

# Recovery Housing: A Vital Resource

**Recovery Housing** is for people in recovery from substance abuse disorders. It provides a living environment free from alcohol and illicit drug use with a focus on peer support, assistance with obtaining addiction services, and other recovery services and support.



## Recovery Housing Works

Research shows that **residents of recovery housing** have an overall **improved quality of life**, including:

- Decreased substance use
- Decreased incarceration rates
- Increased income
- Increased family and social relationships
- Improved psychological and emotional well-being

## Who Needs Recovery Housing?

People who are newly abstinent or in recovery and want a supportive living environment.

People participating in or completing treatment and who are in need of supportive, affordable housing.

People who are homeless or unstably housed and want a recovery-focused environment of peer support.

## KEY CONCEPTS

### Recovery

Addiction is a chronic disease. Recovery is a process of change through which people improve their health & wellness, live a self-directed life, and strive to reach their full potential. Sobriety is a vital part of full recovery.

### Living Environment

The housing may be a single-family home or an apartment building. Residents are committed to sobriety and support one another in recovery.

### Peer Support

Residents provide mutual support and accountability for continued sobriety within the housing. They connect to the larger recovery community, too.

### Services

Residents remain engaged with needed services and resources in the community to support and strengthen their recovery.



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