Center for Community Engagement at Chestnut Health Systems

RECOVERY HOUSING FAQ

What is recovery housing?

- Recovery housing is a general term for safe, healthy, substance-free living environments that support individuals in recovery. The goal of recovery housing is to promote health, wellness, and personal growth for its residents.

What is Oxford House?

- Oxford House is a non-licensed, independent, supportive sober living environment.
- For more information, visit http://www.oxfordhouse.org

What types of recovery housing exist?

- Recovery housing comes in several levels of structure and support. Each level offers a different environment depending on what a person needs in their recovery journey. Check out this document to learn more about the different structures of recovery housing.

What does recovery housing NOT provide?

- Recovery housing provides a safe, substance-free living environment, but it does **not** offer medical or clinical services. It does not provide detox or withdrawal management, therapy or psychiatric care, 24/7 medical supervision, crisis services, or medication management. Most homes also do not supply food, personal items, or transportation unless specifically stated. Recovery housing is meant to support sobriety and stability while residents receive treatment and services from outside providers.

Who qualifies for recovery housing?

Someone who:

- Has a Substance Use Disorder (SUD) diagnosis,
- Needs Recovery Home level services

Individuals with histories of sex offenses, arson convictions, or severe violent offenses may not be appropriate candidates for recovery housing.

Where can I find recovery housing?

- Check with local treatment providers.
- Illinois Helpline (https://helplineil.org/)
- Oxford House (http://www.oxfordhouse.org/)

Can I be on Medication-Assisted Treatment (MAT)/ Medication Assisted Recovery (MAR) while in a recovery home?

- Some recovery homes do not allow the use of MAT/MAR while in their recovery home. Many homes do allow the use of MAT/MAR so you will need to find the one that meets the needs of the individual.

What if someone will not rent to me because of my history of substance use?

- Everyone in recovery is protected by The Fair Housing Act (FHA). This law protects tenants that use/have a history of substance use from housing discrimination. Contact HUD if you have a discrimination complaint: https://www.hud.gov/program_offices/fair_housing_equal_opp/online-complaint

My town is not big enough to support a recovery home, what are other options?

- Living Rooms or Recovery Cafes. Both offer referrals to services and a safe space for community members to get help with their substance use. For more information see our PDF on Living Rooms and visit The Recovery Café Network website. Reach out to local recovery coalitions for suggestion and support.

How long does a resident stay at a recovery house?

- This is specific to the resident and is resident-centered. They may stay a few weeks to many months.

What rules do residents need to follow?

- Recovery homes may have rules about sobriety requirements, Medication Assisted Recovery (MAR) documentation, financial obligations, curfews, chores, recovery meeting, employment, education, guest policies, conduct standards, discharge processes and discharge violations. For more ideas and information on rules in recovery homes, please review our Recovery Home Sample Rules document.

How does rent work in a recovery house?

- Most recovery houses charge residents per bed and per week or month.

What communities should I look at for a recovery home?

- Some people prefer a recovery home away from their hometown. This allows them to get away from their familiar people and places and start new. Other people prefer to find a recovery home close to or in their hometown, to have a support system of loved ones around them during their recovery.

The Center for Community Engagement is funded in full or in part through a State Opioid Response Grant (TI085769) to the Illinois Department of Human Services, Division of Behavioral Health and Recovery, from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.