



THE FLETCHER GROUP RCOE

Impact Report



RCOE

THE FLETCHER GROUP
RURAL CENTER OF EXCELLENCE

2022

Table of Contents

03

Introduction

04

Our Story
So Far

05

Our 2022
Goals

06

Rural Recovery
Housing

07

Our Impact

09

Testimonials

10

Original
Research

13

The RCOE
Learning Center

15

The Housing
Registry

16

The RH
Landing Page

Introduction

This Impact Report outlines the issues the Fletcher Group Rural Center Of Excellence focused on in 2022, the strategies deployed to facilitate change, and the outcomes that resulted.

More than just a description of the activities undertaken, this report seeks to measure the impact our efforts have had on individual lives in the numerous rural communities our Subject Matter Experts and Outreach and Engagement Specialists have worked in.

As will be clear on the following pages, we've taken pains to be as transparent as possible in describing our work and have backed up our claims with relevant, reliable data.

While celebrating the achievements of our staff, partners and clients, we hope this report will also help cultivate a culture of learning and collaboration with other organizations, including our fellow Rural Centers of Excellence in Vermont and New York.

This report begins with a brief review of our organization's goals, including:

- The problems our non-profit seeks to address
- How we address those problems
- The projects and steps we have put in place
- The results of our actions
- How we measure our success and document the difference we've made

100% Satisfaction

All respondents in a 12-state survey agreed that the Technical Assistance provided to them by the Fletcher Group RCOE was excellent.

Spreading the Word

All respondents also said they were likely to refer others to the Fletcher Group RCOE for training, technical assistance or general recovery housing information.

Our Story So Far

Our Mission

Our Mission is to help create a world where those in need are not shamed and punished but instead receive the support and tools they need to restore their lives, families, and communities.

Our Purpose

To facilitate evidence-based prevention, promote effective treatment and social recovery, and establish quality community-based Recovery Housing targeted in rural communities from coast to coast.

33 staff
members in 13
different states

20%
with self-
disclosed lived
experience



Our 2022 Goals

1

Evidence-Based Best Practices

Help rural public health entities, practitioners, and local leaders address SUD and OUD challenges by disseminating evidence-based prevention, treatment, and risk-reducing Best Practices.

2

Technical Assistance

Provide Recovery Housing Technical Assistance based on the Recovery Kentucky peer-driven “Recovery Ecosystem” model of housing first pioneered by Fletcher Group Founder Dr. Ernie Fletcher when governor of Kentucky.

3

Treatment and RH Options

Establish treatment and Recovery Housing options for low-income and high-risk people, including those involved with the criminal justice system.

4

Original Research

Evaluate and promote effective Recovery Housing programs by conducting and disseminating original research.

Rural Recovery Housing

Why Recovery Housing?

- With over 100,000 Americans dying of a drug overdose each year, the need for safe, effective recovery support services, including Recovery Housing, is greater than ever.
- That's especially true in rural communities where few resources are available to counter the higher rates of SUDs, morbidity, overdose, and mortality found there.

