

Building Recovery Friendly Communities

A case for specialist
housing that
supports people
in their recovery
from problematic
substance misuse



Phoenix Futures

Experts in recovery for more than 40 years

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Our Credentials

In March 2014 Phoenix Futures merged with Foundation66 creating the Phoenix Futures Group. This consolidated the specialist substance misuse housing provision into one Group structure, sharing expertise and financial strength. We currently provide 455 units of housing in 12 specific local authority areas across England and Scotland. For a Housing Association that makes us small. But we aren't interested in being the biggest. We aspire to be the best!





“ The treatment centre can play a crucial role in shaping a community environment in which people in recovery are welcomed and where recovery can flourish. Tipping the scales of re-addiction or recovery may hinge as much on that environment as the unique assets and vulnerabilities of each client. ”

THE MOBILISATION OF COMMUNITY RESOURCES TO SUPPORT LONG TERM ADDICTION RECOVERY, William White

“ There is emerging evidence that having a job and interventions such as: help with personal finances; debt counselling; rent deposit schemes; and recovery-orientated housing; improve a range of intermediate recovery outcomes. ”

ACMD Recovery Committee Report 2012

“ Communities are where recovery takes place in the long term and communities themselves will have a recovery journey. ”

*Research for Recovery;
A review of the Drugs Evidence Base 2010*



Why we care

Building Recovery Friendly Communities is aimed at commissioners, housing providers, treatment providers and anyone interested in how our communities can support people in their day to day lives.



We have a great tradition in this country of communities pulling together in times of hardship.

Some are experiencing that hardship as you read. Others will find life increasingly difficult as the impact of the cuts in public expenditure is felt.

Charities and Housing Associations have been instrumental in working with local communities to identify and meet need wherever it arises. In many instances, in the most desperate of circumstances, they have made the difference to whether someone lives or dies.

Since 1988 Phoenix has been a registered housing association and we have been a registered charity since 1982. This gives us a unique insight into how specialist housing for people experiencing substance misuse issues can be developed within local communities.

We aren't interested in forcing communities to do anything. We don't have to. Everyday we witness communities helping people tackle their addiction and build a successful and productive recovery.

Why do communities support recovery?

Because they know that addiction has no respect for social status or economic wealth. People who experience addiction are our brothers, mums, sons, wives and husbands; they are our neighbours and our friends.

What role can charities & housing providers play?

