



Presenter



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THE FLETCHER GROUP

Kentucky Origins

Founded in 2017 by former Kentucky Governor Ernie Fletcher.

Our recovery expertise began in 2004 when Governor Ernie Fletcher launched Recovery Kentucky – 10 Residential, Long-Term, Peer-Led, Peer-Driven, Social Model of Recovery residences and have helped thousands of people rebuild their lives while saving millions in taxpayer dollars.

The program has been named a “model evidence-based program” by SAMHSA and has grown to 18 centers serving over 2,000 people at any given time.



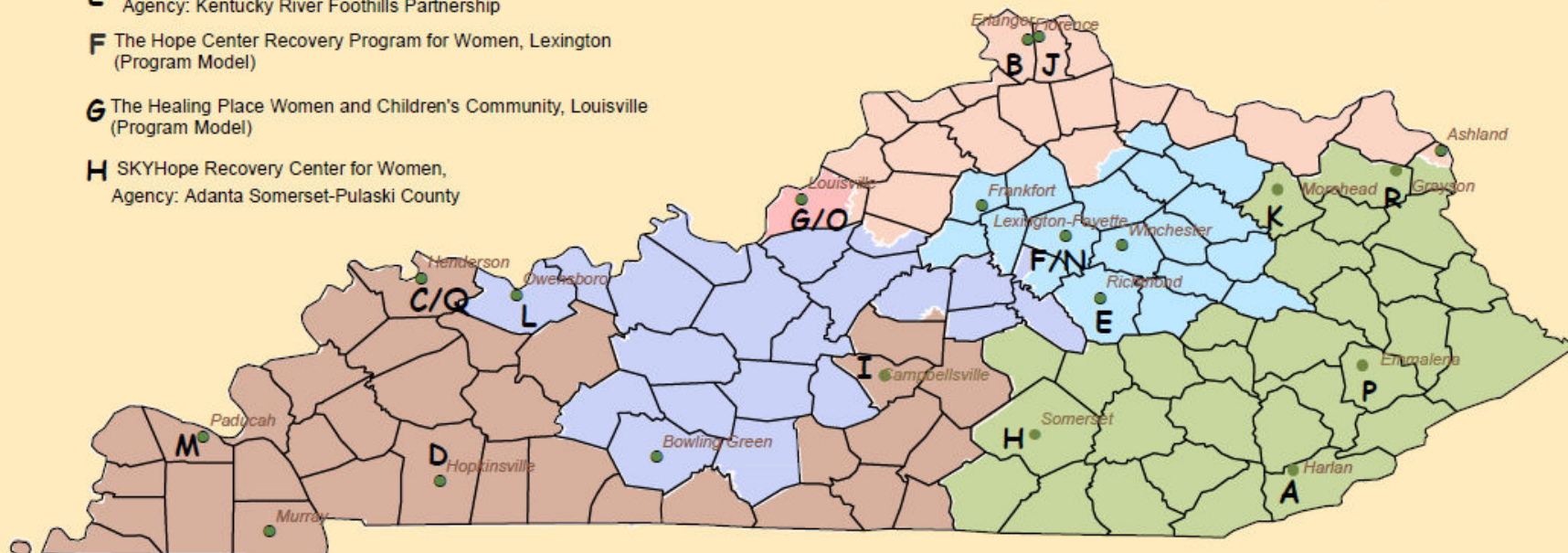
Who We Are

Women's Recovery Kentucky Centers

- A** Cumberland Hope Community Center For Women, Harlan
Agency: Cumberland River Behavioral Health
- B** Brighton Center for Women, Florence
Agency: Brighton Center Inc.
- C** Women's Addiction Recovery Manor, Henderson
Agency: Henderson Addiction Recovery LLC
- D** Trilogy Center for Women, Hopkinsville
Agency: Pennyroyal MH/MR Board, Inc.
- E** Liberty Place for Women, Richmond
Agency: Kentucky River Foothills Partnership
- F** The Hope Center Recovery Program for Women, Lexington
(Program Model)
- G** The Healing Place Women and Children's Community, Louisville
(Program Model)
- H** SKYHope Recovery Center for Women,
Agency: Adanta Somerset-Pulaski County