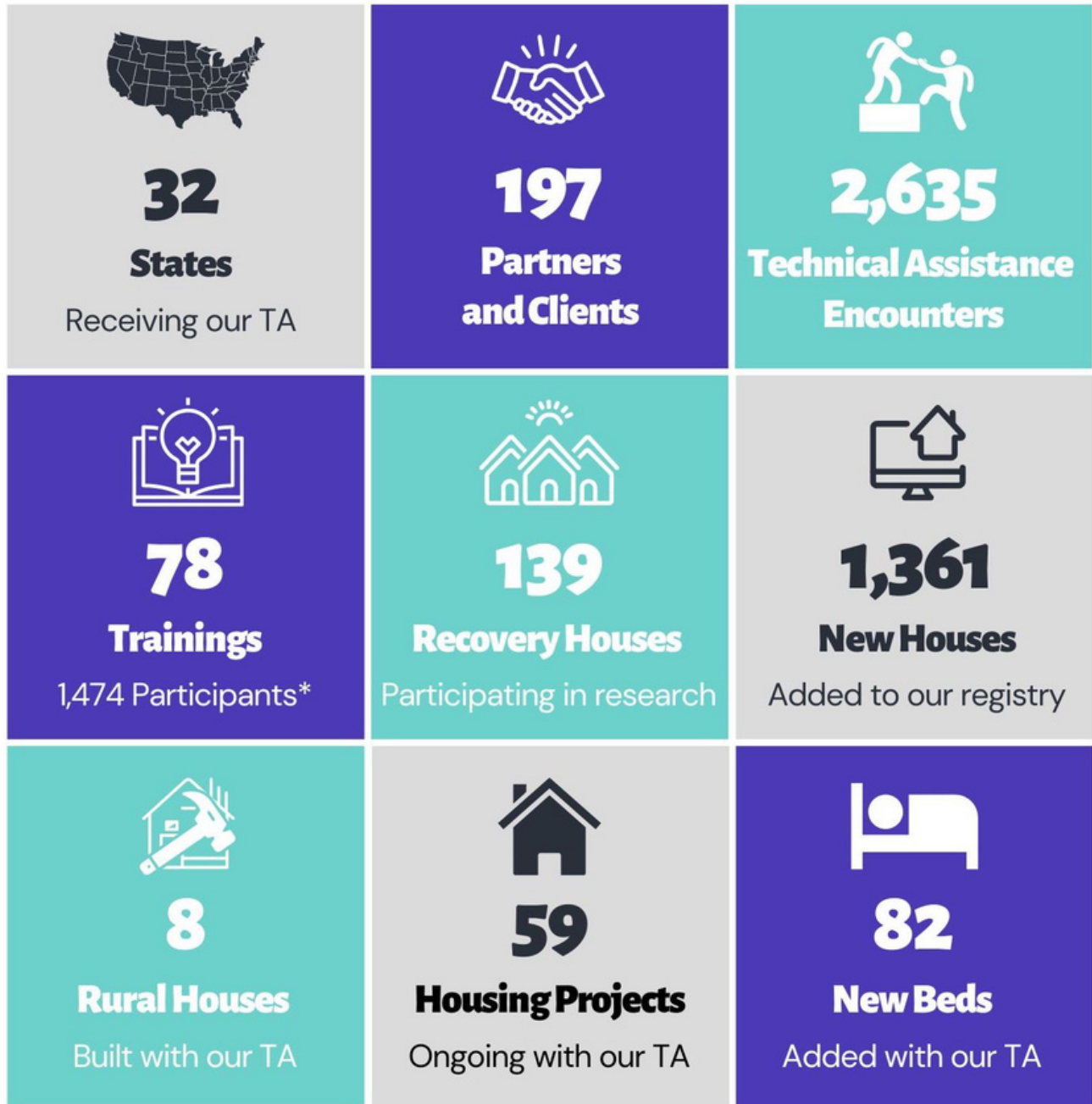
Two Examples

- For smaller homes like Scoobies House we provide the TA needed to implement the operational components of a locally sourced recovery ecosystem.
- In Middlesboro, we provided a self-sustaining financial model and played an instrumental role in all stages of development, from building local community support to site selection and capital acquisition for construction.

PROJECTS	DETAILS	OUTCOME
Middlesboro Women's Center in Middlesboro, Kentucky	Conceived in April of 2019 and ground broken in the spring of 2022	This \$14.5 million facility will provide 112 women with housing and a full continuum of support services, including education, career planning, family reunification, Telehealth, and remote education.
Scoobies House in Polson, Montana	An SOS (Safe Off the Streets) House sponsored by NARSS (Never Alone Recovery Support Services) serving rural residents, including native Americans	"My kids motivate me. I have one more on the way so I need to figure this out. It's time to do something different." – Nekota, 32, who credits his success to the Scoobies House peer support program