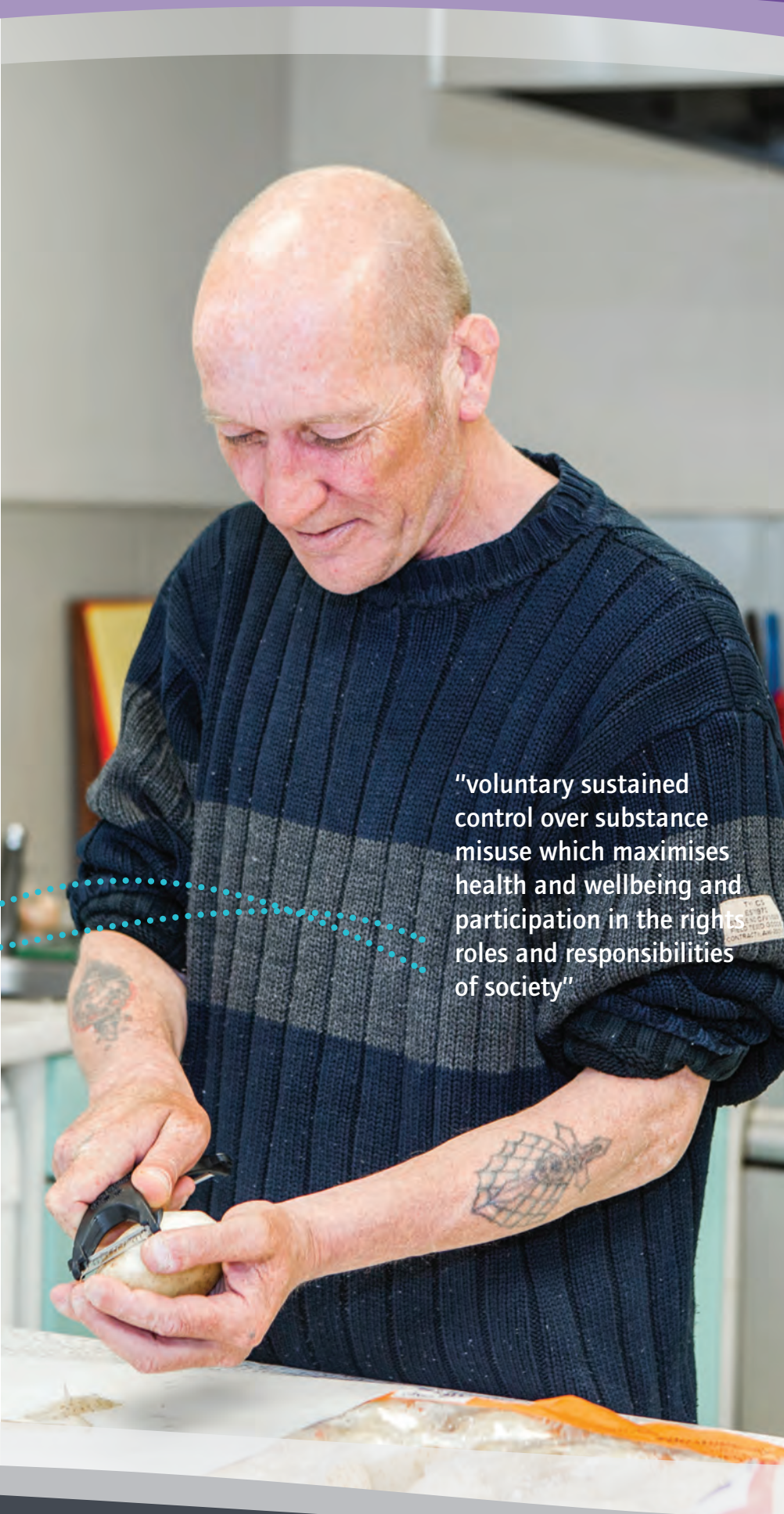
We can and should support local communities, with our expertise and our resources, to find solutions to local problems.

In this document we suggest various ways we and others can do that:

- We set out a case for why recovery orientated housing is vital to sustaining a successful vibrant community.
- And we offer some ideas and examples of how we have worked with communities to develop models that support recovery.

We hope this report inspires you to build communities that make recovery possible.





"voluntary sustained control over substance misuse which maximises health and wellbeing and participation in the rights roles and responsibilities of society"

What is recovery?

There are many ways of defining recovery from problematic alcohol and drug use.

In 2008 the UK Drug Policy Commission developed a UK 'vision' of recovery. In that they defined recovery as a process of

"voluntary sustained control over substance misuse which maximises health and wellbeing and participation in the rights roles and responsibilities of society"

"The concept of recovery as a process, rather than recovery as an end-point is important as it may not have an end-point. For some with severe or complex dependence and other issues, their recovery journey may involve a lifestyle change that requires ongoing effort. Some may achieve a range of recovery outcomes in a number of domains including abstinence or non-dependent use. Others may not achieve the positive recovery outcomes in any domain, or may only improve in some domains."
(UK Drug Policy Commission, 2008)

Recovery experiences are different for everyone. Research tells us that recovery is best achieved when the support mechanisms available respond to individual need.

Recovery Capital

Key to the current understanding of recovery is the concept of recovery capital.

'Recovery capital is the quantity and quality of resources available to people to address their problematic alcohol and drug issues.'

Granfield and Cloud (1999)

Recovery capital can be developed and will change over time. Treatment providers and other community support organisations all have a role to play in developing recovery capital.

Community Recovery

The concept of recovery has been applied to communities. Communities can be seen to be in need of recovery when they have been affected by drug and alcohol problems. Lessons from community development models show us that communities can and do support the recovery process bringing benefits to the individual and the community at large.

"In the end, it is the community, not the treatment centre, that can offer those with addiction histories invitation for social inclusion."