- Kentucky Cities selection 3
- First Congressional District
- Second Congressional District
- Third Congressional District
- Fourth Congressional District
- Fifth Congressional District
- Sixth Congressional District



Men's Recovery Kentucky Centers

- I** The Healing Place of Campbellsville
Agency: The Healing Place
- J** Transitions Grateful Life Center for Men, Erlanger
Agency: Transitions Inc.
- K** Morehead Inspiration Center for Men, Morehead
Agency: Pathways Inc.
- L** Owensboro Regional Recovery Center for Men
Agency: Audubon Area Community Services/
Lighthouse Counseling Services Inc.

- M** CenterPoint Recovery Center for Men, Paducah
Agency: Four Rivers Behavioral Health Inc.
- N** George Privett Recovery Center for Men, Lexington
(Program Model)
- O** The Healing Place for Men, Louisville
(Program Model)
- P** Hickory Hill Recovery Center, Emmalena
Agency: Kentucky River Community Care Inc.
- Q** Men's Addiction Recovery Campus
Agency: Henderson Addiction Recovery LLC

- R** Genesis Recovery Kentucky Center, Grayson
Agency: Pathways, Inc.

This Map Created By:
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Recovery Housing and The Peer-Led Social Model of Recovery

EXPANDING ACCESS TO SERVICES IN RURAL AND URBAN COMMUNITIES

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A candle loses
nothing by lighting
another candle.

James Keller / @InspiringThinkn



Substance Use Disorders (SUD) are a debilitating condition of hopelessness and isolation, causing great harm to generations of individuals and families. An environment that can assist those with a SUD to achieve long-term recovery is one of Personal Empowerment, Community, Hope, Connectedness, Purpose, and Belonging.

The Environment of a Social Model Recovery Home

Unique Rural Challenges:

- ❑ **HIGHER RATES** of SUD incidence, morbidity, overdose occurrence and mortality.
- ❑ **FEWER RESOURCES** Doctors diagnosing SUDs are less likely to have the resources and training for follow-up care.
- ❑ **HIGHER COSTS** Long-distance travel to facilities adds significantly to already high costs.
- ❑ **GREATER STIGMA** Smaller rural communities may experience less privacy and, as a result, more social stigma.

The Environment of a Social Model Recovery Home

The social model wraps recovery principles around the resident's every life experience. In this all-encompassing way, the social model dispels personal misconceptions and identifies strengths and gifts of both the individual and the group to assist in expanding and growing the resident's recovery capital while building stronger social bonds within the home.

Those with lived experience in long-term recovery are essential in creating, growing, and maintaining this type of environment.

The Environment of a Social Model Recovery Home

Commonality, consistency, and structure are provided by the house owners, operators, and peer staff. In a non-authoritarian way, their example creates a space where the residents can experience full ownership of their SUD and recovery pathway.

"The Environment is the service."

Facilitation of a social model recovery home focuses on the *"Management of the Environment and not the residents."* Residents are asked to accept responsibility for their personal recovery pathway, the management and safety of the home, and to support each other in the seeking of long-term recovery and freedom from the mental, emotional, and societal issues that can inhibit a person's recovery journey.

The Environment of a Social Model Recovery Home

Six elements of a Social Model Recovery Home³

1. Physical Environment
2. Staff Role
3. Authority Base – Resident Empowerment
4. View of Dealing with a SUD
5. Governance
6. Community Orientation



- The creation and maintenance of an open, safe & inclusive setting reflecting warmth, promoting connection, and belonging are essential elements of successful peer-led, peer-driven, social model recovery homes.
- Informal non-authoritarian, interaction between the residents is considered integral to the recovery process in social model homes. A comfortable group area or living room setting with couches and comfortable furniture provide opportunities for staff/peer-leaders of the house to role model successful recovery behavior. To be a living demonstration of recovery principles.

Social Model Recovery Home

1. Physical Environment⁴

- To promote resident ownership of the house, it's preferable to provide a casual reception space when welcoming new residents into the home.
- Home-Like setting vs. a clinical or institutional setting. This setting is essential in rural communities.
- Work and productivity are often much-emphasized values in the Social Model, the learning and application of life skills (such as house chores and food preparation) are mingled with recovery discussion throughout the schedule.

