

**INTERACT
FOR HEALTH**

Your trusted source of health information

Equity in Recovery Housing

**Presenters: Jennifer Williams, Ed.D.
Lawrence Bryant, Ph.D.**

Tuesday, June 14, 2022
12:30 p.m. to 2:00 p.m.



**INTERACT FOR HEALTH PROMOTES
HEALTH EQUITY TO IMPROVE THE
HEALTH OF ALL PEOPLE IN OUR REGION.**

GRANTS

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Education

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REDUCING TOBACCO USE



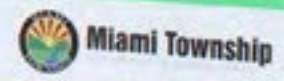
HEALTHY LUNGS AT PLAY!



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FREE PARK



WE APPRECIATE YOUR COOPERATION



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SCHOOL-BASED HEALTH CENTERS

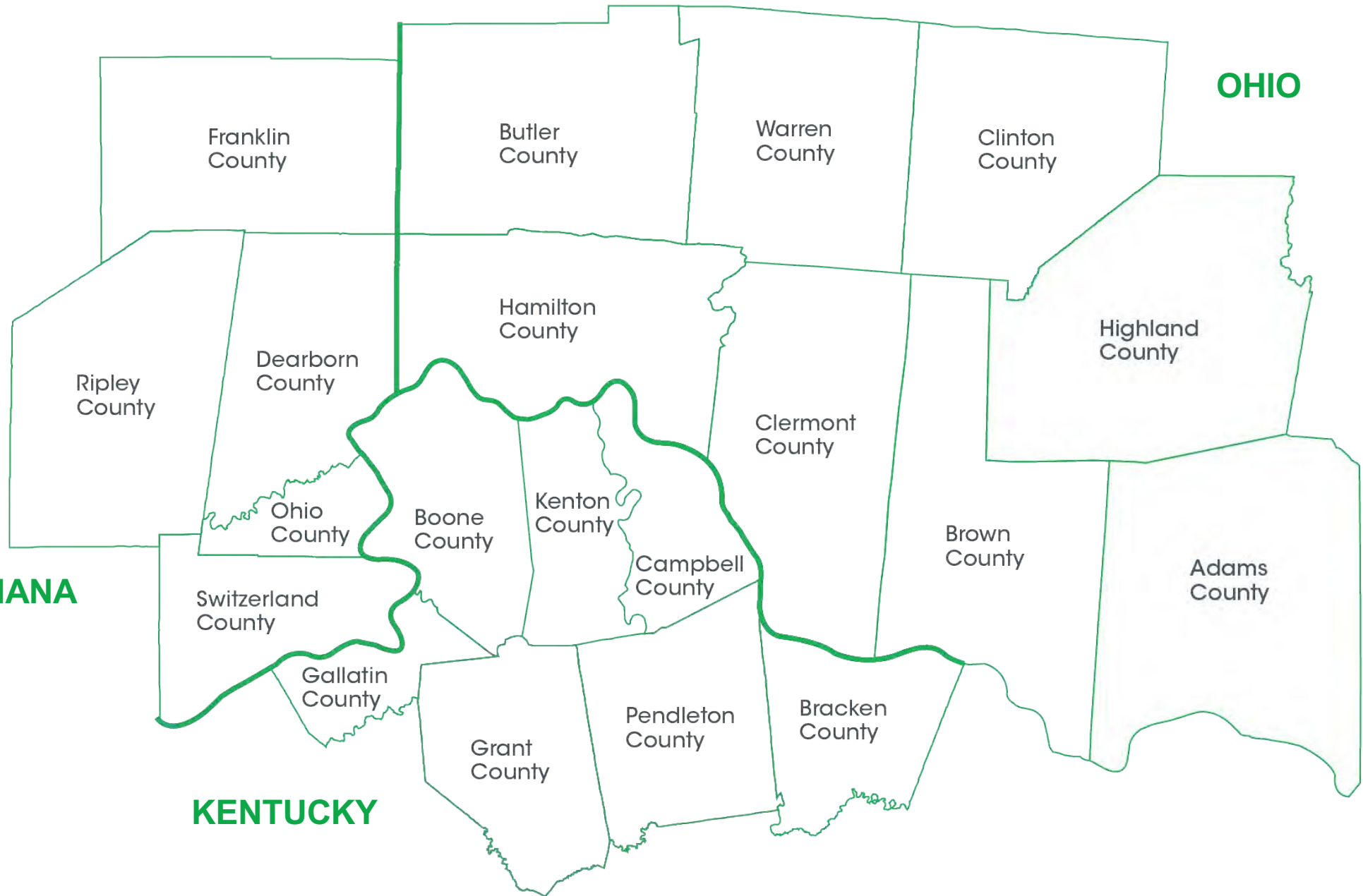


A close-up photograph showing a woman with blonde hair and glasses placing her hand on the shoulder of a man in a blue shirt. The woman is looking towards the man. In the background, another woman is blurred. A large green graphic element is on the left side of the image.

