

A GUIDE FOR CHOOSING



THE RIGHT PROGRAM FOR YOUR HOUSE

15 of the most popular drug treatment programs— how they work, their cost, and how to get started

For more assistance, contact the Fletcher Group Rural Center Of Excellence. We're here to help!

INSIDE:

- Curriculum
- Materials
- Best practices
- Program length
- Estimated cost
- Contact info

FOR MORE HELP:

- ☎ 606-657-4662
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Recovery House Community and Group Support Curricula: Options for Rural Recovery Houses

Updated March 2023

Introduction:

A recovery home provides a shared living residence for persons with a substance use disorder (SUD) that focuses on peer support and connects residents with a recovery ecosystem. The recovery ecosystem may include supports services and resources in the community to include peer support, skill building, transportation, employment and ongoing recovery programs. For rural recovery homes and rural communities, the recovery home is often at the center of the support services and the recovery programming for individuals.

Rural recovery homes may choose from a variety of recovery programs to use in their homes. This toolkit aims to assist rural recovery homes in choosing one or more programs that best fit the population they serve, including the evidence base, program history, and program description, how the curriculum is used, estimated costs, and how to contact the organization producing the curriculum material.

Affordability and the budget implications of recovery programs are considerations for rural recovery homes. Technical assistance through the Fletcher Group Rural Center of Excellence is available to help rural recovery homes find affordable and effective curriculum and other program solutions. Make requests for assistance at www.fletchergroup.org.

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Recovery & Life-Social Skills Curriculum Comparison

CURRICULA OPTIONS FOR RECOVERY HOUSING

Medicine Wheel and Wellbriety by White Bison

Evidence Basis for Curriculum	Program History and Description	Insurance	Costs of Materials and Trainings Contact Information <small>(Prices subject to change)</small>
<p>12-Step</p> <p>Spiritual foundation in Indian/Native Alaskan culture</p>	<p>Nonprofit White Bison founded in 1988, supports individual healing and develops culturally-based programs for recovery and treatment of alcohol and substance use among American Indian communities and tribes; based in Colorado Springs, CO</p> <p>Medicine Wheel Program: Gender specific, culturally appropriate 12 Step program to address alcohol use</p> <p>Separate curricula for men, women, and youth</p> <p>Facilitation provided by clinicians or peer-led</p> <p>Flexible program design from 28-days to 9+ months; appropriate for all NARR levels</p> <p>White Bison Wellbriety Movement and trainings expand to address drug addiction, dysfunctional families and relationships, and suicide risk</p> <p>Compatible with medication - assisted recovery</p>	<p>White Bison reports it has successfully billed as part of Medicaid treatment in some state programs</p>	<p>COSTS: Medicine Wheel 12-Step Training: \$400</p> <p>Participant Materials: \$150</p> <p>White Bison offers numerous books and workbooks ranging from \$15 to \$25</p> <p><u>Wellbriety Starter Kit</u> Include book, : study guide, and DVD \$38</p> <p>Purchase at Coyhis Publishing – Wellbriety</p> <p>CONTACT whitebison Healing Resources to Native Americans</p> <p>PHONE 1-(719)-548-1000 Toll Free 1-(877)-871-1495</p> <p>EMAIL info@whitebison.org</p>