Social Model Recovery Home

1. Physical Environment Cont.

Social Model Recovery Home

2. Staff Role

- One of the goals of the social model is to have staff/peer leaders socialize with residents as Peers; role modeling recovery principles. The following points are practices to encourage resident ownership of their SUD, recovery pathway, and maintenance of the home-like environment, while staff/peer-leaders make themselves as available as possible to the residents:
 - Staff and Peer-Leaders to have meals with the residents.
 - Time spent socializing with residents vs. time spent in an office.





Social Model Recovery Home

2. Staff Role cont.

- If a resident has a recurrence or relapse and staff or a peer-leader are not in the vicinity?
 1. Residents are empowered to assist their housemate
 2. Participate in assisting but rely on staff/peer-leader to handle the situation
 3. Rely on staff/peer-leaders, residents play no role in administering assistance to their housemate

Social Model

Recovery Home

2. Staff Role cont.



- The maintenance of the recovery living environment, is the responsibility of the members of recovery home.
- The intent is to encourage resident ownership and investment in seeking long-term recovery, the Social Model provides these opportunities.
- The responsibility to assist or intervene when a housemate has had a recurrence gives the members of the residence an opportunity to make a substantial commitment to their own recovery.



Social Model Recovery Home

2. Staff Role cont.

- Resident responsibility and privileges within the home are to increase as a resident's length of stay in the home increases.
- Balance the above with a focus on “Quality vs. Quantity”

- **The Oxford Review –**

- Authoritarian Leadership: Definition and explanation**

- Authoritarian leadership refers to any situation where a leader keeps hold of as much power and authority as possible. Also known as coercive or dictatorial leadership, authoritarian leaders, tend to keep all the decision-making authority to themselves and make the decisions about policies, procedures, tasks, structures, rewards, and punishment themselves. The intention behind most authoritarian leaders is to retain control and they usually require unquestioning obedience and compliance.

Social Model Recovery Home
3. Authority Base

- **The Oxford Review –**

- Authoritarian Leadership: Definition and explanation**

- One of the consequences of authoritarian leadership has been shown to be increased stress levels with employees, particularly when they are working under a regime that is intolerant of mistakes, expects blind obedience and compliance and drives performance through expectations that employees should be working harder and faster.
 - Additionally, authoritarian leadership has been shown to lead to abuses of power. In effect, they are task rather than people-oriented leaders.

Social Model Recovery Home
3. Authority Base Cont.

- Staff/Peer-Leaders with lived recovery experience are an invaluable resource in Social Model Recovery Homes.
- The shared experience of healing provides a base of commonality that can help to overcome the residents:
 - Sense of Isolation, Mistrust and Hopelessness
 - Shame
 - Institutionalization / Disempowerment
 - Stigma

Social Model Recovery Home

3. Authority Base Cont.

- Experientially Credentialed
 - In the Social Model as a Peer Leader, credentials, credibility and identity are rooted in one's recovery experience vs. clinical or professional credentials.
 - Facilitate (Merriam-Websters: *to make easier; to bring about*).
 - Facilitator (Merriam-Websters: *someone or something that facilitates something. Especially someone who helps to bring about an outcome (such as learning, productivity, or communication) by providing indirect or unobtrusive assistance, guidance, or supervision*).

Social Model Recovery Home

3. Authority Base Cont.

- Experientially Credentialed Facilitator
 - Teach and empower the residents to be the primary administrators of the house guidelines and standards through indirect unobtrusive assistance.
 - Resident: “You know my roommate came back to the house after curfew last night.”
 - Peer Staff: “Did you ask your roommate if coming in late is living up to their commitment to follow the house guidelines? As a member of this community whose responsibility is it to discuss this with your roommate?”