ADDRESSING THE OPIOID EPIDEMIC



INDIANA



OHIO

KENTUCKY



Sonya Carrico
Senior Program Officer



Lisa Myers
Program Officer

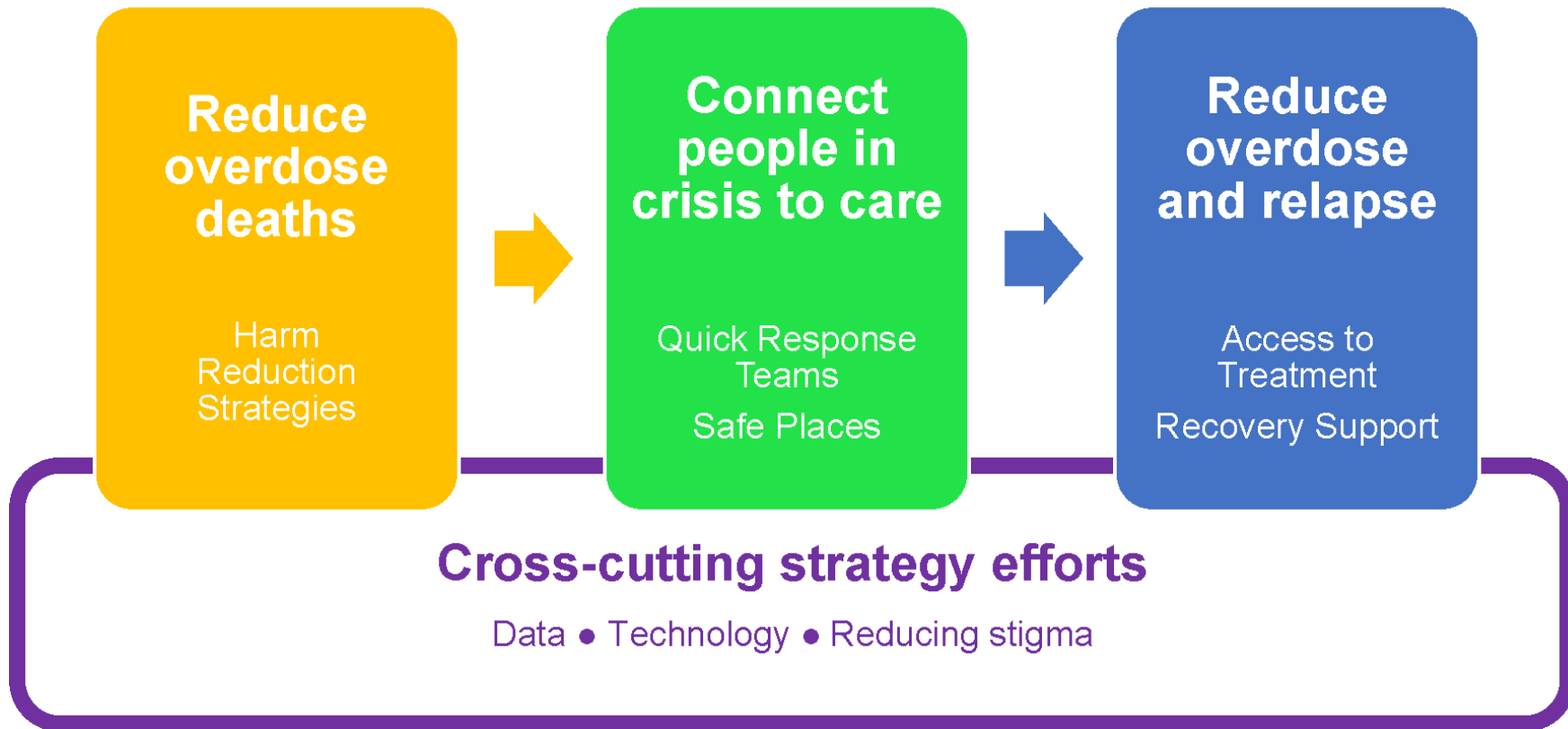


Michelle Lydenberg
Research and
Evaluation Officer

www.interactforhealth.org



Goal: Reverse the trend of overdoses and deaths from opioids





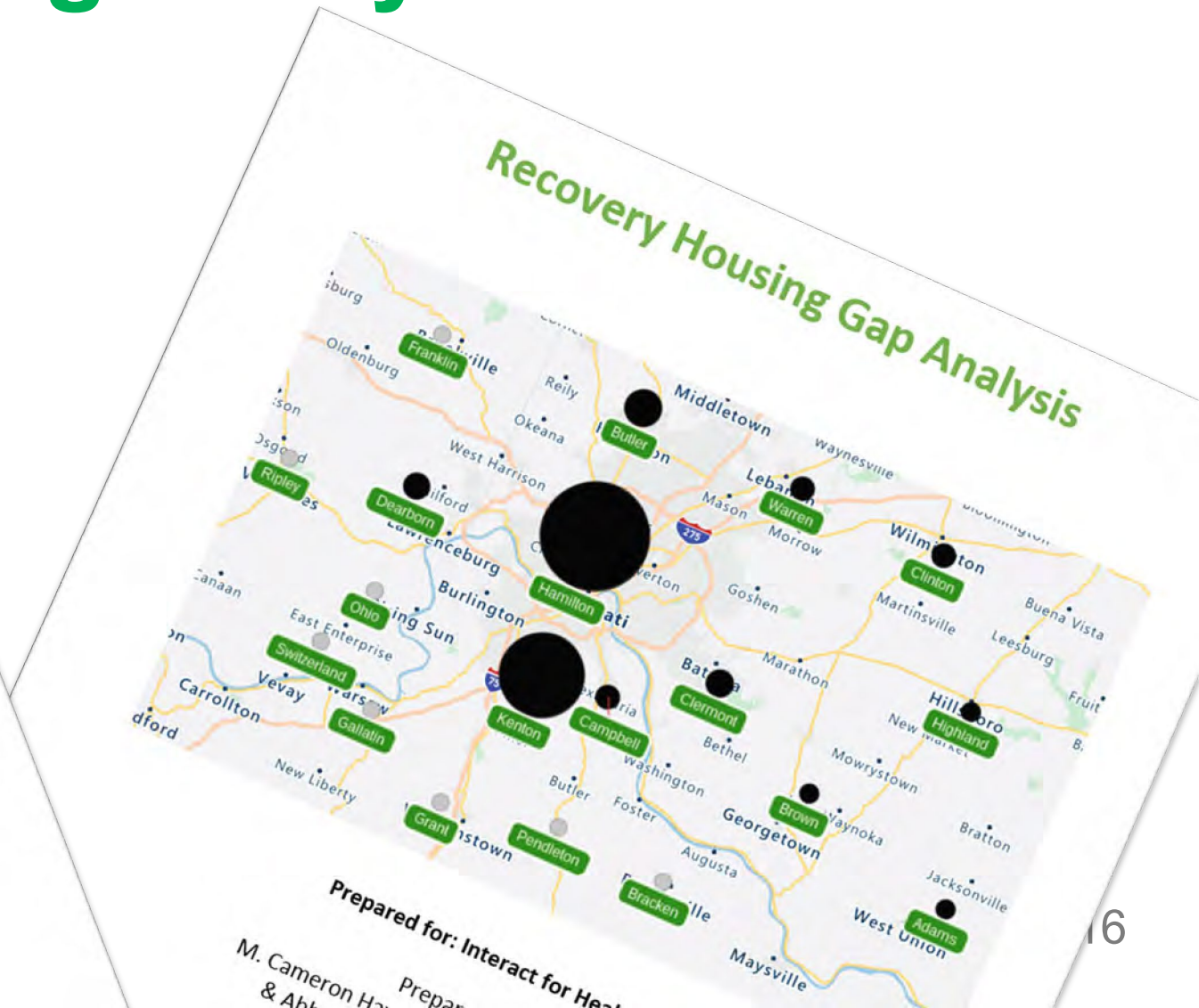
Recovery Housing

Recovery housings provide living environments that are free from substance use with a focus on peer support and connection to other recovery services and supports.

National Alliance for Recovery Residences (NARR) has identified several different types of houses, known as the 4 Levels of Support. They range in the type and intensity of services they provide, which cost effectively matches individual needs with a continuum of support.



