

# The Role of Recovery Housing in Supporting Those Prescribed MOUD

Monday, March 27<sup>th</sup>, 2023

**Speakers:** Amy Mericle, PhD  
Scientist, Alcohol Research Group  
Carmen Masson, PhD  
Professor of Psychiatry  
UCSF Weill Institute for Neurosciences

**MAT ECHO™ Staff:** Gloria Miele, PhD, Mamta Bhakta,  
MA, LPCC, Thomas E. Freese, PhD, Cheryl Ho, MD, and  
Beth Rutkowski, MPH

# Indigenous Land Acknowledgement

- We respectfully acknowledge that we live and work in territories where Indigenous nations and Tribal groups are traditional stewards of the land.
- Please join us in supporting efforts to affirm Tribal sovereignty across what is now known as California and in displaying respect, honor and gratitude for all Indigenous people.


## **Whose land are you on?**

Option 1: Text your zip code to 1-855-917-5263

Option 2: Enter your location at <https://native-land.ca>

Option 3: Access Native Land website via QR Code:





**What we say and how we say it inspires the hope and belief that recovery is possible for everyone.**

**Affirming, respectful, and culturally-informed language promotes evidence-based care.**

**PEOPLE FIRST**

**Language Matters**

*in treatment, in conversation, in connection.*



Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# 2023 Women's History Month



Embracing equity in health care, research, and innovation.

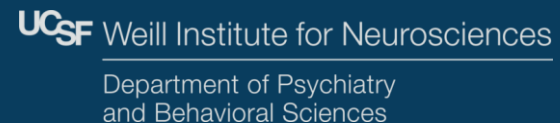




# The Role of Recovery Housing in Supporting those Prescribed MOUD

MAT ECHO CLINIC, MARCH 27<sup>TH</sup>, 2023

R24DA051974



# Disclosures

## FACULTY DISCLOSURE

UCLA ISAP CME adheres to the Standards for Integrity and Independence in Accredited Continuing Education.

None of the presenters, planners, or others in control of content for this educational activity have relevant financial relationships to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients, except:

Cheryl Ho, MD

Stock or Stock options

Johnson & Johnson  
Pfizer, Roche, Eli Lilly

All relevant financial relationships have been mitigated by conducting a peer review of the content used for this session.





# Learning Objectives

---

- Recall two (2) elements that can make recovery housing a critical component in a robust recovery-oriented system of care.
- Propose two (2) ways that housing may be particularly useful to those taking MOUD as part of their recovery.
- Identify three (3) challenges faced by those taking MOUD accessing recovery housing as well as those faced by providers of recovery housing to serve this population, underscoring the need for research in this area.





# What is recovery housing?

---

- HUD definition<sup>1</sup>:

*...housing in an abstinence-focused and peer-supported community for people recovering from substance use issues*

- SAMHSA definition<sup>2</sup>:

*...an intervention that is specifically designed to address the recovering person's need for a safe and healthy living environment while supplying the requisite recovery and peer supports*

<sup>1</sup> <https://files.hudexchange.info/resources/documents/Recovery-Housing-Policy-Brief.pdf>

<sup>2</sup> <https://www.samhsa.gov/sites/default/files/housing-best-practices-100819.pdf>

# What Does Recovery Housing Look Like?

- NARR Levels\*

	LEVELS OF SUPPORT			
	Level I: Peer-run	Level II: Monitored	Level III: Supervised	Level IV: Treatment Provider
<b>Physical Structure</b>	<ul style="list-style-type: none"> <li>Single family residence</li> </ul>	<ul style="list-style-type: none"> <li>Single family residence</li> <li>Apartment or multi-family</li> </ul>	<ul style="list-style-type: none"> <li>Varied</li> </ul>	<ul style="list-style-type: none"> <li>Varied</li> <li>Unit within a facility</li> </ul>
<b>Staffing</b>	<ul style="list-style-type: none"> <li>No paid staff</li> </ul>	<ul style="list-style-type: none"> <li>Staffed (paid house manager)</li> </ul>	<ul style="list-style-type: none"> <li>Staffed (paid house manager)</li> <li>Director/administrative support</li> <li>Certified peer support</li> </ul>	<ul style="list-style-type: none"> <li>Staffed (paid house manager)</li> <li>Director/administrative support</li> <li>Certified peer support</li> <li>Licensed/credential staff</li> </ul>
<b>Governance &amp; Oversight</b>	<ul style="list-style-type: none"> <li>Written policies &amp; procedures</li> <li>Democratically run</li> </ul>	<ul style="list-style-type: none"> <li>Written policies &amp; procedures</li> <li>Resident participation</li> </ul>	<ul style="list-style-type: none"> <li>Written policies &amp; procedures</li> <li>Resident participation varies</li> <li>Organizational hierarchy</li> <li>Administrative oversight</li> <li>Licensing varies across States</li> <li>Peer support staff supervision</li> </ul>	<ul style="list-style-type: none"> <li>Written policies &amp; procedures</li> <li>Resident participation varies</li> <li>Organizational hierarchy</li> <li>Administrative oversight</li> <li>Licensed</li> <li>Clinical supervision</li> </ul>
<b>Programming</b>	<ul style="list-style-type: none"> <li>Substance use monitoring</li> <li>House meetings</li> <li>Household chores</li> <li>Self-help groups encouraged</li> <li>Service use encouraged</li> </ul>	<ul style="list-style-type: none"> <li>Substance use monitoring</li> <li>House meetings</li> <li>Household chores</li> <li>Self-help groups encouraged</li> <li>Service use encouraged</li> </ul>	<ul style="list-style-type: none"> <li>Substance use monitoring</li> <li>House meetings</li> <li>Household chores</li> <li>Self-help group linkage</li> <li>Clinical service linkage</li> <li>Recovery support services</li> <li>Life skill services</li> </ul>	<ul style="list-style-type: none"> <li>Substance use monitoring</li> <li>House meetings</li> <li>Household chores</li> <li>Self-help group linkage/onsite</li> <li>Clinical services</li> <li>Recovery support services</li> <li>Life skill services</li> </ul>
<b>Example</b>	Oxford House	CA sober living home	Philly OAS-funded recovery home	Therapeutic communities