Recovery & Life-Social Skills Curriculum Comparison

<i>Recovery Dynamics by Kelly Foundation</i>			
Evidence Basis for Curriculum	Program History and Description	Insurance	Costs of Materials and Trainings Contact Information Prices subject to change
<p>12-Steps in close alignment with Alcoholics Anonymous programs and Big Book study</p>	<p>Curriculum developed and copyrighted in 1972 by Joe McQuady at the nonprofit Kelly Foundation in Little Rock, Arkansas</p> <p>Facilitation provided by clinicians or peer-led</p> <p>Program consists of 28 group sessions; recommends include attendance at 12-Step meetings in discharge plans.</p> <p>Recovery Dynamics® is designed to immerse participants in the 12 Steps, leading participants through a series of actions that encourages long-term sobriety</p> <p>Designed to be compatible with therapeutic counseling interventions such as Motivational Interviewing</p> <p>Following traditional abstinence-based AA and NA approaches, the curriculum does not address or incorporate use of medications for addiction treatment (MAT). People engaged in MAT may not feel able to become full participants without additional facilitation and support</p> <p>Appropriate for all NARR levels</p>	<p>Recovery Dynamics reports that its programs can be billed as part of Medicaid treatment in some state programs</p>	<p>Counselors’ manual, client guidebook, evaluation package and treatment model available exclusively through license agreement; call for price quote</p> <p>Program requires initial certification of the Recovery House through on-site training; bi-annual recertification required at additional cost</p> <p>All materials copyrighted (excluding Step 4 packets) and must be purchased for each individual client:</p> <p>Decision Guidebook (Steps 1-3) - \$13 Action Guidebook (Steps 4-9) - \$13 Continuous Growth Guidebook (Steps 10-12) - \$13 Guidebook set with answer key - \$36 Big Book study guide - \$18</p> <p>Call for bulk ordering price quotes</p> <p>CONTACT Larry Gains 1 (501) 663 6553 kellyadm@kellyfdn.com</p> <p>Website: The Kelly Foundation - Recovery Dynamics –</p>

Recovery & Life-Social Skills Curriculum Comparison

Making Alcoholics Anonymous Easier (MAA*EZ) *NA, too

Evidence Basis for Curriculum	Program History and Description	Insurance	Cost of Materials and Trainings Contact Information Prices subject to change
<p>Supports 12 Step participation</p> <p>MAAEZ is an evidence-based intervention that can be incorporated into existing treatment programs, as described in the MAAEZ study</p> <p>MAAEZ found to be especially effective for those with prior AA exposure, severe psychiatric problems, and atheists/agnostics</p>	<p>Developed by the Alcohol Research Group in 2002 with funding from the National Institute of Health, MAAEZ aims to overcome resistance to 12-step groups by changing participants' attitudes and interpretation of 12-step philosophy</p> <p>Facilitation provided by clinicians or peer-led</p> <p>Consists of six group 90-minute sessions facilitated by counselors who are active members of AA, NA, or CA, and are experienced in running group; Two sessions conducted weekly</p> <p>MAAEZ in intended to soften newcomers' resistance to AA so that they do not quit going to AA before they have had a chance to see if the fellowship can help</p> <p>Appropriate for all NARR levels of Recovery Housing</p>	<p>Not billable as a stand-alone curriculum. Can be an additional tool for some curriculum</p>	<p>Download the free PDF Program Manual here: T:\IT\MAAEZ.Manual.90minute.spellingfixed.wpd (arg.org)</p>

Comprehensive Opioid Response with the 12 Steps (COR-12)

Evidence Basis for Curriculum	Program History and Description	Insurance	Cost of Materials and Training Contact Information Prices subject to change
<p>Integrates 12 Step strategies with evidence-based Medication Assisted treatment pathways</p> <p>COR-12 curriculum is based on research which indicates that certain medications improve treatment engagement and improve recovery outcomes for people with opioid use disorders</p>	<p><i>Comprehensive Opioid Response with the 12 Steps</i> (COR-12) curriculum developed by the Hazelden Betty Ford Foundation in 2012</p> <p>Curriculum designed for motivated adults who meet the clinical definition for opioid use disorder and have at least a one-year history of opioid use</p> <p>Most participants complete the program within three to twelve months</p> <p>COR-12 features frequent engagement throughout treatment process, including family involvement as available</p> <p>Curriculum also features extensive after-treatment care planning, peer support, medication management and community referrals</p> <p>Appropriate for all NARR levels of Recovery Housing</p>	<p>COR-12 has been successfully billed through Medicaid, Medicare, and other MCO's both residential and outpatient settings</p>	<p>COSTS</p> <p>Program materials, Integrating 12 Steps with MAT Softcover manual, DVD (25 minutes) and CD-ROM can be ordered online - \$185</p> <p>Call for information about costs of up to 3-day training for clinicians and other staff related to utilization of medications in treatment, evidence-based treatment for both substance use disorder and mental health issues, and integration of peer recovery are addressed in this training.</p> <p>CONTACT</p> <p>Call 800-328-9000 to purchase materials or order online</p> <p>For questions and more information about adapting COR-12 for program needs, contact Tim Balow at 651-213-4767 or email her at: tbalow@hazeldenbettyford.org</p>