Recovery Housing Study





Recovery Housing Study

Methodology

- Recovery Housing Survey
- Epidemiological Analysis
- Focus Groups



Recovery Housing Resource Guide

- Developed from data collected with the recovery housing survey data and research on confirmed recovery houses
- Lists all known houses (as of February 2020)
- Organized alphabetically by state then by county



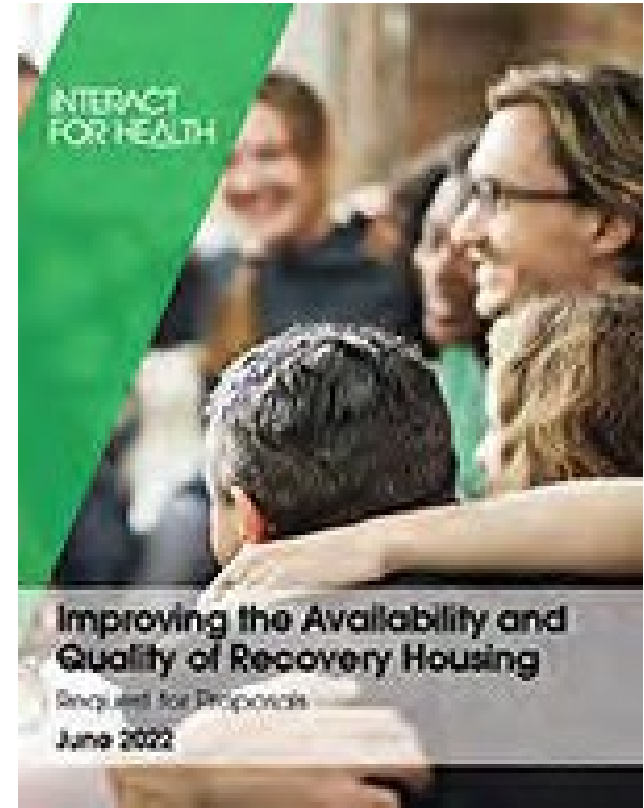
Recovery Housing RFP Webinar

Tomorrow!
Wednesday, June 15, 2022

2:00 p.m.

Email Sonya Carrico for join info

www.interactforhealth.org/funding-opportunities





Today's Speakers

Jennifer Williams, Ed.D.

Lawrence Bryant, Ph.D.

Recovery Housing and BIPOC Populations

Jennifer E. Williams, Ed.D.

Scale Strategic Solutions

June 14, 2022

Sponsored by Interact for Health



Focus Group Study Overview

- ▶ **Purpose:** To gather ideas from members of the alcohol and drug use recovery community, especially BIPOC members, on
 - ▶ Improving recovery housing
 - ▶ Resources and needs for recovery
 - ▶ Gaps between help and need and what has been available
 - ▶ Cultural and linguistic needs for recovery
- ▶ **51 Participants:**
 - ▶ 38 Black/ African American; 4 White (service providers or peer supporters), 13 race not identified; Limitations in representation of Latinx and Asian American/Pacific Islanders related to regional demographics
 - ▶ 8 in service provider focus group
 - ▶ 43 over 5 focus groups of people with lived experience as a person in recovery, a family or friend of a person in recovery, and/or peer supporter

Insights for Today's Presentation

- ▶ Access to Recovery Housing
- ▶ Desired Characteristics in Recovery Housing
- ▶ Cultural Needs, Supports, and Connections
- ▶ Wrap Around Supports



Access

Access: Lack of Affordability

“If you can't afford to have the establishment, then don't try to open the doors. ...the biggest thing is that ‘I want to first get you clean’. That in and out, in and out comes a lot from people say[ing], ‘Well, if you get a job, that's going to keep...’ Getting a job ain't never kept me clean. So, we don't want to make that be the factor. And I see that in recovery houses, where they really don't have the funding and the money to really have it and they don't know that it's really causing harm.”

– Person with Lived Experience of Recovery

- ▶ Facilities with more robust services are cost prohibitive
- ▶ People in recovery find it hard to get initial rent to live in peer-run or managed (typically, Level I and II) recovery housing
 - ▶ Perceptions that financial pressures to pay for Level I and II housing may exacerbate recovery process.
 - ▶ *“They want my whole check”*

Access: Awareness and Education

- ▶ Creating understanding about recovery housing options
- ▶ Educate supportive family and friends about the process
- ▶ Addressing assumptions about who recovery housing options are “for”
- ▶ Intentional relationship building with BIPOC communities

“There are other similarly situated healthcare provider institutions that understand what health equity looks like. And they understand that I have to be intentional about it, and they go about it. I do not feel that [recovery housing is] at the same level, in my experience, of intentionality, with respect to ensuring that the BIPOC communities have what they need... even understanding why they're not knocking at the doors at the same rate as white individuals.”

