

Recovery Housing Evaluation Overview

In 2018, the University of Missouri St. Louis - Missouri Institute of Mental Health (UMSL-MIMH), in collaboration with the Missouri Department of Mental Health (MODMH) & the Missouri Coalition of Recovery Support Providers (MCRSP) created a survey to identify characteristics of the recovery housing landscape in Missouri & assess a point-in-time estimate of recovery housing residents. The characteristics listed below are thought to contribute to positive outcomes for people with a substance use disorder.

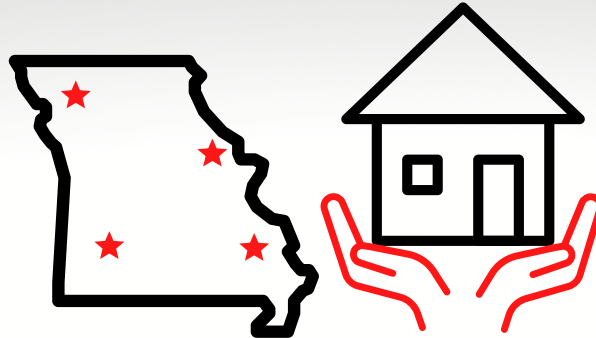
For a complete report of survey findings, visit nomodeaths.org/findings

Based on a point-in-time estimate, residents are majority **White** and **male**, ages **25-44**.

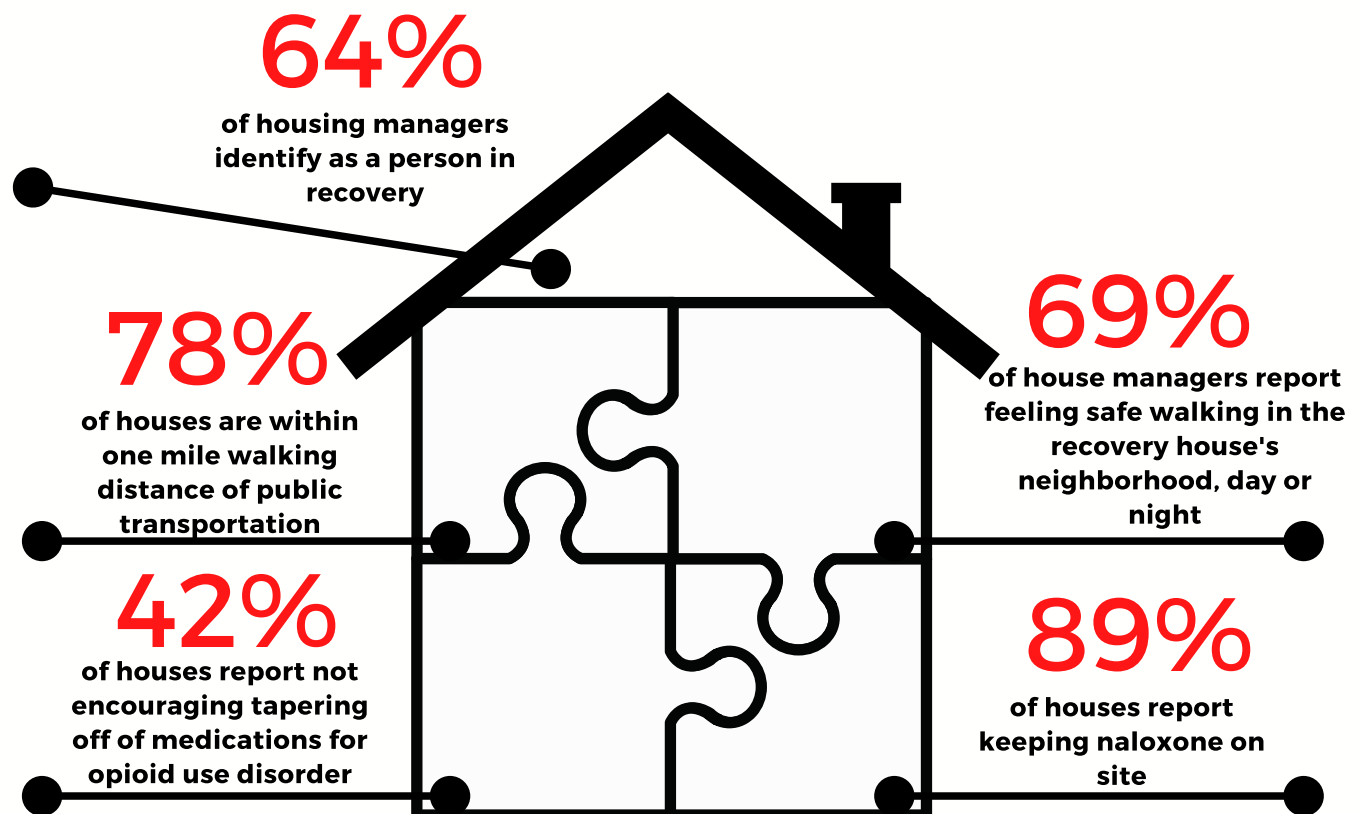


All of the NARR accredited houses report having a common area for socializing **to create a homelike** environment

The majority of houses are in the **St. Louis** area; the rest are distributed across **Kansas City, Springfield, & Southeast** Missouri.



More than half of the houses **do not require a minimum sobriety length** prior to residents entering the home.



CURRENT PROGRESS

Recovery housing has made substantial progress since the establishment of MCRSP in 2015. MCRSP has worked diligently to advocate for increased funding for recovery homes in Missouri & through their efforts, funding has increased for recovery services. In addition, MODMH and UMSL-MIMH secured funding through the State Targeted Response and State Opioid Response (STR/SOR) grants. Through these combined efforts there has been:

- An **increase** in the number of **recovery houses** throughout the state
- An **increase** in recovery houses that **accept and support** medications for addiction treatment
- An **increase** in the number of **Certified Peer Specialists** (CPS)

Currently, UMSL-MIMH in collaboration with other state partners and people in recovery are creating a **Specialty Peer Instruction** (SPI) training for current CPSs who want more education on specialized topics (e.g. grief & secondary trauma) that they experience in their career.



CURRENT NEEDS

Through this survey and the Community Based Systems Dynamics Workshops, additional needs were identified. While recovery housing has made significant progress, there are still gaps to be addressed.

- There is a **need** for NARR accredited houses to specifically support:
 - People of Color
 - LGBTQIA+ people
 - People in rural areas of Missouri
- There is a **need** for supplemental funding for:
 - Resources for residents such as clothes, food, transportation, and other urgent needs
 - Compensation for house managers (e.g., paid time off, health benefits)
 - Administrative tasks such as evaluations, data collection, and trainings
- There is a **need** for additional trainings. Training topics include but are not limited to:
 - On-going Overdose Education and Naloxone Distribution Trainings
 - Cultural competency, equity, and inclusion trainings
 - Clinical guidance on how to support people on different recovery pathways (medication, faith, etc.)

For questions or comments on this evaluation or other recovery related services, contact Brenna Lohmann (Brenna.Lohmann@mimh.edu)



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