

**FROM
VULNERABILITY TO
STABILITY:** *Shared
Housing as a
Pathway to Recovery*



Recovery Residence
Association

by Community Health Improvement Partners

**California
Addiction
Conference**



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FROM VULNERABILITY TO STABILITY: *Shared Housing as a Pathway to Recovery*



California Addiction
Conference

October 16th, 2024





Recovery Residence
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Hello!

I am Precyous Newton, Housing Director

Recovery Residence Association

Who We Are



The Recovery Residence & Independent Living Association are facilitated by Community Health Improvement Partners and funded by the County of San Diego Health and Human Services Agency's Behavioral Health Services.

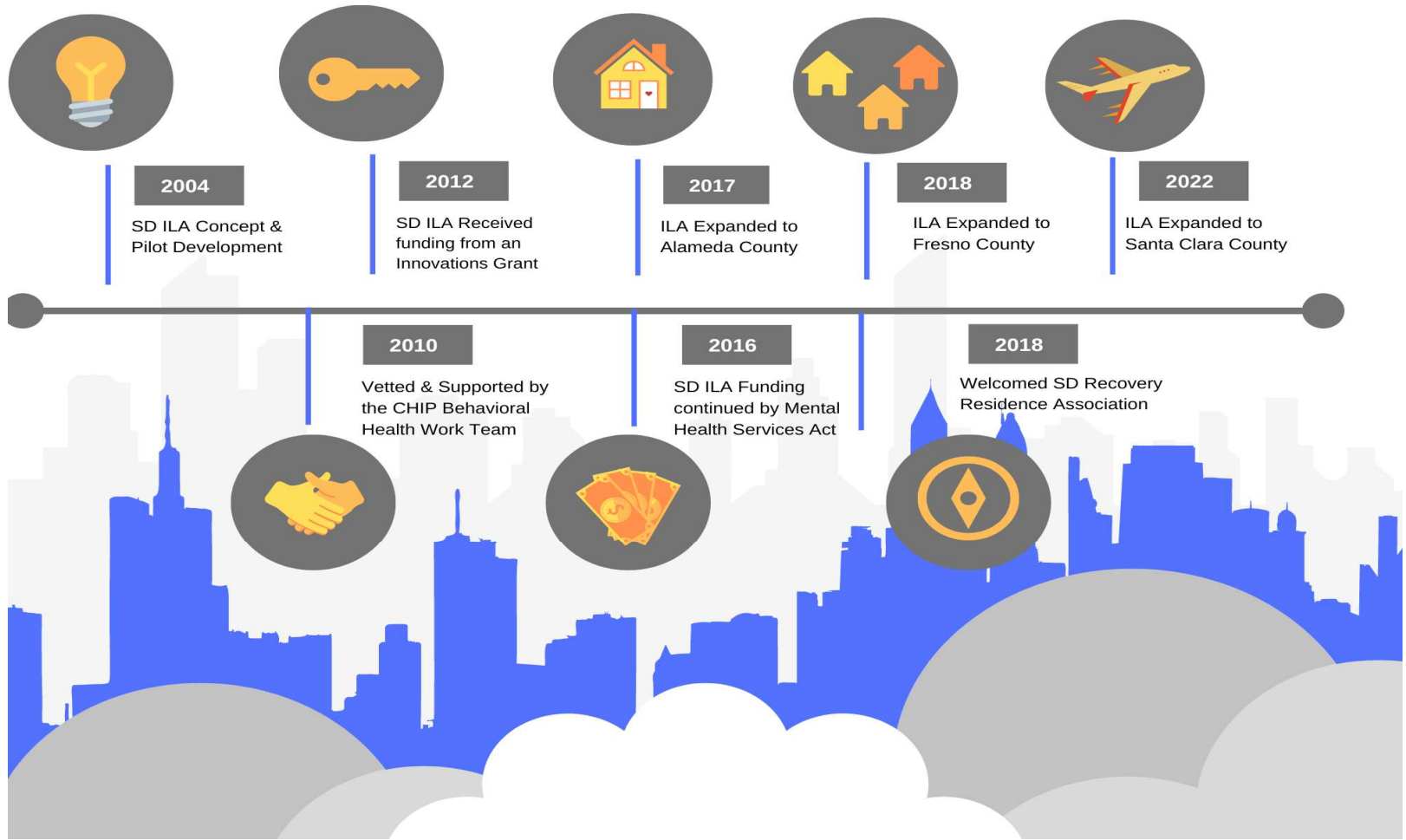


COMMUNITY HEALTH
IMPROVEMENT PARTNERS
making a difference together

COMMUNITY HEALTH IMPROVEMENT PARTNERS



For over 25 years, the mission of CHIP has been to advance long-term solutions to priority health needs through collaboration and community engagement.





We believe stable housing can contribute to the recovery and management of mental challenges and substance use disorder.

What is a Recovery Residence?

- ✓ Privately-owned or rented single family homes or multi-unit complexes
- ✓ Provides shared housing for adults* who are on a fixed income or may benefit from a shared living environment
- ✓ Does not require license (**No** medication management, transportation, medical appointment management or other care)
- ✓ Provides structure, fellowship, and a familial atmosphere

Populations Served

- Adults / Older Adults
- Transitional Aged Youth (TAY)
- Justice-Involved
- Men with children
- Women with children
- LGBTQ+

POPULATION

Who lives in shared housing? Adults who:

May be diagnosed with mental and/or physical disabilities

MAY have low income

May or may not have support services

May have past history of drug/alcohol use

May be early in their mental health recovery
(symptomatic)

May have criminal justice involvement

IN GENERAL,
MEMBER
HOMES DO
NOT...

- ✓ Require a security deposit
- ✓ Conduct criminal background checks
- ✓ Conduct credit checks
- ✓ Request extensive or verifiable rental history information

RECOVERY RESIDENCE SET UP: HOME ENVIRONMENT

Member homes ALWAYS offer the following items:

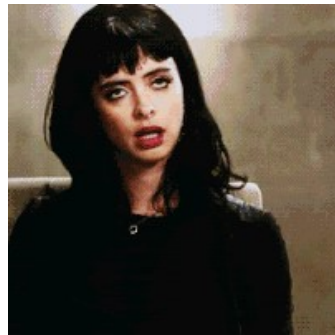
- Utilities (Gas, Water, etc.)
- Adequate sleeping accommodations
- Adequate Dresser/Closet space
- Fully-equipped kitchen; including a working stove and accessible refrigerator(s)
- Lockbox (RRA required)
- Clean & Safe environment

RECOVERY RESIDENCE SET UP: HOME ENVIRONMENT

Though optional, many RRA Member homes offer the following items:

- Food/Meals
- Linens
- Complimentary Laundry facilities
- Toiletries
- Cable
- Internet

“Isn't it called a sober living???”





Sobriety or abstinence is simply refraining from the ingestion of alcohol or other drugs. Though you no longer live under the influence of substances, this doesn't mean that other unhealthy aspects of your life have changed which could result in relapse.

Recovery is the process by which the ingestion of alcohol or other drugs is recognized as problematic and avoided. A person in recovery is continually making an effort to work through the issues that caused alcohol or drug use to occur in the first place.

Recovery allows you to make positive changes and deeply examine your feelings, beliefs and behaviors. People in recovery have the greatest chance of maintaining long-term sobriety.

This is the fundamental difference between a sober living and a recovery residence.