– Family/Friend of Person with Lived Experience of Recovery

Access: Process and Requirements



- ▶ ***'One size does not fit all'***: Customized treatment
 - ▶ Allowing medically assisted treatment in peer run or manager monitored facilities (Level I-II)
- ▶ Minimize complexity: ***"Now they stay making it hard for people to get into treatment. They ask too much... they should have a place where they say I need help and they assist a person."*** – Person with Lived Experience

Access: More options for parents and women



- ▶ More sober living housing that allows parents in recovery to reside with their children
- ▶ Make visitation rules and settings accommodating for family
 - ▶ Family as a healthy part of recovery
 - ▶ Play area for children
- ▶ Fear of losing custody of children if enter treatment of any type
- ▶ Need more recovery housing, at a variety of levels, for women



Desired Characteristics

Accountability

- ▶ Clear and consistent accountability among residents in recovery and staff
- ▶ A modest measure of grace for relapse with appropriate consequences and support

“When you start putting people in the transitional house, you don't want these people coming in here using, messing up what you trying to have, because you trying to welcome and cuddle them. And, you have to have some straight up standards on what you going tolerate and what you not going to tolerate.”

– Person with Lived Experience of Recovery

House processes and dynamics

- ▶ Physically clean and well kept
- ▶ Sober and substance-free with structure and monitoring appropriately
- ▶ Screening for the right level of support and care
 - ▶ Handling co-occurrence of physical and mental health conditions
 - ▶ People who are “ready” for/ “serious” about recovering
- ▶ “Safe”
 - ▶ Building security and crime free
 - ▶ Free from abuse
 - ▶ Emotionally safe



Staffing and Professionalism

- ▶ **“Book knowledge and street knowledge”**
- ▶ Professionalism
- ▶ Well-trained staff who care
- ▶ Staff who are knowledgeable about multiple cultures; multilingual a plus
- ▶ Consistency and solid standard of care and quality is valued; knowledge or understanding of national standards is not common

“You know how Preschool Promise recently created standards for day cares... I think that there needs to be standards or it may be beneficial to have standards for recovery facilities because I don’t think a suburban facility should have better resources than an inner city facility”

– Person with Lived Experience of Recovery



Cultural Needs, Supports, and Connections

Perception and Representation

“I know if you go and walk into most of the halfway houses or the sober living houses, you're going to find mainly Caucasian people. And I think that makes it feel like I can't go there because they won't understand me”

– Professional in Recovery or Treatment
Field

- ▶ Place inclusive artwork and décor that represents various cultures
- ▶ Examples of success that are racially/ethnically diverse
- ▶ Diversity of staff- racial/ethnic, gender, expertise, spoken languages
 - ▶ Reflecting the diversity of the house or community

Spirituality and Faith in Recovery Housing



- ▶ Spiritual connection to recovery (e.g. 12 Step Program inclusion of spirituality)
- ▶ Accommodation of religious diversity- spaces, materials, (e.g. practice of Islam)
- ▶ Access to clergy for support
- ▶ On-site counselors / social workers

Linguistic Options, esp. for Spanish speakers

“I haven't heard nor have I seen at least in the Midwest, a sober living house that caters to the Spanish minority, or at least somebody that is in there that can translate or almost promote a sober living community within the Spanish population. And everyone knows, addiction knows no race color or religion,”

– Professional in Recovery or Treatment Services

- ▶ Peers and staff who speak the same language, especially Spanish speaking housing options
- ▶ Materials available in multiple languages

Inclusion: LGBTQ+



- ▶ *“We live in a society where its embedded, where its inclusive of all races, ethnic backgrounds, gender. We get a call at least once a week. ‘Can you namea house or where gay [people] are being okay? Or now trans [community]?’ So I think that's very important.”*

--Professional in Treatment / Recovery Services



Wholistic Supports

Role of Family and Friends



Triggering: past setting of
abuse of substances;
enabling; stressors

Discouraging: Stepping
away from community



Encouraging: Emotional
support; social capital and
network



Desired Wrap Around Supports

- ▶ General Life Skills (16)
 - ▶ Financial literacy
 - ▶ People skills
 - ▶ Basic life skills/independent living
- ▶ Transportation (13)
 - ▶ Access to bus routes
 - ▶ Help getting driver' license
- ▶ Parenting and Family Skills (10)
- ▶ Employment and Job Training Support (11)
- ▶ Diet and wellness programs in recovery housing (6)
- ▶ Education and literacy (4)
- ▶ Mental health co-occurrence supports (4)
- ▶ Access and coordination with physical health care (3)

(#)- number of related excerpts



Next Steps

The elevator to recovery is broken; you have to take the steps!