William White (2009)

The *process* of recovery often requires people to develop recovery capital in order to sustain a drug and/or alcohol free life



What are 'Recovery Friendly' Communities?

Recovery friendly communities are communities that support and facilitate recovery.

Recovery Capital

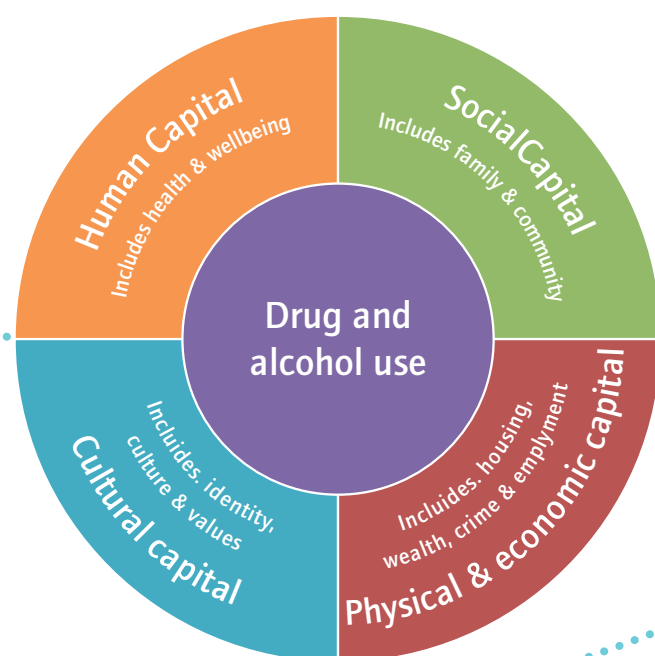
In 2009, Granfield and Cloud revisited their initial concept and argued that there are four components to recovery capital:

Social capital is defined as the sum of resources that each person has as a result of their relationships, and includes both support from and obligations to groups to which they belong; thus, family membership provides support but will also entail commitments and obligations to the other family members.

Physical capital is defined in terms of tangible assets such as property and money that may increase recovery options (e.g. being able to move away from existing friends/networks or to fund an expensive detox service).

Human capital includes skills, positive health, aspirations and hopes, and personal resources that will enable the individual to prosper. Traditionally, high educational attainment and high intelligence have been regarded as key aspects of human capital, and will help with some of the problem-solving that is required on a recovery journey.

Cultural capital includes the values, beliefs and attitudes that link to social conformity and the ability to fit into dominant social behaviours.



They address stigma, demonstrate through visible role models that recovery is achievable and reduce the risk of addiction.

We know from research that in order to create recovery friendly communities:

- Immediate environment matters, the streets and communities in which you live directly impact your likelihood of developing an addiction and your chances of recovery
- Community and relationships are key to recovery
- Greater community recovery capital reduces the risk of addiction and increase the chance of recovery.
- People with the option and ability to change and influence their environment are more likely to be able to develop themselves

The recovery capital model helps us to understand the importance of housing in the recovery journey.

The community is not an inert stage on which the trajectories of addiction and recovery are played out. The community is the soil in which such problems grow or fail to grow and in which the resolutions to such problems thrive or fail to thrive over time. That soil contains promoting and inhibiting forces for both addiction and recovery.

William White
THE MOBILISATION OF
COMMUNITY RESOURCES TO
SUPPORT LONG-TERM ADDICTION
RECOVERY; 2009

Creating Recovery Friendly Communities

Creation of recovery friendly communities takes more than recovery friendly housing but it is a vital ingredient.

We have the opportunity to develop supportive communities through partnership working and community engagement initiatives.

Communities can support recovery by:

- Ensuring recovery housing approaches support each stage of the recovery journey
- Supporting partners, general needs housing associations, community groups and others to understand the needs of people in recovery
- Supporting the creation of mutual aid groups and organisations in local areas
- Supporting and delivering initiatives that address stigma showing visible signs of recovery i.e our Recovery through Nature, the Arts and Sport series.
- Ensuring Peer Mentoring programmes are available that act as recovery champions and demonstrate that recovery is possible

Recovery friendly housing provision is more than just providing the housing opportunities that support recovery. It is about providing a pathway of provision that align to each different stage of an individual's recovery journey.