Matrix Model - Addressing Opioid and Methamphetamine Addiction

Evidence Basis for Curriculum	Program History and Description	Insurance	Cost of Materials and Trainings Contact Information Prices subject to change
<p>One research study documents the efficacy of this model for structured, coordinated services</p> <p>However, many of the treatment strategies within the model are based in clinical research, including cognitive behavioral therapy, research on relapse prevention, motivational interviewing strategies, psycho-educational information and 12-Step programs</p>	<p>The Matrix Model was developed in Southern California in the 1980's at the height of the cocaine epidemic, when methamphetamine users began to present at clinics for assistance and there was no established approach for structuring outpatient services for psychostimulant users.</p> <p>The Betty Ford Hazelton Foundation provides materials and training to support the Matrix Model</p> <p>Model is described as a set of evidence-based practices delivered in a clinically coordinated manner as a "program."</p> <p>Elements include group sessions (early recovery skills, relapse prevention, family education and social support) and 3 to 10 individual sessions delivered over a 16-week intensive treatment period</p> <p>Participants scheduled three times per week to attend relapse preventions groups (typically Mon/Fri) and one family education group (Wed) During the first four weeks, also attend two early recovery skills groups each week, adding support groups later</p> <p>Appropriate for all NARR levels of Recovery Housing</p>	<p>Matrix sessions may be successfully billed through some Medicaid programs</p>	<p>COSTS</p> <p>On demand digital subscription including program materials, video, reproducible content, sessions, and free automatic content updates yearly for: 1-10 clinicians \$1,799; 11-25 clinicians \$2,399; 25+ clinicians call to request quote</p> <p>Therapist manual with sections on integrating MAT, videos for family education group, reproducible handouts, worksheets, and more for \$1,470</p> <p>CONTACT Step-by-step training on effective utilization strategies and implementation quoted at 844-469-0010 or order at Betty Ford Hazelton Foundation</p>

Recovery & Life-Social Skills Curriculum Comparison

Celebrate Recovery - Saddleback Church

Evidence Basis for Curriculum	Program History and Description	Insurance	Cost of Trainings and Materials Contact Information Prices subject to change
<p>12-Step program designed for those seeking a relationship with Christ</p>	<p>Celebrate Recovery (CR) is a 12-Step program of the California-based Saddleback Church, which has expanded CR programs through churches throughout the US</p> <p>CR online and in-person meetings and programs “for anyone struggling with hurt, pain or addiction of any kind;” all forms of chemical or emotional dependency welcome including food, gambling, sex, co-dependencies</p> <p>About one third of the participants have a substance use disorder</p> <p>Groups are gender specific (male and female); each group facilitated by two men or two women</p> <p>Each group completes CR coursework as outlined in the four guidebooks over approximately 12 months</p>	<p>Not billable as a stand-alone curriculum. Can be blended in as an additional tool</p>	<p>COSTS</p> <p>There is no charge for utilizing the services of CR volunteers and state representatives to assist those interested in adopting CR programs.</p> <p>Celebrate Recovery Program Starter Kit encompasses the "how-too's" and “basics” of starting a CR Ministry</p> <p>CR Program/Curriculum Starter Kit: \$102.99</p> <p>Celebrate Recovery Updated Leaders Guide: \$14.99</p> <p>The Journey Begins 4 Guide Set: Guide 1) Stepping out of Denial Guide 2) Taking an Honest and Spiritual Inventory Guide 3) Getting Right with God Guide 4) Growing in Christ Volumes 1-4 \$17.99 ea.</p> <p>Additional Items can be priced at: www.celebraterecovery.com/resources/shop</p> <p>CONTACT</p> <p>Celebrate Recovery Home Page: www.celebraterecovery.com/index.php</p>