Completing the Study



Continued thematic analysis



Draft report with conclusions and recommendations by end of June



Dissemination of findings

Thank You!

Jennifer E. Williams, Ed.D.

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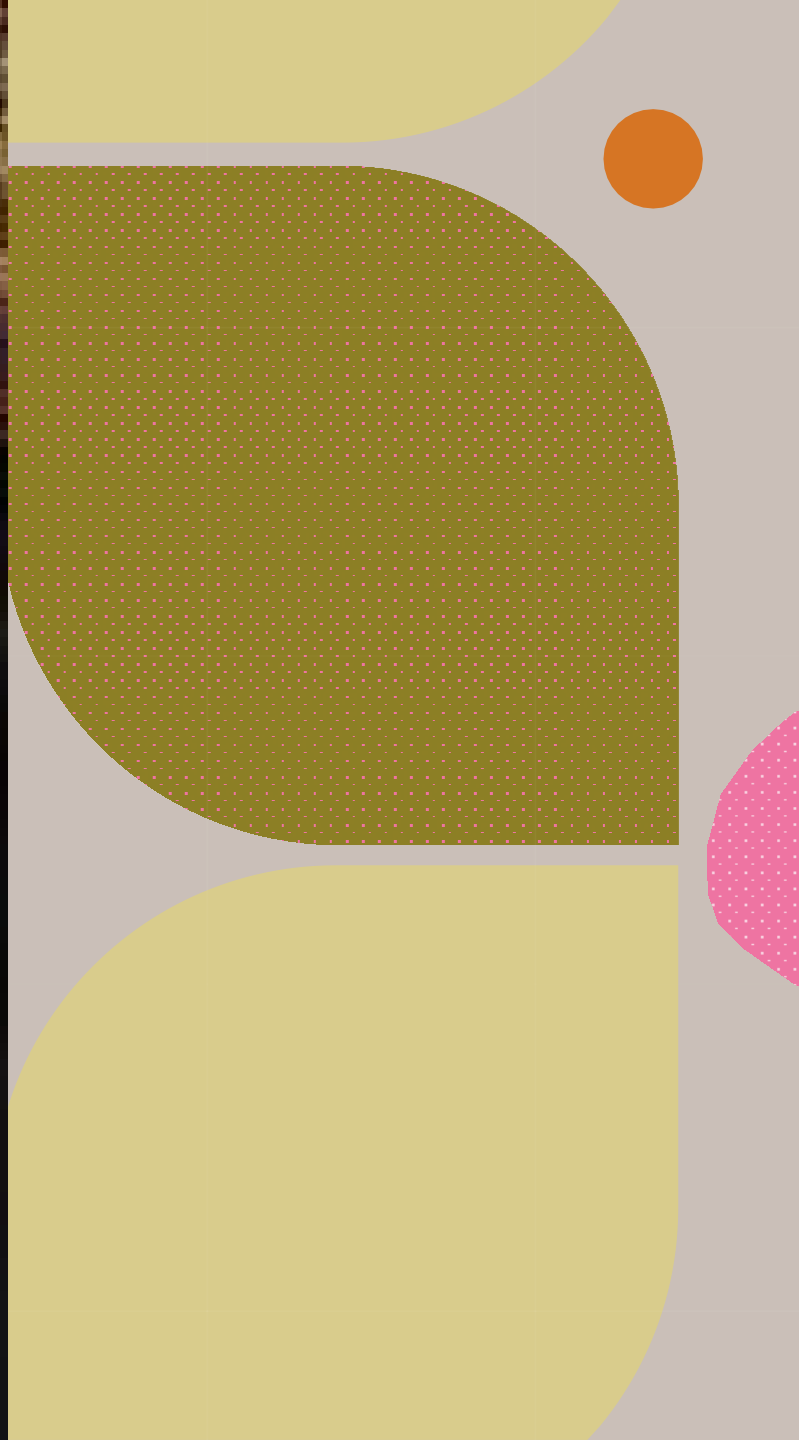
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Recovery Housing Defined

A range of housing models that create peer-led, mutually-supportive alcohol- and drug-free living communities where individuals improve their physical, mental, spiritual and social well-being and gain skills and resources to sustain their recovery.

