NHCORR Certified Recovery Housing – What Can You Expect? New Hampshire Coalition of Recovery Residences

NHCORR

The NH State Affiliate of the National Alliance of Recovery Residences (NARR)

NARR developed the framework of 30+ standards that is recognized and accepted by Congress and SAMHSA $\,$

SAMHSA's Best Practices in Recovery Housing is based on the NARR Standards.

Kim Bock

Executive Director of NHCORR

Chair the Advocacy Committee of NARR

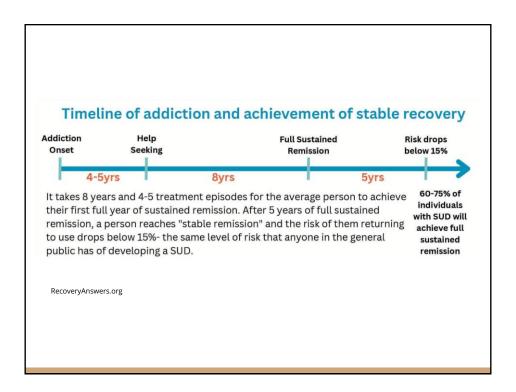
Member of the NHPA Board

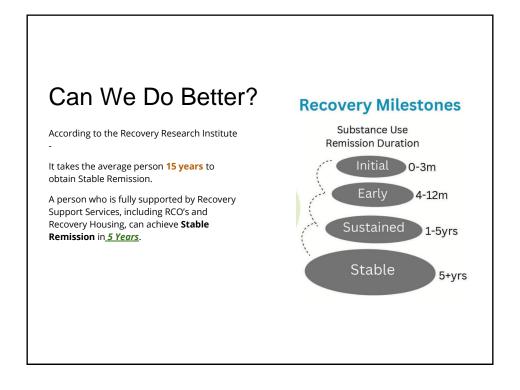
Member of the Greater Portsmouth Recovery Coalition Housing Task Force

Collaborate with NH HFA, CDFA, New Futures, DHHS, BDAS, NHMA, NHBOA, NHPA, Municipalities, Rotary, etc.

Objectives

- A. Introduction to the evidence based social model of recovery the cornerstone to all NHCORR certified recovery residences.
- A. Review of the requirements to become an NHCORR certified recovery residence: Operational, Environmental, Recovery Support and Good Neighbor Policies
- A. Understand what residents can expect of the recovery house and what is expected of the resident.





Housing Challenges

Difficult to secure

Critical to long term recovery

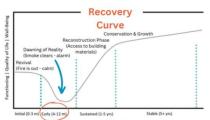
NARR certified Recovery Homes offer 60% greater chance of long term recovery

Housing

The right fit is critical to success.

Every House is Unique

Take the time to learn about each house and match the client to the house.



The "Recovery Curve" shows that individuals with SUD are most vulnerable to a sharp decrease in functioning/well-being during the early phase of recovery due to issues that can arise with restarting their lives. It is important to note that many treatment programs terminate around this time, meaning RSS programs are vital to long-term recovery support!

Social Model of Recovery

"it emphasized social and interpersonal aspects of recovery rather than approaches that were more individually oriented. It also emphasized peer-to-peer rather than practitioner-client relationships and replaced the concept of treatment plan with "recovery plans"" Using the Social Model of Recovery principles, recovery housing cultivates *family-like relationships* and *social networks* that provide *support*, *friendship*, *and hope*.

A support network of friends and family, peers with lived experience, trained recovery housing staff, and access to community resources is essential to helping people achieve sustained recovery.

Community, camaraderie, empathy, and guidance are necessary ingredients in helping someone remain on track as they navigate a healthy lifestyle.

Substance Abuse and Mental Health Services Administration.

Best Practices for Recovery Housing. Publication No. PEP23-10-00-002. Rockville, MD: Office o Recovery, Substance Abuse and Mental Health Services Administration, 2023.

Social Model

- Lived Experience Residents draw on that experience as a way to help others.
- Recovery operates via connections between residents, not between an individual resident and a professional caregiver.
- All residents are consumers and providers, both giving and receiving help.
- Recognition of various pathways.
- A positive sober environment that encourages support for abstinence is crucial.
- Addiction is viewed as being centered in the reciprocal relationship between the individual and his or her surrounding social unit.

Polcin D, Mericle A, Howell J, Sheridan D, Christensen J. Maximizing social model principles in residential recovery settings. J Psychoactive Drugs. 2014 Nov-Dec;46(5):436-43. doi: 10.1080/02791072.2014.960112. PMID: 25364996; PMCID: PMC4220294.

NHCORR Certification According to the Social Model

NHCORR reviews all the *policies and procedures* to ensure the Social Model is the basis of the operation.