Our Impact In 2022

Expanding the capacity and quality of rural recovery



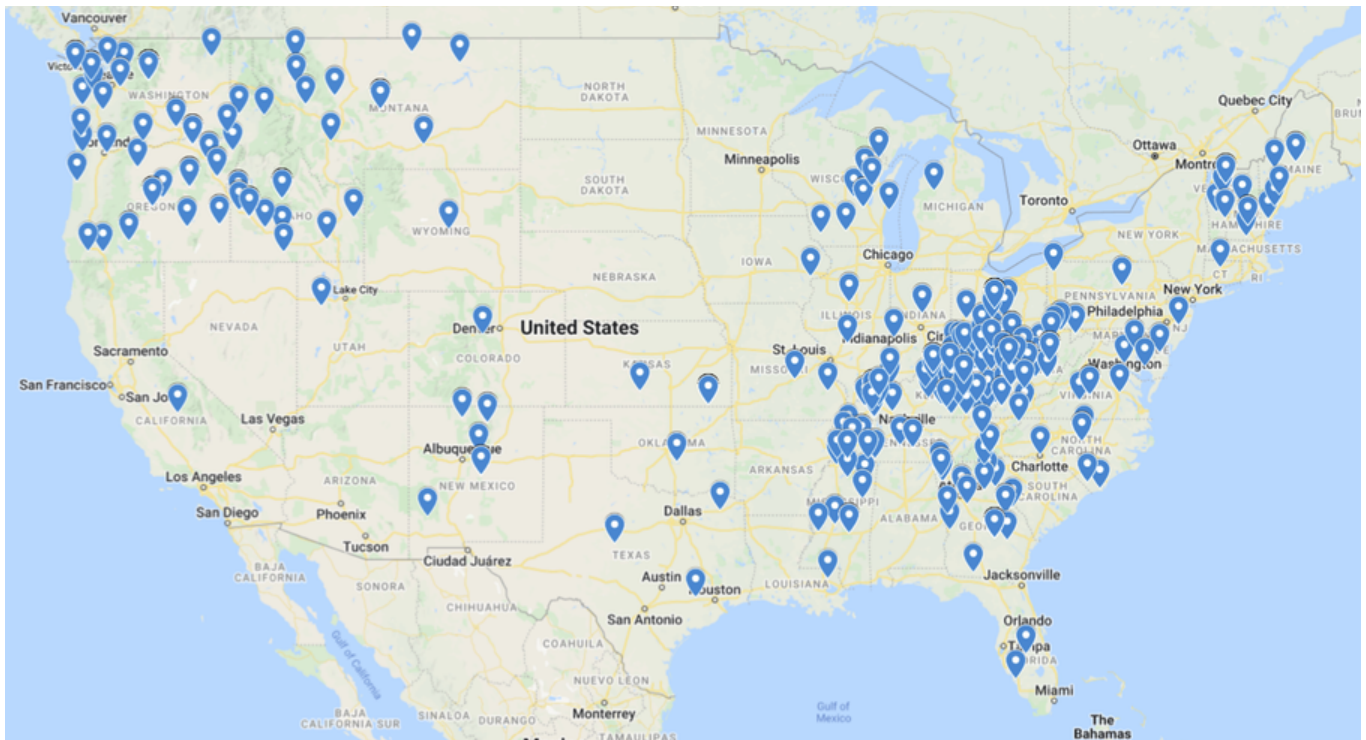
*These may not all be unique participants.

47

States

6,000+

Technical Assistance Encounters



Over 50 Recovery Housing Best Practices Developed

- Starting a Recovery House
- Social Model/Blended Model
- Recovery House Management
- Recovery House Staffing
- Expanding Recovery Housing
- Overcoming Stigma/NIMBY
- Building Recovery Ecosystems
- Sustainability/Funding
- Recovery Ecosystem Structure
- Community Organization
- OUD/MOUD
- Strategic Planning
- Recovery House Budgeting
- How To Serve People Who Are Homelessness, Justice-Involved, or Suffering from NAS

What Our Clients and Partners Say

RESIDENT QUOTES

"For the first time, I feel like I can succeed in life."

"I'm a better asset to the community, thanks to this program."

"It helped me grow in ways I couldn't have otherwise."

"I got more from this than I can put into words."

"It showed there are people in this world who believe in us."

"Words can't describe how great this has been."



OPERATOR QUOTES

"Meeting the Fletcher Group was an Aha Moment."

"I don't know where we'd be without them."

"There's no ulterior motive. No matter what you're doing, their only goal is to make it the highest quality possible."

