

RECOVERYresidences

Recovery is a nonlinear process where people achieve self-defined health and well-being. There are four major elements of recovery:



HOME: Having a stable and safe place to live.



HEALTH: Managing symptoms and making informed, healthy choices that support physical and emotional well-being.



PURPOSE: Engaging in meaningful activities and having the independence, income, and resources to participate in employment, education, volunteerism, caregiving, and creativity.



COMMUNITY: Having relationships and social networks that provide support, friendship, and love.

Recovery Residences (RRs) are Recovery Support Services (RSS) that are embedded within housing. It is important to keep in mind the following features of RRs:

- The choice of residence type should depend on an individual's preference.
- Individuals can enter and move around different residence types to support evolving needs.
- All RRs offer living environments free from alcohol and illicit substances and utilize a social model of recovery.

Recovery residences can:

- Protect individuals from substance exposure, social pressure, and triggers
- Allow brain recovery in a setting of a new daily routine
- Sustain social norms without substance use
- Promote mutual aid and experiential learning
- Reinforce skills learned in treatment
- Support individuals' efforts to improve their health and well-being
- Provide opportunities to practice recovery skills

There are four types of RRs as defined by the [National Alliance for Recovery Residences \(NARR\)](#):



CLINICAL

- Integrates a social and medical model
- Combines peer and professional staff
- Offers licensed clinical addiction treatment
- Aligns with ASAM Level of Care 3.1 (Clinically Managed Low-Intensity Residential Services) that uses a social model



MONITORED

- Often referred to as 'sober homes' or 'sober living'
- Uses house rules and peer accountability
- Senior residents are appointed to house manager roles by the owner
- Provides recovery support services at a lower intensity than RR Type S



SUPERVISED

- Delivers weekly structured programming
- Provides peer-based, groups, life skills, etc.
- Staff are supervised, trained, credentialed, and often graduates from a RR
- Designed to support those who need more intensive support
- Some states require RR Type S to be licensed, reflecting the therapeutic services provided



PEER-RUN

- [Oxford Houses](#) are the most widely known and researched RR Type P
- Maintains a recovery-supportive culture and community
- Uses house rules and peer accountability similar to RR Type M
- Democratically governed



Additional Resources

- [Maine Association of Recovery Residences](#)
- [New Hampshire Coalition of Recovery Residences](#)
- [Vermont Alliance for Recovery Residences](#)
- ASAM Criteria Fourth Edition, Volume 1: Adults. Chapter 15 - Integrating Recovery Support Services