A photograph of a man in a bright green sweater holding a young child in a blue jacket up in the air. They are outdoors on a beach with waves in the background. The man is looking up at the child with a smile.

Recovery housing in Washington

Washington Behavioral
Health Conference
June 2020

Washington State
Health Care Authority

Introductions

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- ▶ Section Manager
- ▶ Washington State Health Care Authority, Division of Behavioral Health and Recovery

▶ MeLinda Trujillo, SUDP

- ▶ Oxford House Program Manager
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- ▶ Recovery Residence Project Manager
- ▶ Washington State Health Care Authority, Division of Behavioral Health and Recovery

Recovery

Health, Home, Purpose, Community

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

- ▶ Hope
- ▶ Responsibility
- ▶ Respect
- ▶ Peer Support
- ▶ Strengths-based
- ▶ Non-Linear
- ▶ Holistic
- ▶ Empowerment
- ▶ Individualized and Person Centered
- ▶ Self-Direction

HCA is creating a continuum of Recovery Support Services that addresses:

▶ Health

- ▶ Social Determinants of Health – Housing, Employment, Income, Nutrition, Transportation
- ▶ Foundational Community Supports

▶ Home

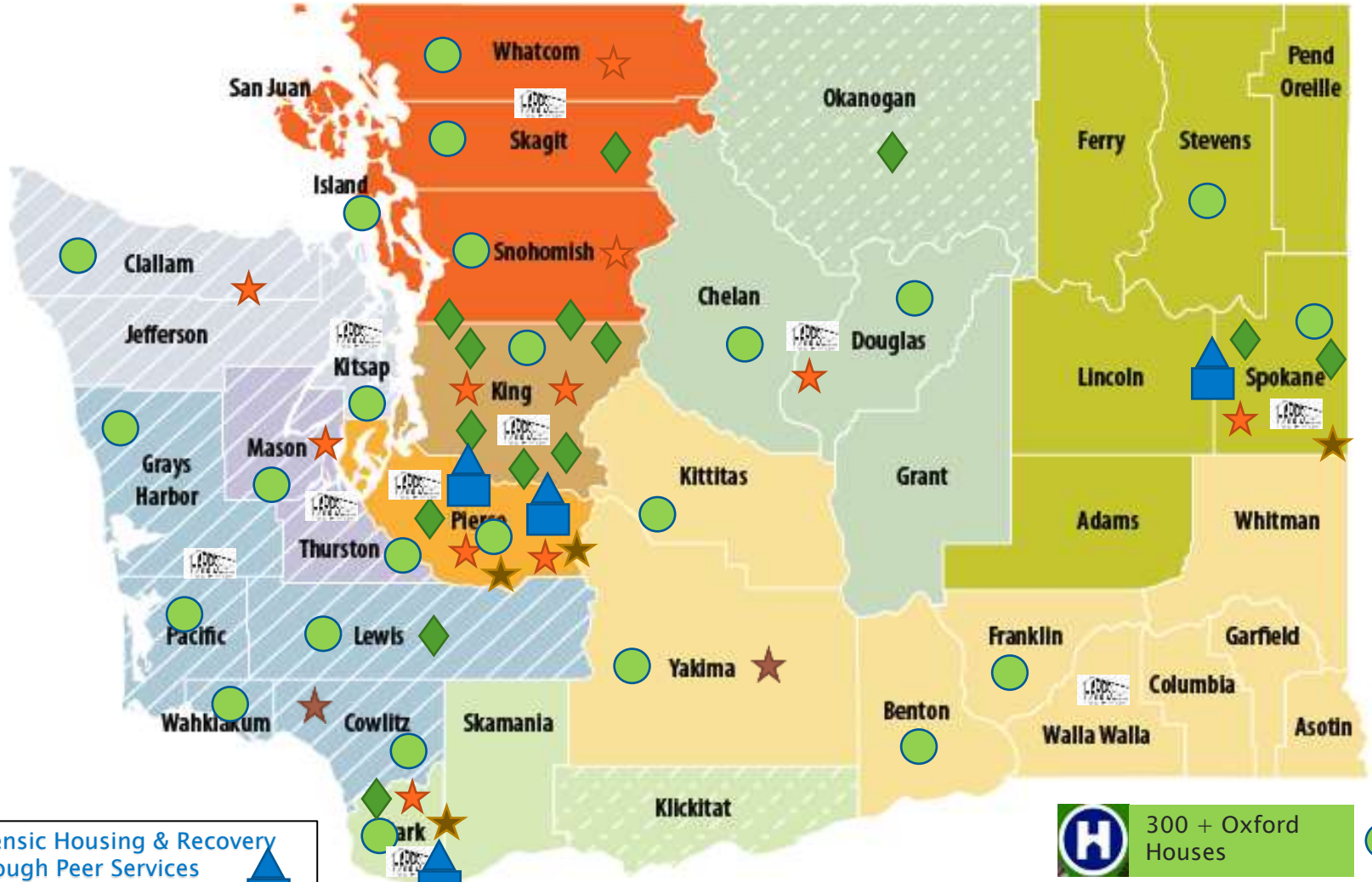
- ▶ PATH/F-PATH
- ▶ Peer Pathfinders
- ▶ HARPS/F-HARPS
- ▶ Foundational Community Supports
- ▶ Recovery Residences/Oxford
- ▶ Peer Bridgers