"The Fletcher Group model proves that the peer-support model is not only do-able but, in many cases, produces better results."

"I have nothing but good things to say about the Fletcher Group."

Original Research

1

COVID's Impact on Recovery Housing

Data from our 2020 study of 1,419 recovery home operators has contributed to three publications:

Journal of Rural Mental Health

"Impact of COVID-19 on Rural and Non-Rural Recovery Houses in the United States"

Journal of Addictive Diseases

"The Financial Landscape of Recovery Housing in the United States"

Journal of Substance Use

"Predictors of Recovery Housing Closure Risk During COVID-19"

"Moving a cottage industry to an evidence-based industry."

2

Strategies for Reducing Stigma

In collaboration with researchers at the University of Wyoming's Department of Economics, we designed and completed a randomized controlled trial that tested the effectiveness of informational messages regarding the efficacy of Recovery Housing in reducing SUD stigma. The study involved a nationally representative sample of 2,721 U.S. adults.

Though differing slightly by rurality, the results indicate that hearing or reading personal stories of individual recovery can reduce SUD stigma, thereby potentially increasing public support for recovery housing.



Original Research

(continued)

3

Understanding Factors Associated with Recovery Home Retention

We conducted a scoping review to determine predictors of recovery home retention and further refine RH outcome protocols. Additionally, we developed and validated a new tool that assesses the degree of trust felt between RH residents and operators. That tool—the Fletcher Group Recovery Housing Alliance Measure (FRHAM-12)—was recently highlighted in the *American Journal of Drug and Alcohol Abuse* (see below).

> Am J Drug Alcohol Abuse. 2023 Mar 24;1-10. doi: 10.1080/00952990.2023.2178004. Online ahead of print.

Psychometric properties of the Fletcher Recovery Housing Alliance Measure (FRHAM-12)

David Johnson ¹, Robin A Thompson ¹, Madison Ashworth ^{1, 2}, Steven Thurber ³

Affiliations + expand

PMID: 36961207 DOI: 10.1080/00952990.2023.2178004

Abstract

Background: Recovery Housing (RH), an important resource for substance use disorder (SUD) recovery, centers on shared lived experience. Program evaluation considers the contribution of environmental factors to outcomes, yet most research on outcomes has focused on patient factors and fidelity to protocols. Investigations of process measures reflecting the dynamic interplay between patient factors and the treatment program are limited. Alliance, one's perceived connection with others, is a process measure associated with mental health outcomes and includes domains "tasks," "goals," and "bonds." We posit that alliance serves as a proxy construct to measure the impact of shared experience in RH. **Objectives:** Develop and assess the psychometric properties of the Fletcher Recovery Housing Alliance Measure (FRHAM-12) for RH. **Methods:** A cross-sectional survey with the 12-item FRHAM-12 was administered to 271 individuals (60% men, 39% women, 1% other) within six RH centers in Kentucky. Item-total correlations, internal consistency reliability, exploratory factor analysis (EFA), and confirmatory factor analysis (CFA) were conducted. **Results:** The FRHAM-12 was found to have a strong internal consistency (0.924 alpha coefficient) and the EFA yielded a single component (56.38% of cumulative scale variance). CFA indicated acceptable levels of absolute and relative fit of a unidimensional scale with values of 0.67 and 0.976 for the standardized root mean square residual and relative fit index. **Conclusion:** This study aimed to construct and validate an initial measure for RH alliance resulted in the brief, FRHAM-12; a tool with strong internal and factor validity. Future research should examine the measure's predictive and concurrent validity.

Keywords: Recovery housing; brief scale; factor analysis; substance use disorder; therapeutic alliance; working alliance.

4

Recovery Housing Best Practices

Three concurrent studies seek to establish and refine best practices for both rural and non-rural recovery homes.

SMART Recovery

We are currently recruiting 100 rural and 150 non-rural homes to evaluate the potential effectiveness of the SMART Recovery *Life Skills* curriculum in recovery homes.

Contingency Management

We are working with 120 residents at 20 different recovery homes to evaluate the effectiveness of another evidence-based strategy—Contingency Management—which uses positive reinforcement to encourage participation in recovery activities.

