

A Guide for Potential Recovery Housing Residents

Each recovery residence decides how it is structured and operates. Here's what residences can expect.

Level 1:

Level 1 Recovery Housing is democratically run by residents who live together like a family. Housing is most often provided in single family homes. There are no paid positions to run the housing. There are no formal supports, although residents provide peer support and house meetings.

Level 2:

Level II Recovery Housing is monitored by a house manager. Residents share community spaces and may have roommates. Residents are supported in accessing community services including counseling, healthcare, employment and connection to the recovery community. Within the recovery housing, residents create recovery action plans, provide peer support and participate in house meetings.

Level 3:

Level III housing offers supervised living and has staff that are connected to a larger organization. Support services may include recovery coaching and life skill development such as budgeting and employment skills. Staff may offer clinical services offsite for residents. Peer support and recovery action planning are still the central focus of the support.

Level 4:

Level IV recovery housing is Residential Treatment with organizational hierarchy and administrative oversight. Licensing varies from state to state. Clinical supervision may be more of an institutional setting or treatment center focused with credentialed staff. Support services include clinical services provided in-house.

PARR is a registered 501c3 nonprofit charity. If you would like to learn more about PARR or to donate, please visit www.parronline.org or contact us using the information below.



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PARR is the state affiliate of the National Alliance of Recovery Residences.



PARR is recognized by the Department of Behavioral Health and Intellectual and disAbility Services, the Delaware Department of Health and Social Services (DHSS) and the York/Adams HealthChoices Management Unit.



SETTING THE STANDARD FOR RECOVERY RESIDENCES



The Pennsylvania Alliance of Recovery Residences (PARR) is the state affiliate of the National Alliance of Recovery Residences (NARR). PARR certifies recovery residents that meet the NARR standard.

PARR's mission is to create, evaluate and improve standards and measures of quality for all levels of recovery residences. PARR provides a forum for exchanging ideas to include developing uniformity for our field, problem solving and advocacy.



RECOVERY HOUSING WORKS!

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

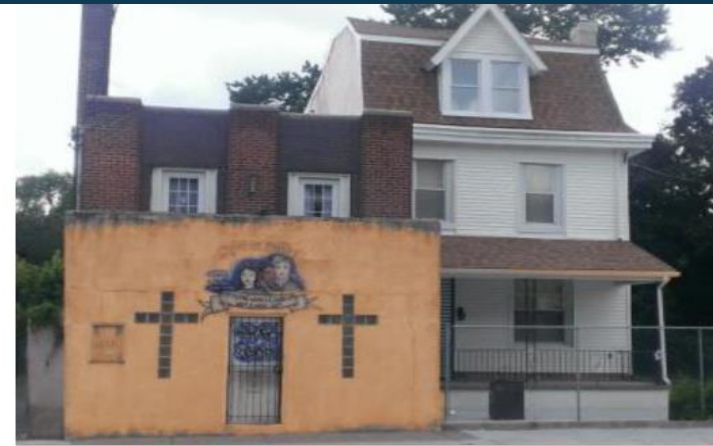
- ❖ **Decreased substance use.**
- ❖ **Decreased incarceration rates.**
- ❖ **Increased employment and income.**
- ❖ **Increased family and social relationships.**
- ❖ **Improved psychological and emotional well-being.**



PARR MEMBERSHIP

In order to ensure that PARR certified recovery homes are operating in accordance with the NARR standards, applicants undergo a rigorous application process that involves:

- 1. Review of applicant's documents, materials and insurance coverage.**
- 2. Interviews with the owner and operator of the recovery house.**
- 3. Inspections of the property.**



KEY CONCEPTS

✓ RECOVERY

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

✓ LIVING ENVIRONMENT

Recovery housing may be a single-family home, multi-family home or apartment building. Residents are committed to staying clean and sober and support one another in recovery.

✓ PEER SUPPORT

Residents provide mutual support and accountability for continued sobriety within the house. They connect new residents to the larger recovery community.

✓ SERVICES

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

Who Needs Recovery Housing?

- People who are newly abstinent or in recovery and want a supportive structured living environment.
- People participating in or completing treatment and who are in need of supportive affordable housing.
- People who are homeless or who are unstably housed and want a recovery-focused environment of peer support.

What Can I Expect in Recovery Housing?

- A positive, recovery-focused environment with support for abstinence.
- Other people in recovery who want to give and receive practical help.
- Connection to community services which may include treatment, counseling and 12-step recovery groups.
- Some homes offer life skills development and employment services.
- Structure and routines designed to support a life in recovery.