EVIDENCE FOR HOUSINGS CONTRIBUTION TO RECOVERY OUTCOMES

There is evidence of higher levels of drug and alcohol dependence among those with housing problems and particularly those who are hostel dwellers or street homeless.

As a general rule, evidence indicates stable housing is beneficial to those with drug or alcohol dependence achieving reducing substance misuse and achieving drug and alcohol related recovery outcomes.

There is emerging evidence that housing environments which provide support and encourage sobriety can reduce the risk of relapse among those with drug or alcohol dependence who are trying to be abstinent.

However, there is also evidence that there is an increased risk of overdose deaths among heroin users who relapse and therefore lose their housing and support.





A Recovery Housing Pathway

There are many different models of supported housing that respond to the changing levels of vulnerability and independence of individuals who move through recovery.

The key issue for any community wanting to support those in recovery is that the accommodation available matches the momentum and progress made within the recovery journey.

Many providers will have different names for their specific type of provision.

At Phoenix we have developed five models of accommodation based support for people with problematic substance misuse.

Each model within the Phoenix recovery friendly pathway has a clearly defined purpose that supports individuals with their specific needs at different stages in their recovery.

We sustain momentum in the recovery process by setting clearly defined goals for each model of provision.

We monitor progress using a tool specifically designed to capture improvement in recovery capital.

Recovery Housing Models

Residential Rehabilitation gives people the tools to achieve abstinence

Bridge Housing prepares people to exit formal treatment

Supported Housing provides a safe environment to develop life skills

Recovery Houses self-managed housing for those sustaining their own recovery

Independent Living safe secure abstinence independent living

Whilst we have the potential to deliver all five models as part of a pathway in a local area it is not essential. Our models can easily be used in areas to complement an existing pathway of provision or to fill a gap in provision to complete an effective pathway.

Phoenix has a proven track record at working effectively with partners to deliver seamless services in a locality or setting.



A Recovery Housing Pathway

Recovery Housing

Allows those in recovery to manage their own shared housing



Independent Living

Safe, secure, abstinent independent living from a landlord that understands recovery



Supported Housing

Provides opportunities to develop life skills



Bridge Housing

Supports people to leave the formal treatment setting safely



Residential Service

Gives people the tools to achieve abstinence



Recovery Housing Models



Residential Rehabilitation

Purpose:

Give people the tools to achieve abstinence

Model:

- Registered Care Homes inspected by Care Quality Commission
- High level of care for people with high levels of dependency
- 24 hour on site staffing
- Detoxification
- Evidence based manualised model of treatment programme
- Qualified Staff

To Achieve

Now

- Get some stability in my life
- Stop offending
- Stop hurting myself
- Stop causing chaos to my family's life

Before I leave

- Become drug and alcohol free

Someday

- I'll achieve recovery

Recovery Housing Models



Bridge Housing

Purpose:

Prepare People for leaving intensive treatment

Model:

- Support provided to maintain abstinence
- Life skills training, employment, education and training programme
- Mutual aid supported and facilitated
- Support available 24 hours a day
- Evidence based manualised model of treatment programme
- Qualified staff
- Lapse and relapse prevention support

"When I left residential treatment I was heavily dependent on support and the Re-Entry Service enabled me to learn independence"

To Achieve

Now

- Learn to cook and manage my money
- Learn to maintain my recovery with less support from staff
- Join local Smart Recovery Group

Before I leave

- Be enrolled in collage and have some voluntary work

Someday

- Get a job and a home of my own

Recovery Housing Models



Supported Housing

Purpose:

Provides a safe environment to develop life skills

Model:

- Evidence based manualised model of treatment programme for people who have had a period of abstinence from substances
- Internal audit team
- Support provided to sustain abstinence and develop life skills
- Mutual aid supported and facilitated
- One-to-one support sessions facilitated by key workers
- Qualified Staff
- Licence agreements
- Staff supporting during core hours
- On-call provision for evenings and weekends

To Achieve

Now

- Maintain a tenancy and live by the rules of the house
- Learn to cope with the pressures of life without resorting to drugs or alcohol