Recovery & Life-Social Skills Curriculum Comparison

SMART Recovery - Self-Management and Recovery Training

Evidence Basis for Curriculum	Program History and Description	Insurance	Cost of Materials and Trainings Contact Information Prices subject to change
<p>The evidence-based techniques applied in SMART are from the disciplines of CBT (cognitive behavioral therapy), MET (motivational enhancement therapy), and REBT (rational emotive behavior therapy)</p> <p>Unlike 12-Step programs, the prime focus of SMART Recovery is on self-empowerment as a means of accepting full responsibility rather than handing responsibility off to a higher power.</p> <p>While often positioned as non-spiritual, SMART Recovery programs also can be followed in tandem with a spiritually based alternative like NA or AA..</p>	<p>Founded in 1994, SMART Recovery is a nationwide, nonprofit organization which offers free support groups to individuals who desire to gain independence from any type of addictive behavior. SMART Recovery also offers a free internet discussion group, 24/7 chat room and sells publications related to recovery from addictive behavior</p> <p>Participants design and implement their own recovery plan to create a balanced, purposeful, fulfilling and meaningful life. SMART offers specialized mutual support meetings tailored to needs of individuals, family & friends, veterans & first responders, young adults, and LGBTQ+</p> <p>Curriculum includes the four points or strategies to help individuals:</p> <ol style="list-style-type: none"> 1) Enhance and maintain motivation to abstain 2) Cope with urges 3) Manage thoughts, feelings, and behaviors 4) Balance momentary and enduring satisfactions <p>SMART welcomes medication-assisted treatment (MAT). The SMART Recovery MAT/OAT (Opioid Agonist Treatment) Behavioral Care Support Program assists prescribing providers in starting SMART Recovery meetings in conjunction with MAT</p> <p>Appropriate for all NARR levels of Recovery Housing</p>	<p>Not billable as a stand-alone curriculum. Can be blended in as an additional tool</p>	<p>COSTS</p> <p>SMART Recovery smart phone app can be downloaded at no cost</p> <p>PDFs included in all handbooks can be duplicated freely for participants at no cost</p> <p>SMART Handbook, 3rd Edition: \$11.95</p> <p>SMART Family & Friends Handbook: \$11.95</p> <p>SMART Facilitator's Manual: \$15.95</p> <p>CONTACT</p> <p>These and other SMART Recovery resources can be found at: SMART Recovery® Online Shop</p> <p>For questions, contact: Melina Gilbert 440-951-5357</p>