*Mutual help, peer recovery support, and responsibility within the household are common across levels*

\*<https://narronline.org/wp-content/uploads/2015/10/National-Recovery-Residence-Quality-Standards-Oct-7-2015.pdf>

# How is Recovery Housing Used & Funded?

- How is recovery housing used?
  - After residential treatment
  - Post-released from criminal legal-system settings
  - To support those in outpatient SUD treatment
  - In lieu of or as a gateway to SUD treatment and other services
- How is recovery housing supported?
  - Primarily self-pay
  - Contracts with state/local entities
  - Billing insurance (private/public) for covered services



# Why would recovery housing be important to those taking MOUD?

---

- Opioids induce allostatic changes that modify neuronal circuitry
- Pharmacotherapies for opioid dependence work to counteract these changes
- Recovery support services, like recovery housing help to mitigate challenges, particularly in early recovery
  - Relapse/overdose prevention
  - Practicing recovery skills





## What is the evidence base for recovery housing?

---

- Strong and growing evidence base for:
  - Oxford houses
  - TCs
  - Sober living houses in California
  - Other types of residences in different parts of the country
- Some research on MOUD in recovery housing:
  - Studies of recovery housing in Baltimore
  - Studies of MOUD use and attitudes among Oxford House residents
  - Additional interpretive phenomenological analyses
- **KEY GAPS REGARDING EFFECTIVENESS REMAIN!**



## Infrastructure for Studying Treatment and Addiction Recovery Residences (I-STARR)

---

- Funded through the NIH HEAL Initiative and a member of the CoARS network
- Networking and setting research priorities
- Webinar series with specific training tracks for:
  - Operators/providers of recovery housing
  - Researchers new to the field
- Pilot study funding opportunities

# I-STARR Webinar Series and Trainings

- Webinar series kick-off
  - April 4<sup>th</sup>, 11-12 PT
- Training series (2023 webinars)
  - June 6<sup>th</sup>, Recovery Housing 101 (All audiences)
  - July 11<sup>th</sup>, Recovery Environment and Recovery Supports (Residence Operators/Providers)
  - July 18<sup>th</sup>, Experimental & Quasi-experimental Recovery Housing Research
  - August 1<sup>st</sup>, Recovery Residence Management & Operations (Residence Operators/Providers)
  - August 15<sup>th</sup>, Sampling & Collaborating with Recovery Residences Providers (Researchers)
  - September 5<sup>th</sup>, Resident Policies (Residence Operators/Providers)
  - September 19<sup>th</sup>, Principles of Community-Based Participatory Research (Researchers)
  - October 3<sup>rd</sup>, Law/Ethics/Fiscal Responsibility (Residence Operators/Providers)
  - October 17<sup>th</sup>, Recruitment/Tracking of Marginally-Housed Participants (Researchers)
  - November 7<sup>th</sup>, Treatments and Medications for OUD and MAR (All audiences)
  - December 5<sup>th</sup>, MAT Proficient Recovery Homes (Residence Operators/Providers)
  - December 19<sup>th</sup>, Pros & Cons of Mixed Methods Designs (Researchers)

<https://istarr.org.org/webinars-training/>



# I-STARR Pilot Studies

- Potential topic areas:
  - Barriers to/facilitators of accessing recovery housing among people who use MOUD
  - Outcomes for residents who use MOUD and factors affecting such outcomes
  - Factors associated with MOUD adherence among recovery housing residents
  - Strategies for overcoming barriers to supporting residents who use MOUD
- Eligibility:
  - NIH Early Stage Investigators or not previously awarded NIH recovery housing funding
  - Faculty members, research scientists, post-doc research scholars, or graduate students
  - Addition requirements
  - Special eligibility considerations
- Process and key dates:
  - LOI due, 3/24
  - Select LOIs approved for full applications, 4/3; Full application due, 6/2
  - Funding decisions made, 6/19





# THANKYOU!



University of California Los Angeles  
Integrated Substance Abuse Programs



Amy Mericle, PhD  
mPI



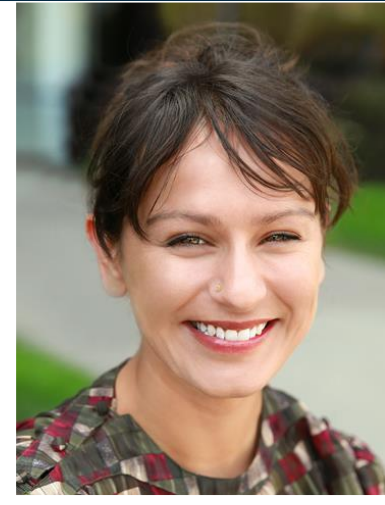
Carmen Masson, PhD  
mPI



Sarah Zemore, PhD  
Co-Investigator



Leonard Jason, PhD  
Co-Investigator



Meena Subbaraman, PhD  
Biostatistician



Libo Li, PhD  
Biostatistician



Adrienne Faxio, BA  
Project Coordinator



Diane Schmidt, MSc  
Communications



Dustin Khebzhou, MPH  
Communications



<https://www.facebook.com/istarrstudy>



[https://twitter.com/arg\\_istarr](https://twitter.com/arg_istarr)



<https://www.youtube.com/channel/UCTpUI2UoQluj45yFYyTcRTQ>



<https://istarr.org>