- Peer Support
- Family gatherings/outings/meals/celebrations
- Sharing of Chores
- Accountability Builds Trust

NHCORR Certification According to the Social Model

NHCORR Tours the Physical Structure

Community Spaces are comfortable and well used

Living room, kitchen, dining area

Gathering spaces and activities - fire pit, corn hole, basketball, etc

Limited access to places of isolation (attics, outbuildings, basements)

Roommates

NHCORR Certification According to the Social Model

NHCORR Interviews the Residents according to a scripted discussion - 45+ Minutes

We have a conversation about -

- Activities
- Responsibilities
- Peers helping peers
- Bonding

Location

Day in the Life

Testing against the Social Model Principles

- → Lived Experience
- → Recovery operates via connections between
- → All residents are consumers and providers
- → Recognition of various pathways.
- → A positive sober environment
- → Addiction is viewed as being centered in the reciprocal relationship

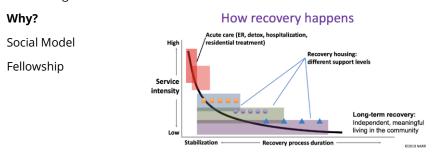
Learn about NHCORR Recovery Houses

Levels Personality of the House Size of Organization Curfews Demographics Activities Life Skills

Guidance

Levels

An NHCORR certified recovery house provides a person a 60% greater chance of attaining and maintaining long term recovery.



Levels

Assess each potential resident's needs and determine whether the level of support available within the residence is appropriate. Provide assistance to the resident for referral in or outside the residence.

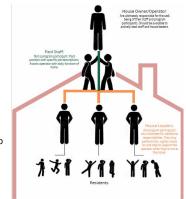


One House Operation House Operation

Owner works full time at another occupation

Owner is present in the recovery house on a daily basis

Owner has a structure of House Leaders who voluntarily take on responsibility as part of their recovery plan to help with the house.

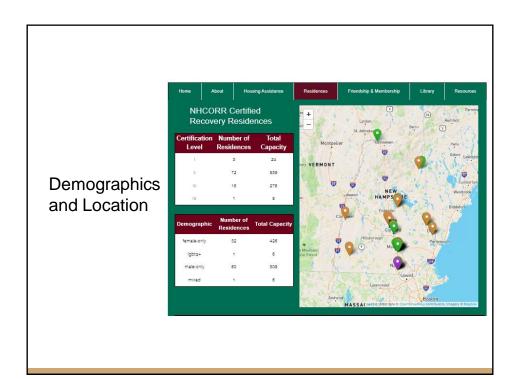


5 or more

Owner is not as visible in each house.

Rely on Staff and house leadership for the daily operation of the house.

Houses are typically unique.





What Does a Recovery Home Look Like?

There is no set model for what a recovery home looks like. In NH, it could be an old house, a new house, a repurposed motel, rectory, apartment building, duplex, triple decker, single family house, a repurposed nursing home, a mill owner's mansion, a lakeside resort.





- On the Inside -
- Kitchen with storage space for everyone
- Dining area with seats for everyone
- Living room with seats for everyone
- Bedrooms without locks on doors and plenty of personal storage space (50 sq ft per person)
- Plenty of bathrooms (1 for every 6 people)
- Layout that encourages people to interact with each other as a family
- Home Atmosphere



What is expected of the Resident

Alcohol and Illicit Drug Free

Participate in the community - meals, Forced Family Fun, Holidays, adventures, meetings

Participate in the upkeep of the home

Remain actively engaged during the day

Progress in a recovery plan

Love (not like, necessarily) all household members - unconditional positive regard

Day in the Life

Get up (usually no later than 8 AM) Dinner

Get ready for the day - personal hygiene Meetings

Make Bed Recovery work, life skills work

Pick up room Social time - movies, puzzles, etc

Out of room by house set time (8 - 10ish) Go to Bed

Work, seek work, education, volunteer, Curfew set by house

meetings

Chores, laundry, etc

Mandatory Weekly House Accountability Meeting

Other activities might include

Meditation Holiday Gatherings

Yoga Hikes Reiki Fairs Life skills - finance, nutrition, self care, health, Sledding Beach

Games Sober Softball, etc Reunification

Bowling

Probation meetings

Gardening

Personality of the House

Every House has the same basic rules.

Every Operator puts their personality and vision into the house.



Get to Know the Operators

Talk with the Operators

Learn about their programs and what supports they offer

Remember - Houses vary. Variety leading to Choice is critical.

Some houses cater to people who need a lot of support and direction.

Some houses cater to people who need more independence.

Both are valuable for the entire community.

Accepting Applications

Certification Level

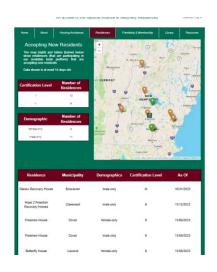
Demographic

Location - clickable Link to website

Chart -

- Clickable Link to website
- Municipality
- Demographic
- Level
- Date info was last updated

NHCORR.org



Review

Objectives -

Social Model

Aspects of Certification

What Residents Can Expect

References

A Primer on Recovery Residences: FAQ (2012) NARR Accessible at www.narronline.org

David Patton, David Best & Lorna Brown (2022) Overcoming the Pains of Recovery... Addiction Research & Theory 30:5, 340 - 350, DOI:10.1080/16066359.2022.2039912

Polcin D, Mericle A, Howell J, Sheridan D, Christensen J. Maximizing social model principles in residential recovery settings. J Psychoactive Drugs. 2014 Nov-Dec;46(5):436-43. doi: 10.1080/02791072.2014.960112. PMID: 25364996; PMCID: PMC4220294.

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How Recovery Support Services Can Make a Big Difference in Achieving and Sustaining Recovery. Recoveryanswers.org/MCRSP.org