Sober Living vs. Recovery Residence



Sober Living:

- ✓ No established quality standards
- ✓ May or may not be connected to substance use disorder treatment
- ✓ Historically based on providing service through a 12-step model
- ✓ May or may not adhere to local laws and regulations
- ✓ Possible sub-par living conditions

Recovery Residence:

- ✓ Quality standards are established and expected- Subject to RRA home Quality standards/PRAT visits
- ✓ Individuals are connected to a treatment provider during their stay at the recovery residence
- ✓ Educated and trained on a variety of topics pertinent to running a successful home
- ✓ RRASD.org website-Grievances, Directory
- ✓ Medication Assisted Treatment (MAT) Friendly

TYPES OF SHARED HOUSING



Recovery Residence

- Residents who do not need care and/or supervision
- No state oversight
- No medication management
- Housing focused on those in recovery from substance use/abuse



Independent Living

- Residents who do not need care and/or supervision
- No state oversight
- No medication management
- Housing focused on those in recovery from mental health challenges



Residential Care Facility "Board & Care"

- Residents that need care and supervision
- State oversight – License required
- Medication management
- Licensing requirements for set-up



“Low Income” and Rising Rental Costs

2021 Area Median Income (AMI)
for San Diego County is

\$95,100

| San Diego County Income Limits Effective April 1, 2021 | | | | |
|---|--------------------------|-------------------------------|-------------------------------|------------------------------------|
| FAMILY SIZE | 80% of AMI Low Income | 60% of AMI Very Low Income | 50% of AMI Very Low Income | 30% of AMI Extremely Low Income |
| 1 | 67,900 | 50,940 | 42,450 | 25,450 |
| 2 | 77,600 | 58,180 | 48,500 | 29,100 |
| 3 | 87,300 | 65,480 | 54,550 | 32,750 |
| 4 | 97,000 | 72,720 | 60,600 | 36,350 |
| 5 | 104,800 | 78,580 | 65,450 | 39,300 |
| 6 | 112,550 | 84,370 | 70,300 | 42,200 |
| 7 | 120,300 | 90,230 | 75,150 | 45,100 |
| 8 | 128,050 | 96,020 | 80,000 | 48,000 |

2023 Area Median Income (AMI)
for San Diego County is

\$116,800

| San Diego County Income Limits Effective May 15, 2023 | | | | | | |
|--|------------------------------------|-------------------------------|------------|--------------------------|---------------|-------------|
| FAMILY SIZE | 30% of AMI Extremely Low Income | 50% of AMI Very Low Income | 60% of AMI | 80% of AMI Low Income | Median Income | 120% of AMI |
| 1 | 28,950 | 48,250 | 57,900 | 77,200 | 81,750 | 98,100 |
| 2 | 33,100 | 55,150 | 66,180 | 88,200 | 93,450 | 112,100 |
| 3 | 37,250 | 62,050 | 74,460 | 99,250 | 105,100 | 126,150 |
| 4 | 41,350 | 68,900 | 82,680 | 110,250 | 116,800 | 140,150 |
| 5 | 44,700 | 74,450 | 89,340 | 119,100 | 126,150 | 151,350 |
| 6 | 48,000 | 79,950 | 95,940 | 127,900 | 135,500 | 162,550 |
| 7 | 51,300 | 85,450 | 102,540 | 136,750 | 144,850 | 173,800 |
| 8 | 54,600 | 90,950 | 109,140 | 145,550 | 154,200 | 185,000 |