Social Model Recovery Home

3. Authority Base Cont.



Social Model Recovery Home

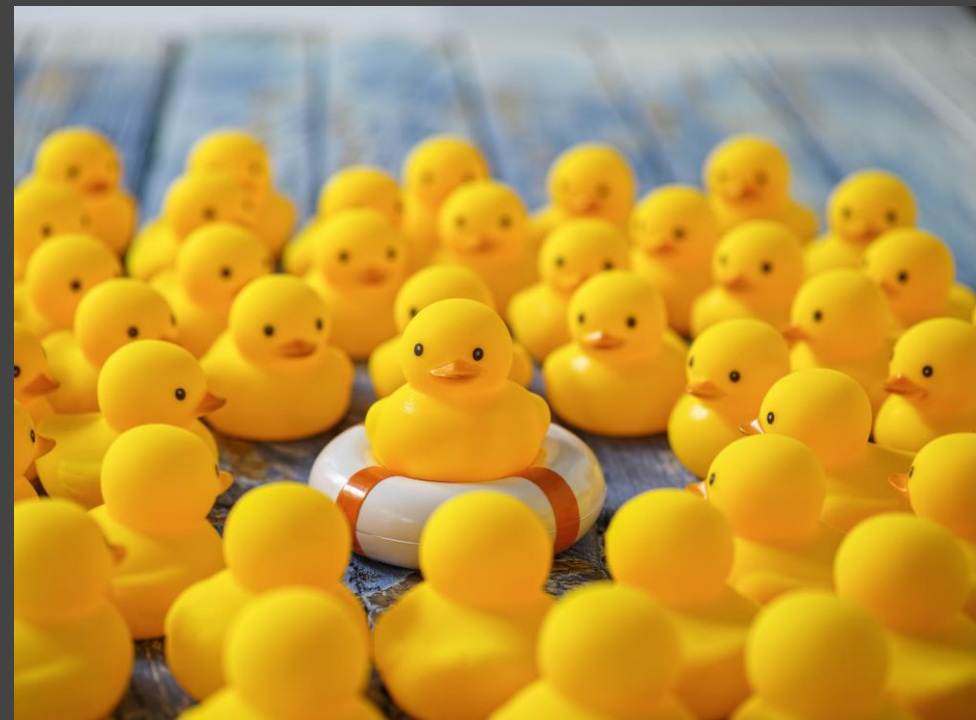
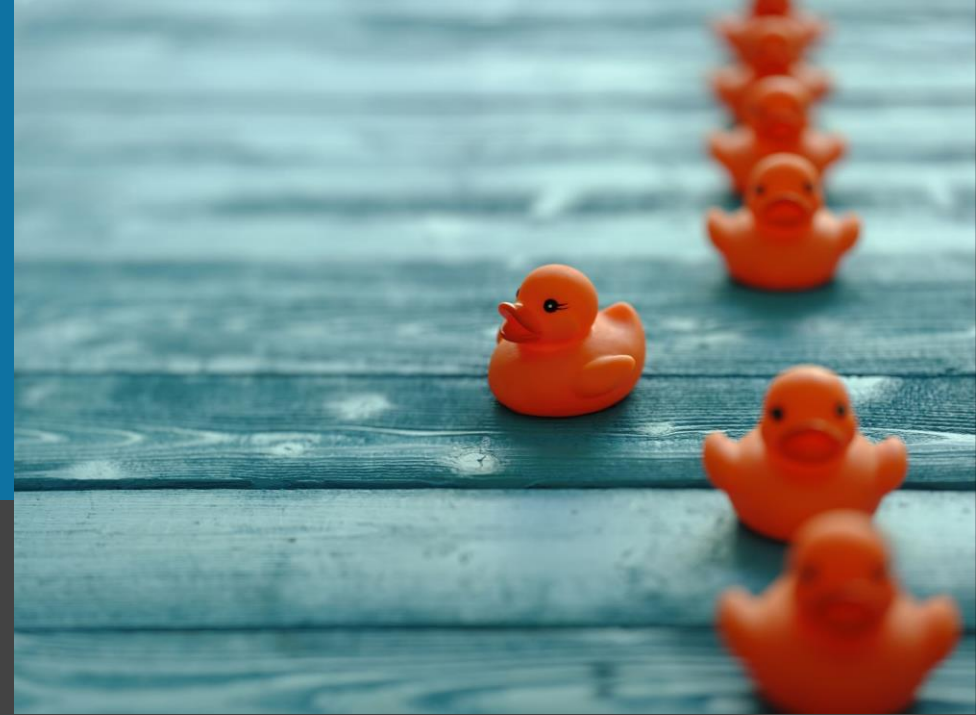
4. View of dealing with substance use disorders