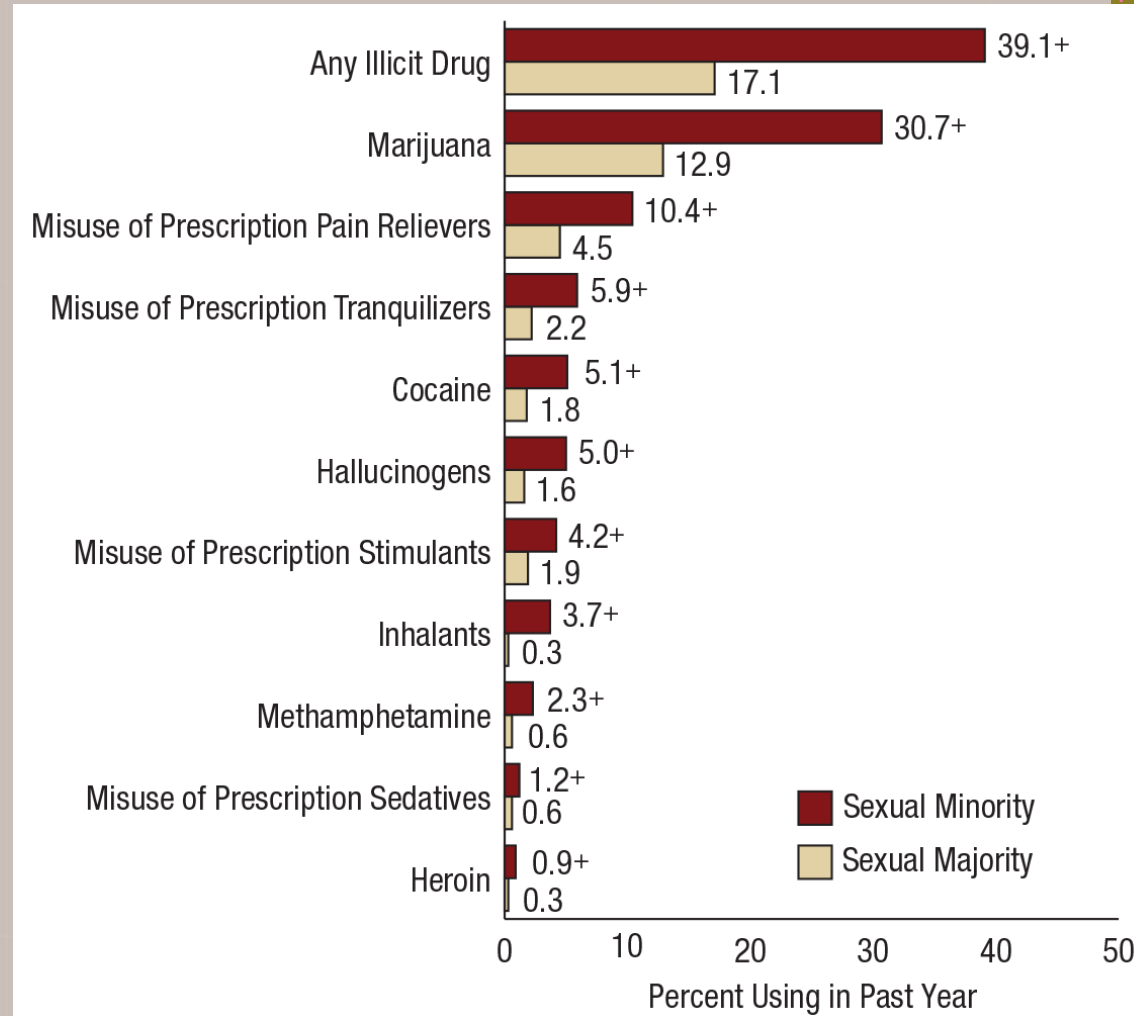
Recovery homes provide people in recovery a safe place to live as they work toward their recovery goals through support and mutual accountability.

Recovery housing is part of the larger continuum of care for people with substance use disorders.

(National Council, 2017).

Disparities in Drug Use (LGBTQ+)

Past Year Illicit Drug Use among Sexual Minority and Sexual Majority Adults Aged 18 or Older, by Drug Type: Percentages, 2015



Intersectionality

This term was coined in 1989 by Professor Kimberle Crenshaw to describe how race, gender, class, and other characteristics intersect with one another and overlap.