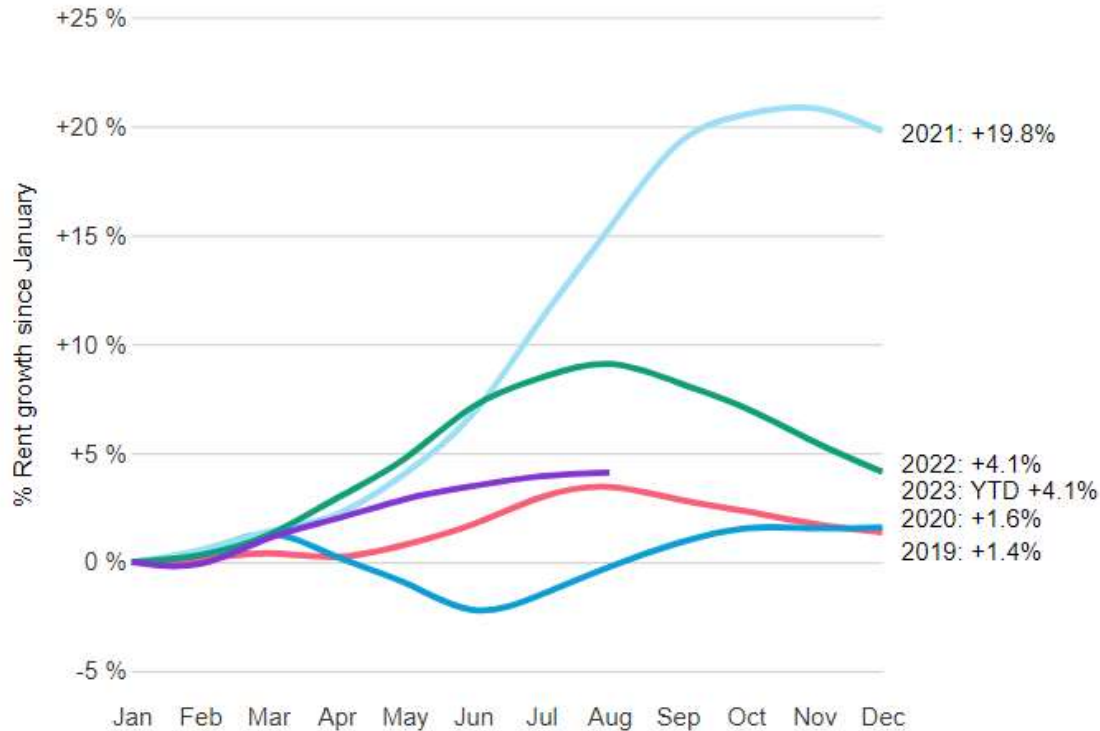


“Low Income” and Rising Rental Costs



Annual Change in Median Rent

San Diego, CA: 2019 - Present



Median Rent

| 1 bed | 2 bed |
|---------|---------|
| \$2,016 | \$2,599 |

Housing Insecurity

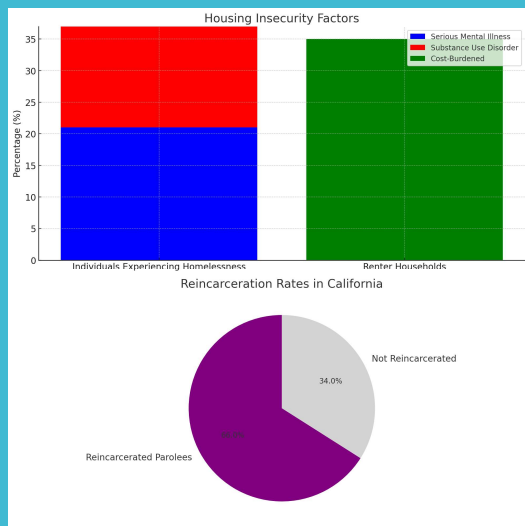
- 21% of individuals experiencing homelessness reported having a serious mental illness.

- 16% of individuals experiencing homelessness reported having a substance use disorder.

- 35% of renter households in the United States are cost-burdened, meaning they spend more than 30% of their income on housing costs and utilities.

Re-incarceration Rates in California

- Approximately 66% of parolees in California are re-incarcerated within three years, indicating a high correlation between housing instability and re-incarceration.



Current Challenges in Housing & Homelessness



Reduction of successful placement from outreach projects, shelters and rapid re-housing projects to a permanent destination by 7% in San Diego.



There is a shortage of available affordable housing for those living with SMI/AOD Recovery across the US.



80-90% of people with serious mental illness:
live in the community > psychiatric institution.
(Horan et al, 2001).



Current Challenges in Shared Housing:

Stigmatized Perception of Group Living

Communication challenges between operators, service providers and residents

Limited Access to:

Support/Resources for Operators and House managers

Quality Housing standards

Election Years

Benefits of Shared Housing

*RE: Recovery Residences that
welcome:
Women + Children
Men + Children*

The vast majority (83%) reported that children living in their house had a positive effect on their recovery*

Responses included the idea that the presence of children provided motivation to stay clean/sober (38%), and that being around the children had led to personal growth (24%)*.