- Distinguishing Characteristics
 - a. Feel responsible for their own recovery
 - b. Demonstrate the above by active participation in a recovery fellowship
 - c. It is the responsibility of the resident and not staff to devise and follow through with their recovery plan within the established guidelines of the home.
 - d. Alcohol and drug use are only part of the problem. A “whole-person” approach is needed to achieve long term recovery

Social Model Recovery Home

4. View of dealing with substance use disorders cont.

- Recovery is an individual journey that must never be taken alone
- The designation as a recovery home, helps define substance use recovery as a life-long process



Social Model Recovery Home

5. Governance⁴

Empowering resident ownership and facilitation of the house guidelines, governing the security, wellbeing, and inclusiveness of the home.

“As a resident of a Social Model recovery home”

I understand...

I choose...

I commit that I will...

I will take responsibility for...

I accept the following responsibilities...

I agree that I will...

I will do my part to ...

I commit to...

Social Model
Recovery Home
5. Governance
cont.

*As a resident of a Social Model recovery home,
I accept the following responsibilities:*

- ✓ To be Alcohol and drug free
- ✓ To be Free of violence or threats of violence
- ✓ To be Free of slurs or innuendo (sexual, LGBTQIA, racial, ableness, etc.)
- ✓ To be Free of sexual acting out
- ✓ To be Free of stealing
- ✓ To be Free of gambling

- **Governance** – *The act or process of governing or overseeing the control and direction of something (such as a country or an organization)*
- **Account** –
 - a. *A statement explaining one's conduct*
 - b. *A statement or exposition of reasons, causes, or motives*
 - c. *A reason for an action*
- **Accountability** – *the quality or state of being accountable*
 - *Merriam-Websters – Definitions of Governance, Account and Accountability*

Social Model Recovery Home
5. Governance cont.

- The Social Model provides a framework for the establishment and application of house guidelines, standards or principles that require the resident's willingness to accept personal responsibility for their recovery as well as ownership of their environment, and security of the residence.
 - Provide space, an opportunity where the residents can facilitate, administer or execute house social model standards.
 - Regularly scheduled Resident council or “Community” meetings.
 - Increased “communication” increases the connectedness of the “Community”

Social Model Recovery Home

5. Governance cont.

Genesis Recovery Kentucky Center Community Meeting Statement

The purpose of the Community Meeting is to give the community members the opportunity to be responsible for themselves and to one another in a loving environment. This is done by sharing concerns with each other and when they arise in the community meetings, we seek a balanced solution for both the community and the individual. The goal is learning equal respect and love for the community and the individual.

Because the Genesis Recovery Kentucky Center is based on the principles of Recovery every effort is made to refrain from laying down hard and fast regulations for the details of conduct. We know that if our principles are right, such things will take care of themselves **without fail**. Those principles are Honesty, Hope, Action, Courage, Integrity, Willingness, Humility, Brother or Sisterly Love, Self-Discipline, Perseverance, Spiritual Awareness and Service.

Adapted from The Healing Place – Louisville, KY.

Social Model Recovery Home
5. Governance cont.

- Can the council supply or deliver suggestions, consequences, or “living experiences” to assist their brother or sister with the correction of behaviors disruptive to the social model environment.
- In the resident council or community meeting, do residents have the option of asking another resident to find an alternate living situation? To end their residency?
- It is hoped that in participating in the governance and facilitation of the house, residents will feel a more personal investment not only in the recovery house but also in their own recovery, but more importantly will have an opportunity to practice decision-making skills, particularly on those issues related to the maintenance of a sober living environment.⁵

SMPS: Social Model Philosophy Scale Manual – Kaskutas et al. (1997)