Recovery & Life-Social Skills Curriculum Comparison

LifeRing Secular Recovery

Evidence Basis for Curriculum	Program History and Description	Insurance	Cost of Materials and Trainings Contact Information Prices subject to change
<p>Based on 12-Step programs</p>	<p>LifeRing is a nonprofit, secular recovery organization in which participants share practical experiences and sobriety support. Group support is abstinence-based at confidential online or in-person meetings.</p> <p>LifeRing is different from AA/NA in the belief that people get sober regardless of their belief or disbelief in a higher power. Peer-to-Peer support encouraged to support personal growth but there is no sponsor relationship similar to an AA sponsor.</p> <p>Meeting convenors are members with at least six months of “clean” time</p> <p>Start A Meeting - LifeRing Secular Recovery Appropriate for all NARR levels of Recovery Housing</p> <p>LifeRing’s basic membership requirement is a desire to remain abstinent from alcohol and drugs. LifeRing welcomes people of all faiths or none. Participants are free to attend 12-Step meetings and other recovery support programs.</p> <p>Appropriate for all NARR levels of Recovery Housing</p>	<p>Not billable as a stand-alone curriculum. Can be blended in as an additional tool in a therapeutic environment</p>	<p>COSTS There is no cost for facilitator trainings</p> <p>Convenors Handbook: How Was Your Week? \$15</p> <p>Recovery by Choice-A Workbook: \$25.00</p> <p>Humanly Possible-Stories of Secular Recovery: \$15.00</p> <p>Empowering Your Sober Self- LifeRing Approach to Addiction Recovery: \$20.00</p> <p>CONTACT Front Page - LifeRing Secular Recovery 1-800-811-4142</p>

LIFE & SOCIAL SKILLS CURRICULA

EPIC and PHOENIX - Young People in Recovery

Evidence Basis for Curriculum	Program History and Description	Insurance	Cost of Materials and Trainings Contact Information Prices subject to change
<p>YPR embrace all pathways to recovery:</p> <p>“How you choose to pursue your own recovery is your business and we support your right to recover in whatever way is best for you.”</p>	<p>Colorado-based Young People in Recovery (YPR) partners and collaborates with treatment centers, state and local agencies, to offer three programs:</p> <p><i>My Recovery is EPIC</i>: a 10 Module Life-Skills curriculum implemented in 2-hr modules, over 10-weeks, focuses on engaging participants in goal-setting and effective techniques to improve life skills;</p> <p><i>My Future is EPIC</i>: life-skills curriculum program adapted for 14- to 18-year-olds at high-risk for developing a substance use disorder</p> <p><i>Phoenix</i> adapts EPIC curriculum to justice involved youth and can be offered through criminal justice organizations</p> <p>Appropriate for all recovery housing serving youth and young adults</p>	<p>May be billable in some state Medicaid programs if curriculum is facilitated by a certified peer support specialist</p>	<p>COSTS YPR enters into an MOU with partner sites to train and support EPIC implementation team and assist with data collection and reporting</p> <p>All programs are licensed for a fee to SUD treatment providers and other organizations.</p> <p>CONTACT Phone: (720) 600-4977 Email info@youngpeopleinrecovery.org</p> <p>Main website: Young People in Recovery</p>

Recovery & Life-Social Skills Curriculum Comparison

***Living in Balance* - Core, Recovery Management, and Co-Occurring Disorders**

Evidence Basis for Curriculum	Program History and Description	Insurance	Cost of Materials and Trainings Contact Information Prices subject to change
<p>Program that draws from cognitive, behavioral, and experiential treatment approaches with a strong emphasis on relapse prevention.</p>	<p>Living in Balance program developed in 2015 and earlier to address cocaine use.</p> <p>The Living in Balance program includes three separate, yet related, curricula. Each curriculum includes a printed facilitator guide, client sessions with printable worksheets, and meditation and visualization audio files on a USB.</p> <p>Living in Balance Program elements include:</p> <ol style="list-style-type: none"> 1. Core Program (Sessions 1-12) 2. Recovery Management (Sessions 13-37) 3. Co-occurring Disorders (Sessions 38-47) <p>The program uses didactic education and instruction, written exercises, group process interaction through role-plays and discussion, relaxation and visualization exercises, and group-oriented recreational therapy exercises.</p>	<p>May be billable in some states if curriculum is facilitated by a certified peer support specialist or clinician</p>	<p>Handbooks, USB and materials for Living in Balance include: Sessions 1-12, Core Program - \$645 Sessions 13-37, Recovery Management - \$795 Sessions 38-47, Co-occurring Disorder - \$425</p> <p>Complete handbook collection can be purchased for \$1,595</p> <p>See: https://www.hazelden.org/web/public/livinginbalance.page</p>