▶ Purpose

- ▶ Peer Services
- ▶ FCS - Supported Employment
- ▶ Recovery Café/Clubhouse
- ▶ Community Recovery Support services

▶ Community

- ▶ Peer Services
- ▶ Recovery Café/Clubhouse
- ▶ Peer Respite
- ▶ Consumer/Peer Operated Services



Housing & Recovery Through Peer Services (HARPS)

Forensic Housing & Recovery Through Peer Services (F-HARPS)

PATH Projects for Assistance in Transition from Homelessness

F-PATH

H 300 + Oxford Houses

14 Clubhouses/Recovery Café's/Peer Run Organizations



Oxford House

Oxford House
Morton Street

History of sober recovery homes in Washington state

November 18, 1988, President Ronald Regan signed the bill Anti-Drug Abuse Act Public Law 100-690.

The law established a nationwide program to encourage the mass replication of recovery houses based on the Oxford House Concept.

The law allows States to access federal funding for a revolving fund to open sober recovery homes.

The revolving fund is meant to continue indefinitely.

Anti-Drug Abuse Act Public Law 100-690

The law established a statewide program to encourage the mass replication of recovery houses based on the Oxford concept.

At the request of congress, Oxford House, Inc. created the start up loan program in each state.

Anti-Drug Abuse Act Public Law 100-690

The Anti-Drug Act of 1988 allows States under the Alcohol and Drug Abuse and Mental Health Services Block Grant:

To establish a revolving fund to make loans for the cost of establishing programs for the provision of housing in which individuals recovering from alcohol and/or drug abuse may reside in groups of no less than 6 individuals;

Ensure programs are carried out in accordance with the guidelines published in the Federal Register Vol. 54 NO. 74, page 15809, dated Wednesday April 19, 1989 – “Group Home for Recovering Substance Abusers; Guidelines;”

Ensure that no less than \$100,000.00 will be available for the revolving fund

Anti-Drug Abuse Act Public Law 100-690

Ensure each loan made from the revolving fund does not exceed \$4,000.00.

Each loan is repaid to the revolving fund no later than 2 years after the date on which the loan is made;

Ensure each loan is repaid through monthly installments and a reasonable penalty is assessed for each failure to pay by the date specified in the loan agreement;

Ensure such loans are made only to non-profit private entities agreeing that, in the operation of the program established:

The use of alcohol or any illegal drug in the house is prohibited; any resident who violates the rule will be expelled from the house;

Anti-Drug Abuse Act Public Law 100-690

The cost of the house including the fees for rent and utilities, will be paid by the residents of the house and;

Residents of the house will, through a majority rule of the residents, establish policies governing residents in the house, including the manner in which applicants or residents are approved.

Current Oxford Houses in Washington State

- ▶ As of March 2021, the state has 342 Houses and 2,977 Beds.
- ▶ Out of the 342 houses, 105 are for women and 46 are for women with children.
- ▶ Out of the 342 houses, 237 are for men and 20 are for men with children.
- ▶ These Houses are **broken down by number in the following Counties on the next slide:**

Oxford Houses by Counties, #houses, sum of BEDS

| COUNTY | HOUSES | BEDS | COUNTY | HOUSES | BEDS |
|--------------|--------|------|--------------|------------|-------------|
| Asotin | 1 | 10 | Kitsap | 26 | 228 |
| Benton | 29 | 245 | Mason | 4 | 32 |
| Chelan | 5 | 45 | Okanogan | 2 | 16 |
| Clallam | 10 | 84 | Pierce | 30 | 265 |
| Clark | 49 | 458 | Skagit | 7 | 57 |
| Cowlitz | 14 | 110 | Snohomish | 24 | 219 |
| Douglas | 3 | 21 | Spokane | 36 | 301 |
| Franklin | 1 | 8 | Thurston | 13 | 112 |
| Grays Harbor | 4 | 36 | Walla Walla | 3 | 26 |
| Island | 2 | 16 | Whatcom | 3 | 26 |
| King | 60 | 525 | Yakima | 14 | 121 |
| Kittitas | 2 | 16 | TOTAL | 342 | 2977 |

Some Oxford House statistics

Out of 336 Oxford houses in the state, 166 have at least one child living in them.