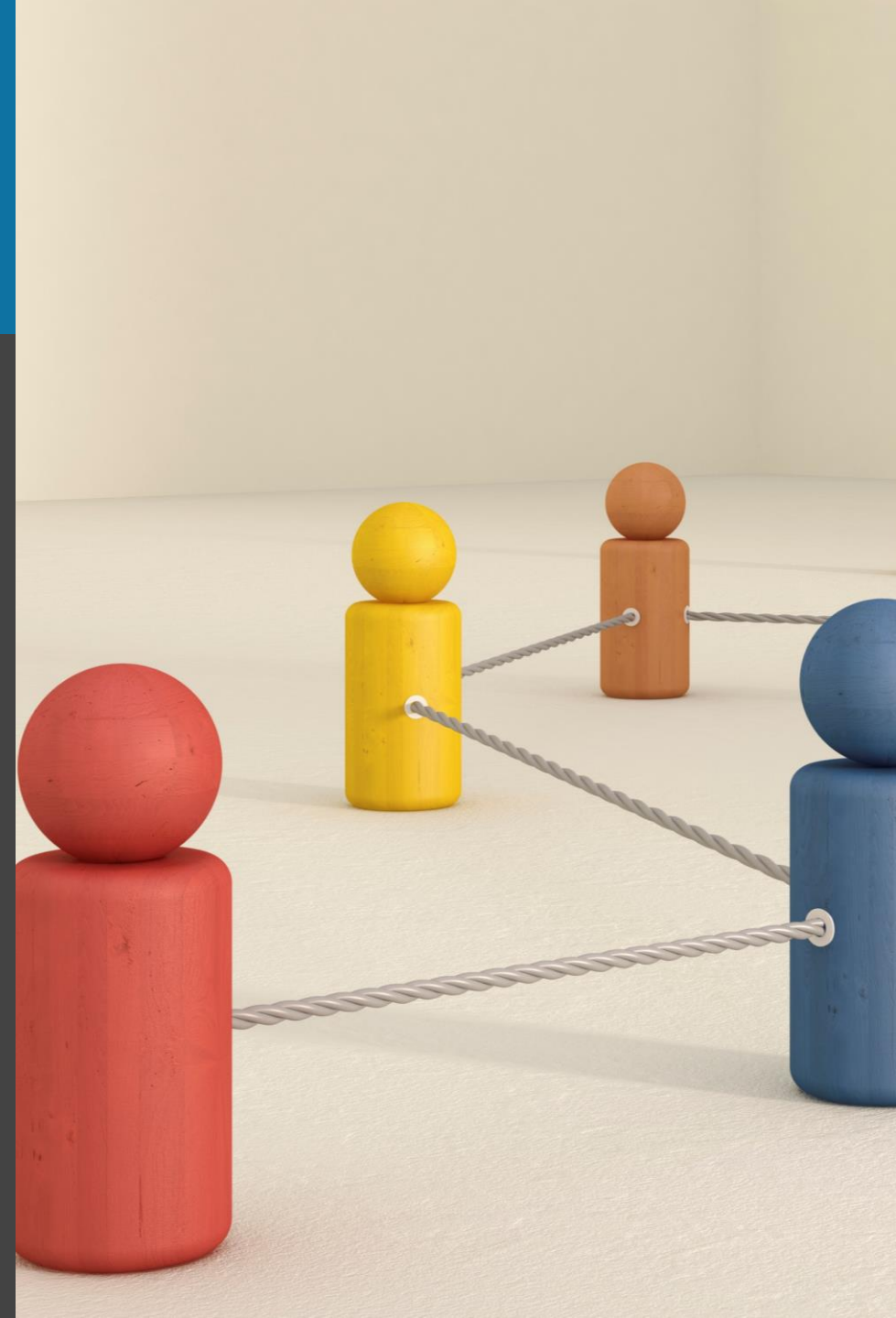
Social Model Recovery Home

5. Governance cont.

Social Model Recovery Home

5. Governance cont.

- Resident Community - Increased levels of “Communication” increase the level of Ownership and Belonging in the “Community.”
- Continued dishonesty, manipulation, judgment, rationalization, justification and minimization will create an environment of fear, distrust, and dysfunction.