Before I leave

- Fill my week with meaningful activity

Someday

- My family will be proud of me

Recovery Housing Models



Recovery Housing

Purpose:

Self-managed housing for those sustaining their recovery

Model:

- Evidence based housing model for people stable in their recovery
- Opportunity to live with like minded people in recovery and support each other to sustain recovery
- Internal audit team
- Support available from peers mutual aid recovery champions
- Tenancy agreements
- Some house rules
- On-call provision

To Achieve

Now

- Provide support to others in recovery
- Get my NVA in Peer mentoring
- Obtain relevant qualifications
- Obtain meaningful employment

Before I leave

- Get a job and my own home

Someday

- My recovery will not define me

Recovery Housing Models



Independent Living

Purpose:

Recovery friendly housing provided by a landlord who understands the treatment journey

Model:

- Mutual aid supported and facilitated
- Tenancy
- Opportunity to provide mentoring recovery champion role to others in recovery
- Facilitated by floating support housing officers

To Achieve

Now

- Be aware of my recovery
- Not forced to hide my recovery from my landlord
- Seek support when I need it
- Celebrate my successes
- Lead and support mutual aid in my community

Before I leave

- I don't need to leave but after a few years I may move on.

Someday

- The housing I have had will be available to all that need it

Recovery Housing Models

Key principles of the Phoenix Housing Approach

All Phoenix housing models will operate within the following key principles:

1. Phoenix is a responsible landlord who understands recovery.

This is reflected in our tenancies, our rent levels and our approach to dealing with relapse and lapse.

2. All Phoenix housing is abstinence based

This will be reinforced by house rules and tenancies where appropriate. Peers support each other in regulating and reinforcing the abstinence approach.

3. All Phoenix housing models are delivered in properties owned, leased or managed by Phoenix

This allows us to ensure that our housing management approaches provide recovery friendly environments. We set quality standards for all of our properties and ensure staff are trained in housing management and substance misuse

4. All rents are affordable

Enabling people to access work and maintain a tenancy appropriate to their stage in the recovery journey.

5. All provision builds recovery capital and is supported by a range of mutual aid activities

Each housing model will have clear will be supported by a range of Phoenix Plus activities that support the growth in an individual's recovery capital and increasing the likelihood of recovery being sustained.

These five principles will underpin all our models of housing support services and will set us apart from other social housing providers. Using our expertise in delivering substance misuse treatment services with our knowledge of housing we can support the development of Recovery Friendly Communities.



A photograph of two men sitting on a dark brown leather couch. The man on the left is a Black man with short dark hair, wearing an orange t-shirt and blue jeans. He is looking towards the camera with a slight smile. The man on the right is a white man with a shaved head, wearing a blue and grey plaid shirt. He is seen from the side, looking towards the first man. In the foreground, the man in the plaid shirt is holding a book with a colorful cover. The background is a light-colored wall with two abstract paintings. A purple curved banner is at the top of the page, and a dotted line arches over the text.

*What can you
do to support
recovery
in your
community?*

There is a role for everyone in developing recovery friendly communities. If you are:

A Commissioner responsible for housing or substance misuse you could do a recovery audit of your housing provision,

- Establish how suitable is the accommodation available to those in recovery?
- Does it help them maintain a recovery lifestyle?
- Are there gaps in provision?
- Do some areas have more recovery accommodation than others?

The first challenge is to establish what an effective recovery housing pathway for your area is. Our pathway could be a place to start.

Research Evidence : Recovery resource mapping: results of a Philadelphia Recovery Home Survey. This paper on a Recovery Home survey carried out in Philadelphia may give you some ideas about how to assess the provision in your area.

In recovery yourself you have a unique insight into how the housing available in your community impacts your recovery. Finding constructive routes and mechanisms to share this insight will help the journey of those that follow you.

Housing provider you could do a skills audit of your staff and assess their understanding of how accommodation supports recovery. We can help a quick chat, provide some training, do a peer audit or talk to you about how we could develop a housing pathway

Regardless of whether we help or not, we hope this guide has been useful and we wish you the very best with developing your **Recovery Friendly Communities**



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