Utilization by and impact of recovery housing on adults attending an intensive outpatient program for co-occurring mental health and substance use disorders

Emily Gus, MPH\textsuperscript{1}, Brooke Slotty\textsuperscript{1}, Mikayla Ries\textsuperscript{1}, Amilla Aceiro\textsuperscript{1}, Jennifer Wiseman, MPS, LADC\textsuperscript{1}, Kristian Markon, PhD\textsuperscript{2}, Michael Van Wert, MSW, MPH, LICSW\textsuperscript{1}

\textsuperscript{1}Center for Practice Transformation, School of Social Work, College of Education and Human Development, University of Minnesota - Twin Cities
\textsuperscript{2}Psychology, College of Liberal Arts, University of Minnesota - Twin Cities

**Significance**

- 46.3 million people aged 12 or older met the applicable DSM-5 criteria for having a substance use disorder (1). Approximately 9.2 million adults in the United States live with a co-occurring mental health and substance use disorder (1).
- The understanding of recovery from substances has expanded to encompass measurable areas beyond abstinence, to include increased quality of life, decreased psychiatric symptoms, increased coping ability, employment, and positive relationships with friends and family (2).
- Recovery housing has been shown to have benefits for people recovering from co-occurring disorders (3, 4), but systematic research on this housing intervention has been limited.

**Setting**

- NUWAY House, Inc. (NUWAY\textsuperscript{1}), a Minnesota-based nonprofit treatment organization offering intensive outpatient services (IOP) for adults (18+) living co-occurring disorders.
- The agency provided up to $700/month toward recovery residence fees to those in need of a safe/sober living environment while in IOP.
- Recovery residences included ~100 independently-operated homes
  - Expectations: In-house meetings, outside meeting attendance, “productive time” (e.g., school, work, volunteer, treatment), house chores, mentor/sponsor, abstinence from substances.
  - Range of characteristics/philosophies: 12-step, faith-based, suboxone/methadone-supportive, gender-identity-based

**Evaluation Questions**

1. Are there disparities in who lives in a recovery residence while receiving intensive outpatient (IOP) treatment?
2. What is the impact of living in a recovery residence during IOP treatment on client outcomes?

**Methods**

**Sample**

\textbf{WHO WAS IN THE EVALUATION?}

Sample includes 100 individuals who lived in recovery residences for the last six months.

- 65% male
- 68% White
- 6% Black
- 10% Hispanic
- 8% Other

**Results**

**WHAT WAS THE IMPACT OF RECOVERY HOUSING?**

- Those who lived in a recovery residence were 3.8 times more likely to have an increase in days sober from intake to discharge.
- Those who lived in a recovery residence were 1.3 times more likely to have an improved PHQ-9 depression score from intake to discharge.

**Conclusions**

- Even when financial support was available for recovery housing, people who were female, black, multiracial, had a felony history, and had less education utilized it less.
- Recovery housing beneficially impacts sober days, depression, and discharge status.

**References**