

A Guide for Treatment Professionals



Recovery Housing: *Part of the Continuum of Care*

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 and assistance with obtaining other recovery services and supports.

Recovery Housing and Treatment

Recovery Housing is housing, not treatment, although the two complement one another.

Addiction treatment is a clinical service with specific levels of care. Treatment services are episodic in nature and time-limited.

Recovery Housing is not time-limited. People living in Recovery Housing may or may not be enrolled in treatment.

Recovery Housing relies on the Social Model of Recovery to inform the design and delivery of peer support services and create an environment that feels like home not an institution.

In treatment, clinicians provide services and guide care. In Recovery Housing, residents are self-directed in pursuit of their recovery.

Why Recovery Housing for my Client?

Your client is in treatment and is homeless or living in an environment that is high-risk for relapse and wants the opportunity to build upon recovery gains outside of the treatment program.

Your client would like the opportunity for extended recovery support and connection to peers.

Levels of Recovery Housing

Each recovery residence decides how it is structured and operates. Here's what a resident can expect:

Level I: is democratically run by residents who live together like a family. Housing is most often provided in single family homes. There are no paid positions to run the housing. There are no formal supports, though residents provide peer support and house meetings.

Level II: is monitored by a house manager. Residents share community spaces and may have roommates. Residents are supported in accessing community services including treatment, healthcare, employment, and connection to the recovery community. Within the recovery housing, residents create recovery action plans, provide peer support, and participate in house meetings.

Level III: offer supervised living and have staff that are connected to a larger organization. Support services include life skill development such as budgeting and employment skills. Community providers may offer services onsite for residents. Peer support and recovery action planning are still the central focus of the support.

Level IV: Level IV recovery housing is Residential Treatment with organizational hierarchy and administrative oversight; licensing varies from state to state; clinical supervision; may be more institutional setting or treatment center with credentialed staff, support services include clinical services; services provided in-house.



**Indiana Affiliation
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