(31%) alluded to socio-emotional effects on the dynamics of the house such as the effect of children on.....how residents got along with each other, or how the children contributed to a pleasant living environment.

Men with children in recovery residences who lived with children reported an even greater support system than women

*Legler R, Chiaramonte D, Patterson M, Allis A, Runion H, Jason L. The Effects of Children on the Process of Recovery in Oxford Houses. J Appl Med Sci. 2012;1(2):41-50. PMID: 23875179; PMCID: PMC3716387.

THE SHARED LIVING ENVIRONMENT

Be aware of the unique qualities of shared housing:

- Differences in cleanliness
- Different expectations of privacy
- Different attitudes and traditions
- Differences in timing of habits (i.e. sleeping, eating, playing, studying)
- Different personal preferences for surroundings (i.e. level of clutter or decoration)

Manage expectations through great communication.



Benefits of Shared Housing

RECOVERY HOUSING - INEQUITY

- **Community living reduces stereotypes.** Browne and Courtney (2004) found that people with serious mental illness living in apartments or community housing are more accepted, less lonely, and have a greater quality of life (as compared to those in specialized treatment facilities).
- **Peer support increases hope.** Research has shown a range of benefits for those receiving peer support, including less inpatient use, reduced symptoms, greater quality of life, greater hopefulness, better social functioning and fewer problems and needs. Participants involved with peer support are also less likely to identify stigma as a barrier for working and are more likely to work.



QUALITY STANDARDS

Seven Attributes of a Quality Recovery Residence

1. A living environment focused on the whole-person approach to recovery
2. Clean, safe and well-maintained residence
3. A clear statement of policies is made available to individuals and clearly explained before signing a housing agreement
4. Clear process for handling individual grievances and opportunities for individuals to positively influence their environment
5. An environment that respects the privacy of the individual
6. An environment free of any type of abuse or discrimination that requires all individuals to be treated with dignity, consideration and respect
7. Well informed operators and on-site managers



RRA MEMBERSHIP

Membership in the Independent Living and Recovery Residence is:

FREE and VOLUNTARY

Operators must fulfill all **Membership Requirements**

- ✓ Meet and Uphold Quality Standards
- ✓ Pass Annual Site Visits
- ✓ Submit Documents– Reviewed and Approved
- ✓ Participate in Trainings



WHAT IS THE PEER REVIEW HOME VISIT?



The purpose of the Peer Review Home Visit is to ensure all member homes meet the mandatory quality standards of the ILA & RRA. This home visit is also an opportunity for Operators to receive tips and best practices to help support their RR.



Peer Review Accountability Team (PRAT)

The PRAT provides initial & ongoing annual visits to RRA member homes to ensure Quality Standards are being met. In addition, coaching & support are provided to operators by RRA Staff.

47 PRAT Visits Completed

100%

of operators stated the PRAT added "Value" to their home

The Operators defined "Value" as the following:

ACCOUNTABILITY
INFORMATIONAL
TENANT SAFETY & WELLBEING
ACCESS TO DIRECTORY

PRAT consist of ILA/RRA employees, ILA/RRA operators, ILA/RRA (former or current) residents, and community partners. The goal of the PRAT is to establish a mechanism to ensure the quality of each member home on an annual basis, in addition to on site scheduled/unscheduled visits when necessary.



