

Recovery Housing: A Vital Resource

Recovery Housing is for people in recovery from substance abuse disorders. It provides a living environment free from alcohol and illicit drug use with a focus on peer support, assistance with obtaining addiction services, and other recovery services and support.



Recovery Housing Works

Research shows that **residents of recovery housing** have an overall **improved quality of life**, including:

- Decreased substance use
- Decreased incarceration rates
- Increased income
- Increased family and social relationships
- Improved psychological and emotional well-being

Who Needs Recovery Housing?

People who are newly abstinent or in recovery and want a supportive living environment.

People participating in or completing treatment and who are in need of supportive, affordable housing.

People who are homeless or unstably housed and want a recovery-focused environment of peer support.

KEY CONCEPTS

Recovery

Addiction is a chronic disease. Recovery is a process of change through which people improve their health & wellness, live a self-directed life, and strive to reach their full potential. Sobriety is a vital part of full recovery.

Living Environment

The housing may be a single-family home or an apartment building. Residents are committed to sobriety and support one another in recovery.

Peer Support

Residents provide mutual support and accountability for continued sobriety within the housing. They connect to the larger recovery community, too.

Services

Residents remain engaged with needed services and resources in the community to support and strengthen their recovery.



**Indiana Affiliation
of Recovery
Residences**
www.inarr.org