Fair Chance Employment

We are working with seven different recovery homes in different parts of the United States to assess barriers to employment and education that prevent recovery home residents from achieving the gainful, meaningful employment they need for long-term recovery.

Original Research

(continued)

5

An Exciting New Tool for Recovery Allies Everywhere

With a simple click on a map, the nation's first interactive data visualization tool gives users a detailed snapshot of the recovery ecosystem resources available in every U.S. county.

Developed through a Fletcher Group Rural Center Of Excellence partnership with researchers at East Tennessee State University and NORC at the University of Chicago, the new **Recovery Ecosystem Mapping Tool** comprises 14 indicators that impact the strength of a recovery ecosystem, organized into three components: SUD Treatment, Continuum of SUD Support, and Infrastructure and Social Factors.

The tool also allows users to create data overlays that show the association between the Recovery Ecosystem Index and factors such as overdose mortality rates and socio-demographic and economic factors, including poverty rate, education, and race/ethnicity.

Check out the new tool at https://rsconnect.norc.org/recovery_ecosystem_index/

6

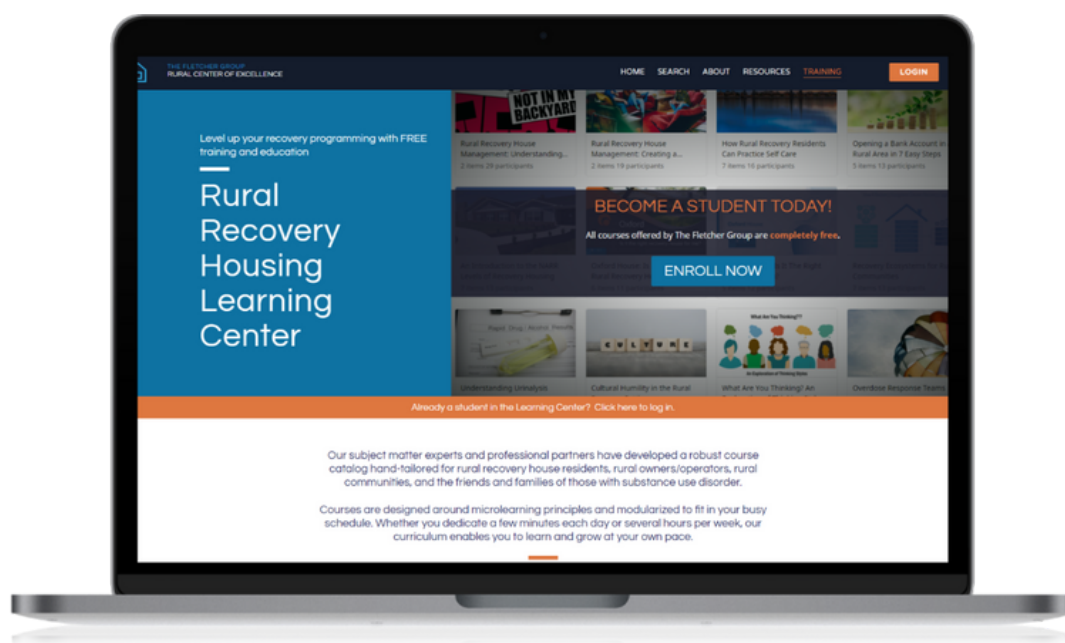
State-Level Support for Recovery Housing

In collaboration with the National Association of Drug and Alcohol Abuse Directors (NASADAD), an electronic survey distributed in all 50 states and D.C. yielded a 94% response rate among single-state agency (SSA) directors and staff with 98% saying that RH is an integral recovery support service and 73% saying RH is part of their state-level strategic plan. As a result of the study, recommendations are now being shared with those interested in expanding the capacity and quality of recovery housing.

7

The Effect of Oregon Measure 110

Passed in November of 2020, Oregon's Measure 110 decriminalizes low-level personal drug possession while redirecting tax dollars to Behavioral Health Resource Networks (BHRNs). In collaboration with Comagine Health, we conducted a qualitative study of the services provided by Oregon BHRNs as well as the challenges they face in rural and non-rural communities. The data is now being analyzed for reporting purposes.