Marsha P. Johnson and Sylvia Rivera, leaders in the Gay Liberation Movement and founders of the Street Transvestites Action Revolutionaries (STAR)

Source: Crenshaw, Kimberle () "Demarginalizing the Intersection of Race and Sex: A Black Feminist Critique of Antidiscrimination Doctrine, Feminist Theory and Antiracist Politics," University of Chicago Legal Forum: Vol. 1989: Iss. 1, Article 8.



Stigma Against
Sex Work

Unstable
Housing

History of
Incarceration

Transphobia

HIV Status

Racial
Discrimination

Stigma Against
Drug Use

Violence



A spiral-bound notebook with a white page is the central focus. The page has the words "CALL TO ACTION" written in large, bold, blue capital letters. To the left of the notebook, four black pencils are arranged diagonally. To the right, four blue pencils are arranged diagonally. The background is a light beige surface. At the bottom of the image, there is a solid purple gradient bar.

**CALL TO
ACTION**

Research

Addressing the Needs of Gay and Bisexual Men in LGBT-Specific Recovery Housing

- **Referral source:** *“my counselor referred me, [by saying] ‘Oh there’s this gay and bisexual house in Austin’”*
- **Service needs** *“I was looking to see how, you know, a sober, gay person could live and have a social life”*
- **Expectations** *“I actually told the coordinator in the office that I needed to be in a straight house because I was afraid I would end up making an unhealthy attachment to somebody else in the house or something”*
- **Experience** *“It’s just a bunch of level-headed guys who are really serious about the program and want to get well”*

Focus Groups Findings

Key Informant Findings

- All key informants spoke directly to the need for the home as well as for LGBTQ+-specific residences more generally
- They spoke about the need to address co-occurring conditions such as “sex addiction” “depression, anxiety, bipolar disorder, eating disorders, and HIV/AIDS
- key informants talked about the importance of the home being a place that was alcohol and drug-free
- Locating a home that felt comfortable in a neighborhood with community resources was noted to be important

LANGUAGE MATTERS:

Using Affirmative Language to Inspire Hope and Advance Recovery

Stigmatizing Language	Preferred Language
abuser	a person with or suffering from, a substance use disorder
addict	person with a substance use disorder
addicted infant	infant with neonatal abstinence syndrome (NAS)
addicted to [alcohol/drug]	has a [alcohol/drug] use disorder
alcoholic	person with an alcohol use disorder
clean	abstinent
clean screen	substance-free
co-dependency	term has not shown scientific merit
crack babies	substance-exposed infant
dirty	actively using
dirty screen	testing positive for substance use
drug abuser	person who uses drugs
drug habit	regular substance use
experimental user	person who is new to drug use
lapse / relapse / slip	resumed/experienced a recurrence
medication-assisted treatment (MAT)	medications for addiction treatment (MAT)
opioid replacement	medications for addiction treatment (MAT)
opioid replacement therapy (ORT)	medications for addiction treatment (MAT)
pregnant opiate addict	pregnant woman with an opioid use disorder
prescription drug abuse	non-medical use of a psychoactive substance
recreational or casual user	person who uses drugs for nonmedical reasons
reformed addict or alcoholic	person in recovery
relapse	reoccurrence of substance use or symptoms
slip	resumed or experienced a reoccurrence
substance abuse	substance use disorder
substance abuse/abuser	person with a substance use disorder
substance abusing mother	mother with a substance use disorder
substance misuse	substance use / non-medical use

Language Matters

Stigmatized Language

Homosexual

Sexual preference

Gay lifestyle

BMSM

Special rights

Tranny

Junkie, meth head, tweaker

Affirming Language

- ✧ Gay people
- ✧ Sexual orientation
- ✧ LGBTQ+ people and their lives
- ✧ Same gender loving
- ✧ Equal rights
- ✧ Transgender People
- ✧ Person who uses substances

Takeaways

Ongoing staff education
(cultural humility)

Specific sexual minority options
for housing and peer support
groups, may help facilitate a safe
environment for the patient to
focus on addiction treatment
and recovery.

Gender neutral bathrooms

Comprehensively address co-
occurring mental and physical
conditions (HIV/AIDS)

Affirming environment

Family support

“I think it [annoys]
God...if you walk by
the color purple in
a field somewhere
and don't notice it.”



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