There are 1,060 residents on Medication for Opioid Use Disorder (MOUD) in 336 houses.

Seven Oxford houses were scheduled to open between April and May of this year.

The state is seeking a new Men's house in Aberdeen, Silverdale, Port Angeles and continued expansion across the state.

As of January 2021, there are approximately 940 Oxford House residents that receive MOUD to support their recovery.



Kate's
House
Foundation
– Burien,
WA

Background

House Bill 1528 passed by the Legislature in 2019

- Purpose of bill was to address the quality of recovery housing in the state of Washington.
- Reduces the potential for fraudulent and unethical recovery housing operators as seen recently in other states.
- Resulted in RCWs 41.05.760-762.

House Bill 128 required the Health Care Authority to implement the following:

- Registry of HCA approved recovery residences.
- Provide technical assistance to recovery residence operators through the state affiliate of the National Alliance of Recovery Residences (NARR).
- Create and manage an operating revolving loan fund.
- Create and manage a capital revolving loan fund.

Types of recovery homes

Recovery residence:

- A sober, safe, and healthy living environment that promotes recovery from alcohol and other drug use and associated problems.
- Multiple levels of recovery residences ranging from level 1, similar to an Oxford House to level 4, residential treatment facility.

Recovery house:

- DOH licensed residential treatment facility offering specific services specifically described in [WAC 246.341.112](#).

Recovery home:

- Generic term used to describe recovery residences, Oxford House, licensed recovery houses, and tribal recovery homes.

RECOVERY RESIDENCES IN THE CONTINUUM OF RECOVERY

Four Distinct Levels



Collaboration

The state convened a work group with owners/operators, providers, Oxford Houses, tribal partners and other state agencies.

- Workgroup broken down into smaller groups to specifically focus on the 4 parts of the bill.

As of September 17, 2020 an Advisory group was convened to assist with the operating revolving loan fund.

- Consists of partners from HCA, Oxford House, the Fletcher Group, Washington Alliance for Quality Recovery Residences (WAQRR) and managed care organizations.
- Work on creating application and application review guidelines.
- Review applications once they begin coming in.

RCW 41.05.761: technical assistance

Washington Alliance of Quality Recovery Residences (WAQRR) is providing the follow technical assistance to anyone interested in recovery residences:

- 1:1 technical assistance with owners/operators of recovery residence
- Webinars which cover multiple topics on best practices and support for emerging issues
- In-person events focusing on Recovery House licensing through DOH and Medicaid reimbursement
- All-day intensive overview of Recovery Residences, NARR model, emerging issues, licensing and reimbursement.
- Train the reviewer events to train people to provide fidelity reviews for WAQRR recovery residences
- Fidelity reviews for upcoming and current WAQRR recovery residences.

WAQRR is also providing expertise to the HCA on recovery residences and the NARR model.

RCW 41.05.760: recovery residence registry



Registry will be housed and managed by HCA

Allows for a “one-stop” shop for all recovery homes

- WAQRR, Oxford House and Tribal
- [HCA's Recovery Residence Registry](#)



Creates a list of eligible SUD recovery homes for future funding streams and access to the revolving loan funds.



Includes an interactive map which allows those using it to sort by different filters, find contact information and vacancy information.



As of January 1, 2023; substance use disorder providers will only be allowed to refer patients to the recovery homes on the registry.

RCW
41.05.762
operating
revolving
loan fund

Modeled after the Oxford House revolving loan fund

\$500,000 total fund

Loans of \$4000 to repaid over 2 years

Application can be found on the [HCA Recovery Residence webpage](#)

Applications started being accepted March 1, 2021

Funds available for any non-profit on the registry

Can be used for operating start-up costs such as:

Rent and mortgage payments

Security deposits

Salaries for on-site staff

Minimal maintenance costs

Pay for licensing and certification

Resources – Oxford House

Oxford House [vacancy list](#) for
Washington

Oxford House Inc. [National Website](#)

Washington State [Association of
Oxford Houses](#)

Resources – recovery residences



For information on WAQRR certification or events, please go to the [WAQRR website](#)



For information from NARR, please go to the [NARR website](#)



For information on DOH “recovery house” licensing, please go to the [DOH website](#)



HCA’s [website](#) for recovery residences

Resources – recovery supports

[Alcoholics Anonymous \(AA\)](#)

[Cocaine Anonymous](#)

[Crystal Meth Anonymous](#)

[Heroin Anonymous](#)

[Marijuana Anonymous](#)

[Narcotics Anonymous \(NA\)](#)

Young People In Recovery
<http://youngpeopleinrecovery.org/virtual-event-schedule/>



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