TOP 5 COURSES

- Rural Recovery House Management: Responding to NIMBY
- Rural Recovery House Management: Creating a Supportive Internal Community
- Recovery Ecosystems for Rural Communities
- How Rural Recovery Residents Can Practice Self-Care
- An Introduction to the NARR Levels

CONTRIBUTORS

- Maine Association of Recovery Residences (RH Mgmt)
- Marshall Health Creating Opportunities for Recovery Employment or CORE (employability)
- Arcari Solutions (project management)
- DV8 Kitchen (relational employment)

FEEDBACK

"Good content."

"I like how the course content is broken down."

"Very informative."

"I finally understand the NARR levels."

User approval of the Learning Center in 2022 was 9.8 on a scale of 1-10.

Learning Center Components

1

Rural Recovery Services and Operations

MOUD, justice-involved, co-occurring, care coordination, MAT, MAR

2

Rural Recovery House Management

Staff training, leadership skills, certifications, policies and procedures

3

Establishing Rural Recovery Housing

Business planning, housing laws, NIMBYism, stigma, proforma and financial plans, housing laws

4

Rural Recovery Housing Supportive Services

Family services, employment, education, administration of Naloxone



15

Course Categories



54

Courses



244

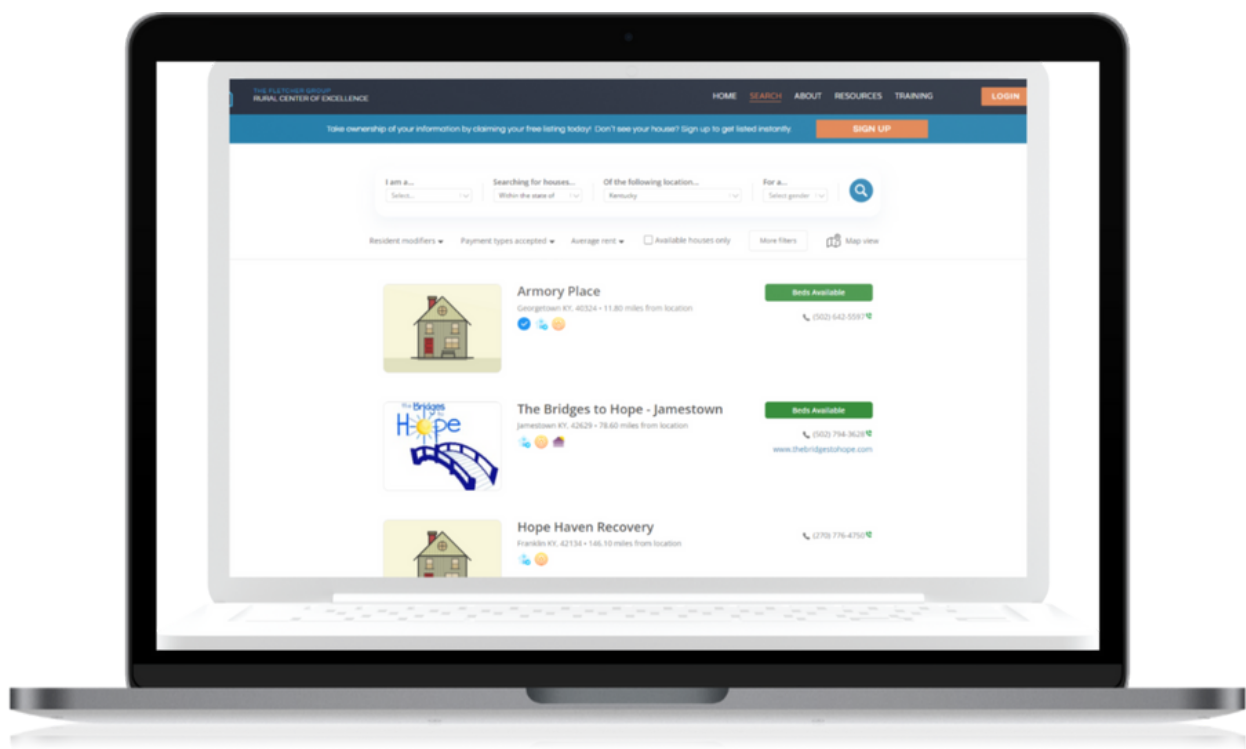
Registered Users

Many courses are micro-learning, taking less than 15 minutes to complete.