RRA Best Practice: Grievance Info



RECOVERY RESIDENCE ASSOCIATION BEST PRACTICE

Filing Grievance with RRA Step-by-Step Guide



The steps below are general guidelines for filing a grievance.

| Method | |
|-----------|---|
| Telephone | To file a grievance via telephone you may call the Recovery Residence Association Grievance Phone Line at (858) 609-7979. |
| Email | To file a grievance via email please email the Recovery Residence Association at info@rrasd.org . Please list "Grievance" in the subject line. |
| Website | To file a grievance online please visit the Recovery Residence Association website at https://rrasd.org/community-resources/grievance-process/ |
| Mail | To file a grievance via mail please address the envelope to: Recovery Residence Association |

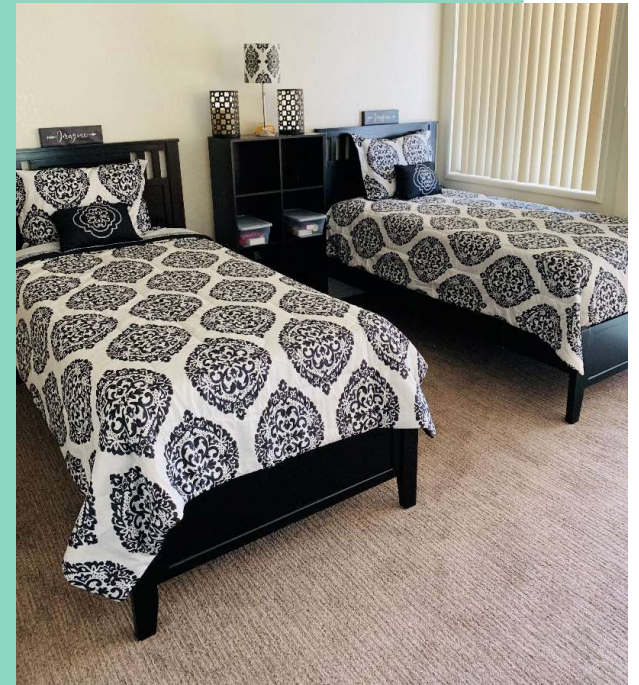
If desired, grievances may be filed anonymously.

LOCATION:
South County
(Chula Vista)

RRA Member Since:
August 2023

Beds Available: 13





EXAMPLES OF ILA MEMBER BEDROOMS

LOCATION:
South County
(Chula Vista)

ILA Member Since:
August 2017

Beds Available: 9



RECOVERY HOUSING - INEQUITY



WHY are quality standards put in place?



Panel Discussion

Zedrick & Aily Martin

Fresh Start
Supportive
Housing





Ask Precyous!

Upcoming Trainings & Events



BUSINESS DEVELOPMENT: COMMUNICATION AND DE-ESCALATION

With:
Janisha Street, LMFT
Subject Matter Expert, RRA Trainer

Benefits:

Learn industry best practices when communicating and de-escalating an issue within shared housing.

- Learn communication techniques
- Communication Vs. De-escalation
- Techniques for crisis prevention
- Discover your unique style



10am-1pm



Friday
November 1st, 2024



Register now



<https://tinyurl.com/RRANov2024>



To connect with the RRA: www.rrasd.org
email: info@rrasd.org
phone: 858.609.7977

Facilitated by the Community Health Improvement Partners and funded by the County of San Diego Health and Human Services Agency's Behavioral Health Services.



RRA Contact Information

www.sdchip.org

www.rrasd.org

Precyous Newton
Housing Director, RRA San Diego
pnewton@sdchip.org



For more info, please visit our website or call:

RRA San Diego County

www.rrasd.org

(858) 609-7977



Recovery Residence Association

by Community Health Improvement Partners



"RRA provides much needed & beneficial trainings. Also shares all the necessary requirements to operate a safe shared living environment"

"Thank you for helping keep us keep our homes in high standards"

"The RRA team has always been great resource and have been very helpful"

Locations

San Diego



www.rrasd.org



**Independent
Living Association**

by Community Health Improvement Partners



Locations

San Diego

Fresno

Santa Clara

www.ilacalifornia.org

Remember....

THRIVE not Survive!

Help with Tasks & Resources

Offer Support

Be aware of your emotional
state

Hangry?



ASK FOR HELP

TIRED?

SEEK OUT & UTILIZE
PEER SUPPORT

Be APPROACHABLE

Thank
You