

Recovery Housing: Fact Sheet

IOWA DEPARTMENT OF HEALTH AND HUMAN SERVICES
DIVISION OF BEHAVIORAL HEALTH

INTRODUCTION:

Iowa Department of Health and Human Services (Iowa HHS) is committed to the expansion of recovery services in Iowa for people with substance use and other addictive disorders. One of the priorities for recovery services is recovery-specific housing that is proven to be effective in supporting long-term sustained recovery from problematic substance use. Recovery Housing provides a safe, healthy, family-like, substance-free living environment that supports individuals in recovery from addiction. Sometimes called sober homes, recovery residences are centered on peer support and a connection to services that promote long-term recovery. Iowa HHS is supporting state-wide efforts to build and expand certified recovery residences.

BENEFITS OF RECOVERY HOUSING:

- Provides ongoing support and structure
- Opportunity to create meaningful peer relationships
- Supports transition back into communities
- Reinforces and strengthens life skills
- Builds connections to community support organizations
- Reduces the risk of returning to substance use

Iowa HHS has adopted the National Alliance of Recovery Residences (NARR) standards for recovery housing. There are four levels of recovery residences classified by NARR. The levels are differentiated by the rules and organizational structure of the house, as well as the types of services and supports that are provided within the home. Additionally, NARR provides ethical principles and measurable quality standards for operating recovery housing. The State Opioid Response (SOR) grant funding is being utilized to support the establishment of an Iowa NARR affiliate to ensure evidenced-based practices are utilized in all certified recovery residences. The Iowa Coalition of Recovery Service Providers (ICRSP) will be the Iowa NARR affiliate and will be responsible for certifying recovery residences that meet the national standards (“National Alliance for Recovery Residences,” 2020).

IOWA HHS RECOVERY HOUSING PROGRESS AND ACTION STEPS: (As of January 2024)

- Hiring of a Recovery Team
- Supporting the establishment of a State NARR Affiliate: ICRSP (Iowa Coalition of Recovery Service Providers)
- Promote the development and implementation of NARR certification of Iowa recovery housing providers
- Create and maintain a comprehensive Recovery Housing provider list
- Begin providing recovery education and technical assistance to providers
- Review, analyze and interpret current data to evaluate outcomes
- Assist in the development of policies for the expansion of Recovery Residences
- Collaborate with community stakeholders (universities, recovery housing providers, continuum of care SUD treatment, homeless service organizations, potential future service providers).
- Planning Recovery Residence expansion (including planning regional community meetings and site visits)

References

National Alliance for Recovery Residences. (2020, July 17). Retrieved from <https://narronline.org/>