The Housing Registry

Key Features

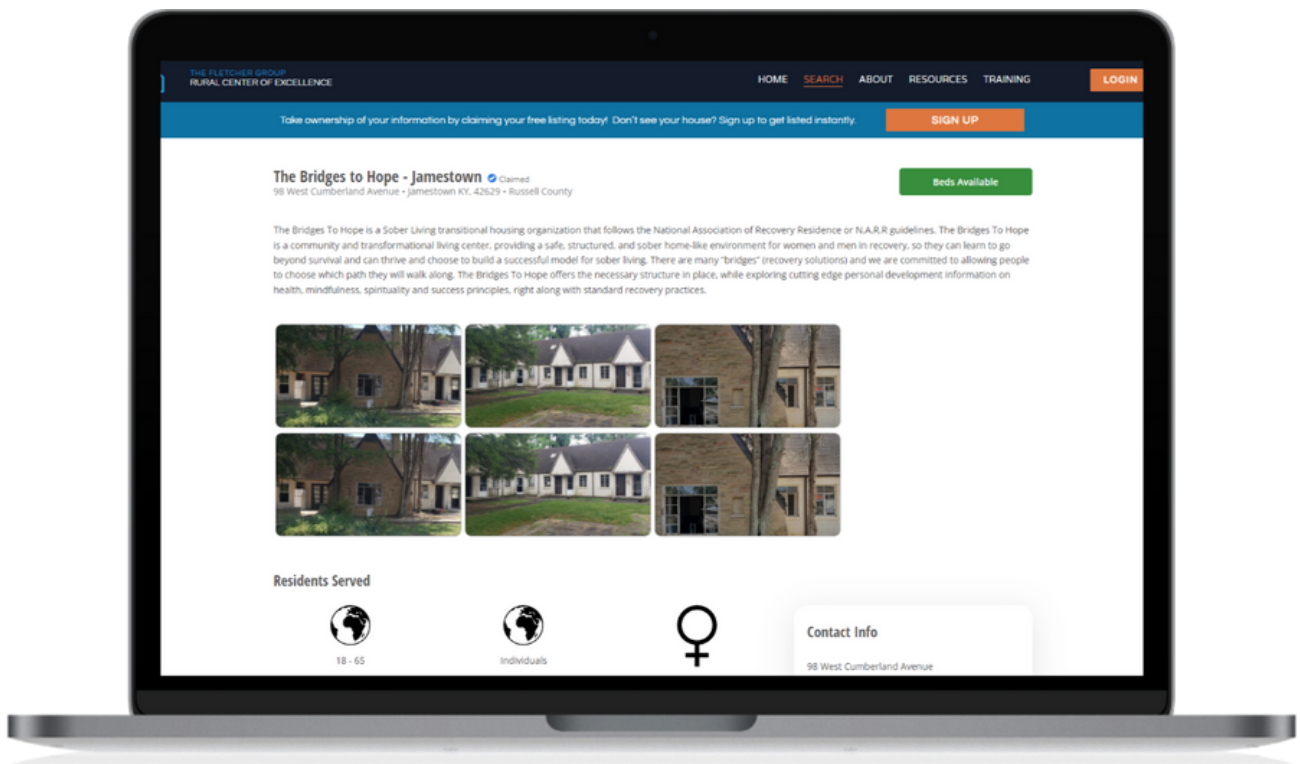
- National reach
- House profile
- Basic information
- Website/phone number
- Hours
- Services
- Geographic area
- Bed availability
- Accreditations



The RH Landing Page

Key Features

- The Recovery Residence claims their home
- Completes their profile
- Determines the information they choose to publish
- Determines staff access for management
- Technical Support provided
- Over 1,100 Recovery Homes identified to include in launch





The Fletcher Group Rural Center Of Excellence
601 Meyers Baker Road, Suite 238
London, Kentucky 40741
606-657-4662
fletchergroup.org