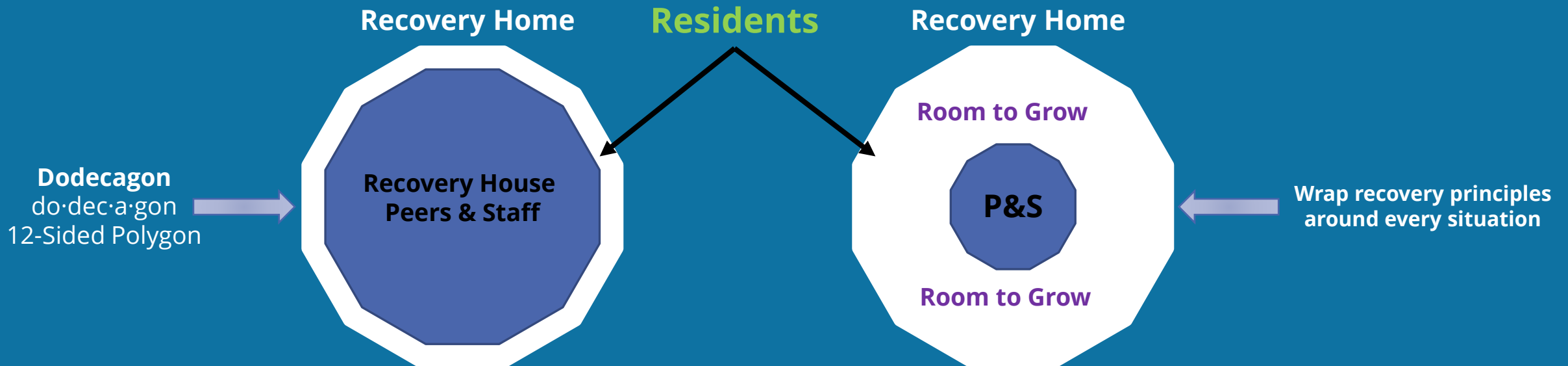
Social Model Recovery Home

5. Governance cont.

- The principle of Accountability allows residents to hold themselves and each other accountable in a loving way. Using the principles of recovery to identify the individuals or the groups problem, then to collectively identify the solution and together formulate recovery related actions to achieve the collective solution. The resident wins because they have discovered that a group of people really care for them. The residents win because they have discovered that “We is stronger than Me.”
- In situations where a common solution can not be agreed upon, a written resident complaint process is to be in place.

Recovery House: Governance & Leadership

- Staff/Peer-Leader (with supervision)
 - We will:
 - Ask vs. Tell
 - Make Requests vs. Make Demands
 - Of the two, which one is a demonstration of personal humility?
 - Of the two, which one will escalate or deescalate a situation?
 - We ask: What happened? vs. What is wrong?



Social Model Recovery Home

6. Community Orientation



- Attaining Long-Term recovery is a process, the resident's ability to achieve it is enhanced by the house's relationship with the larger recovery community.
 - Are members of the recovery community encouraged to attend meetings in the residence?
 - If a resident does not have a mentor with lived recovery experience, does the house encourage and promote these types of relationships?

Social Model Recovery Home

6. Community Orientation



- Address concerns of the community promptly.
 - When neighbors are familiar with the recovery homes in their neighborhoods and the residents who live there, they tend to be more supportive.
 - The recovery home facilitators, social model structure and guidelines are in place to minimize any resident inappropriate behavior but, if a resident is inappropriate, please tell us!
 - Be a good neighbor

Social Model Recovery Home

6. Community Orientation



- Establishing recovery housing in rural settings can be challenging. An open-door policy (when appropriate) and transparency with the community goes along way to reduce the stigma and resistance due to misconceptions our society has towards those with a SUD.

Social Model Recovery Home

6. Community Orientation



NARR

National Alliance for Recovery Residences

- NARR has developed national standards to provide guidance and consistency to monitor the health, safety, operation and guide recovery house operators and peer-staff to facilitate social model recovery homes.
- Residences in rural settings certified by the state NARR affiliate demonstrate accountability by providing and adhering to the documented standards.



Contact Information

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