housing Capital Program
- Doorway



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SAMSHA Working Definition of 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.”

Health

Overcoming or managing one's disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and for everyone in recovery, making informed, healthy choices that support physical and emotional wellbeing.

Home

A stable and safe place to live

Purpose

Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society

Community

Relationships and social networks that provide support, friendship, love, and hope

3



10 GUIDING PRINCIPLES
OF RECOVERY



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SAMHSA's Framework for Recovery

Four supporting dimensions:

- **Home**—Stable and safe living environment
- **Health**—Managing physical and emotional well-being
- **Purpose**—Meaningful activities and roles
- **Community**—Relationships and social support



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The Social Model of Recovery

- Emphasizes peer leadership, accountability, and mutual aid
- Recovery built through community, not treatment alone
- Values experiential knowledge — learning from lived experience
- Encourages resident empowerment
- Focuses on grace, responsibility, and belonging



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Why the Social Model Matters

- The recovery residences *are* the service
- House culture aids recovery
- Promotes peer-to-peer support and prosocial behaviors
- Builds recovery capital: confidence, purpose, stability
- Shown to reduce relapse, incarceration, unemployment rates
- NHPRR integrates this philosophy in every domain



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NHPRR's Five Certification Domains

1. Operations—Legal, ethical, and organizational standards
2. Home—Safe, home-like, and compliant environments
3. Health—Substance-free living and wellness support
4. Purpose—Meaningful structure and community roles
5. Community—Connectedness within and beyond the residence



Operations Domain

- Focus: Governance, integrity, leadership
- Legal status, insurance, and mission alignment
- Transparent marketing and ethical standards
- Resident rights and accountability
- Screening & Support Levels
- Outcome: Safe, ethical, well-managed recovery homes



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Operations Domain

- Moving from attestation to NHPRR verification
- Code of Ethics & Code of Conduct
- Training plans for peer leaders
- Individual self-care plans for peer leaders
- Ethical disclosure and resident choice in treatment



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Home Domain



- Focus: Physical environment
- NH fire safety requirements
- Emphasis on home-like, non-institutional settings
- Maintenance and safety compliance
- Shared responsibilities and belonging



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Home Domain

- Nurturing & respectful environment
- Resident interviews support Social Model principles
 - Mutual respect, peer support, building recovery capital
- Resident-driven length of stay
- Safe, well-maintained, welcoming spaces



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NHPRR Discharge Requirements

- Emergency discharge plans made at intake
- Non-emergency discharges require notice
- Discharges during weekday daytime hours when possible
- Access to Narcan and resources at discharge
- Notification provided to probation and funding sources (if applicable)



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Health Domain



- Focus: Well-being, safety, and holistic recovery
- Substance-free environments
- Recurrence protocols
- Overdose Response Policy
- Support for medication for addiction treatment (MAT)



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Health Domain



- Resource linkage to support recovery capital
- Needs assessed at intake
- Recovery Community Organizations
- Regional Public Health Network resources
- Confidentiality



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Purpose Domain

- Meaningful recovery activity and personal growth
- Encourage work, education, volunteering, or service
- Recognition of resident milestones
- Resident-driven recovery planning
- Weekly house meetings



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Recovery Housing Levels

Each house is unique in the way it carries out its purpose

- Level 1—Peer-run with sustained recovery capital
- Level 2—Moderate structure, peer leadership, stable recovery capital
- Level 3—High structure, paid leadership, life skills development
- Level 4*—Home integrates housing with professional services

* State-licensed in New Hampshire



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Community Domain



- Connection, collaboration, and advocacy
- House activities (e.g., bowling night, morning meditations)
- Maintain positive neighbor and community relations
- Encourage service and advocacy
- Foster belonging and reduce stigma



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Reflection Moment

- What's one insight or “aha” from today's discussion?
- What question do you have about putting these standards into practice?
- Is there a challenge your organization faces that the panel could help address?



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Panel Discussion Voices from the Field

Ariel Dupuis, CRSW



Chris Charpentier



Christina Manter, M.A.



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Ariel Dupuis, CRSW

- Founder of Ascension Recovery
- Certified Breathwork Practitioner
- Reiki Master
- Yoga Instructor
- Alumna of Home Sober Living



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Chris Charpentier

- Founder of Your Path Recovery
- 2 locations in Nashua, NH
- Person in long-term recovery
- Alumnus of GateHouse



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Christina Manter, M.A.

- Founder of 603 Sober Living
- Master's degree in Clinical Mental Health Counseling & Addiction
- Therapist at Nelson Counseling
- NHPRR trainer for recovery housing operators



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Key Takeaways

- Certification builds trust, quality, and sustainability
- SAMHSA's recovery domains guide effective housing
- The Social Model fosters connection and accountability
- Together, we create homes where recovery thrives
- Safe homes. Strong communities. Sustainable recovery.
- Use NH Voluntary Recovery House Registry for referrals



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Resources & Next Steps

- NHPRR website: nhprrr.com
- Certification Application & Guidelines
- SAMHSA Best Practices for Recovery Housing (2023)
- Contact: Laura Wargo, MSW
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