

RECOVERY

The official newsletter of the Fletcher Group Rural Center Of Excellence



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2023: THE YEAR IN REVIEW



The Fletcher Group Rural Center of Excellence

by Founder and Chief Medical Officer Dr. Ernie Fletcher

This issue of our newsletter takes a quick look back at 2023.

Because it's impossible to cover everything here, we've limited ourselves to just three examples of our work: the research that goes into developing evidence-based best practices, our latest initiatives to help those in recovery gain meaningful employment, and the wide range of recovery tools we've created that have heretofore been missing.

On the behalf of the Fletcher Group, I wish you a happy new year and thank you again for the good work you do to make the world a better place.

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| 35 Active States 48 since 2019 | 1,169 Partners/Clients 4,158 since 2019 | 3,665 TA Encounters 11,037 since 2019 |
| 382 Trainings 2,032 participants | 5 Peer-Reviewed Publications | 11 Research Projects 11 more ongoing |
| 11 Rural Houses Built | 62 Housing Projects | 128 New Beds |

RESEARCHING BEST PRACTICES

Research is not just important. It's imperative, especially in an industry like recovery housing that remains largely unregulated and understudied. The research conducted by the Fletcher Group is helping expand the quality and capacity of rural recovery housing in a number of significant ways. It identifies white space for breakthrough change and helps fill voids in our industry's skill set. It codifies evidence-based best practices to maximize the effectiveness of the technical assistance we provide. It also raises social consciousness while helping plot a long-range map for achieving the sweeping, transformative change in recovery services and treatment that's so needed in rural America.

Knowing Better To Do Better

Whether it's how to keep a recovery home safe during a pandemic or how states can incorporate recovery housing within their continuum of care, all Fletcher Group research relates—in one way or another—to an accurate assessment of needs and services. Those efforts are wide-ranging as evidenced by the fact that over the past four years we've published nine peer-reviewed articles; disseminated over 27 issue briefs and resource documents; made available on our website over 400 downloadable pdfs; researched, developed, and implemented six best-practice pilot demonstrations; created five discrete measurement and evaluation tools; developed 17 new best-practice research papers; and launched an online Learning Center that enables recovery allies to upgrade their knowledge base anytime, anywhere no matter how busy their schedule.

In 2023 Alone

Last year was a banner year for collaboration as our research team partnered with over 20 different organizations, from government agencies and non-profits to academic institutions, faith-based organizations, and private businesses. Eleven different research projects were completed during the calendar year with an additional eleven launched and currently underway. Five separate research articles were accepted for publication in peer-reviewed journals including *Psychometric Properties of the Fletcher Group Recovery Housing Alliance Measure (FRHAM-12)* which appeared in the American Journal of Drug and Alcohol Abuse. Other milestones included an innovative new blended capital funding model, a value-based payment model for funding recovery home operations, and a position paper showing how best to implement ASAM criteria in a rural recovery home setting.

Our Research Team



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Such proficient activity helped boost the Fletcher Group's standing as a thought leader and field catalyst, particularly in the building of locally resourced recovery ecosystems that offer the complete continuum of care needed to expand the quality and capacity of recovery housing services in rural America.

LEARN MORE!

To learn more about the Fletcher Group's extensive research into recovery best practices, simply...

[CLICK HERE](#)



EMPLOYMENT IS KEY

Recovery is more than remaining abstinent. It's a multi-factorial, non-linear process requiring the development of numerous "recovery capital" resources. Employment is one of the most important, not only because it pays the bills and takes up to a third of our waking lives. It's also crucial to building the pride, confidence, and life skills needed to stay the course.

A Complete Package of Assistance

Because meaningful employment is so important to long-term recovery, the Fletcher Group has developed a complete package of assistance both on our own and in concert with leading-edge partners such as Fair Chance Works, MADE180, and REEL US.

One example: our "Recovery To Work" initiative that partnered with respected employment organizations such as American Job Centers, Goodwill, and Adult Education to promote employment in six different states (Kentucky, West Virginia, Maine, Iowa, New Mexico, and Idaho).

Another example: Two new implementation and evaluation toolkits were developed to facilitate a six-month employment pilot program. The first helps employers hire and retain people in recovery. The second helps recovery home operators provide the workforce training needed for residents to obtain meaningful employment. As a result, 12 employment coaches were trained, 24 new employers were engaged, and meaningful employment was obtained for over 60 recovery home residents.

A second training and employment pilot program achieved equally impressive results: 27 new employer connections were developed to benefit the residents of six different rural recovery homes in six different states. As a result, 26 "YouScience Discovery Assessments" were completed, 169 rural recovery home residents enrolled in or completed training, and 125 rural recovery home participants gained employment.

Flipping the Script

In all our efforts, we work hard to "flip the script" by emphasizing the persistence, honesty, open-mindedness, and communication skills learned by those in recovery as well as the amazing motivation that often drives many of them to be extraordinarily loyal, conscientious, and hard-working.



The Time Is Now!

America currently has 11 million unfilled job postings and 20 million Americans with an SUD for whom employment is critically important. They just need to be brought together—something the Fletcher Group works hard to do every day.

NEED HELP?

Are you a recovery home operator whose residents can benefit from workforce training? Or an employer looking to do good while doing well? In either case, we can connect you with expert advisors and facilitators that can guide you through the process. To get started, simply...

[CLICK HERE](#)



TOOLS MAKE A DIFFERENCE

The Fletcher Group continues to fill the gap by creating from scratch a wide variety of the tools the recovery industry has unfortunately been missing. Our new *Recovery Housing Website* at recovery-housing.org offers a *Housing Locator* where people can quickly find the best facility for themselves or a loved one as well as an *Online Learning Center* where recovery home operators, staff, and residents can take modularly-designed classes any time from anywhere. The nation's first online learning center to focus on recovery ecosystem content, it's grown rapidly to 75 courses serving over 1,000 learners.*

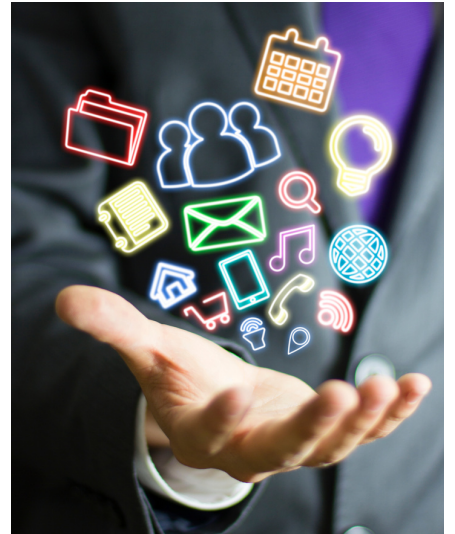
One tool of special note is *SMART Recovery's Successful LifeSkills Curriculum* that's now available to rural recovery homes at no expense as a result of our new partnership with the Elevance Health Foundation.

Another noteworthy tool is the Fletcher Group *Economic Calculator*. By quantifying the financial benefits of recovery, it helps RH operators make better financial decisions and more persuasive presentations to stakeholders, funders, and government officials.

Numerous other new tools can be accessed from our home page at fletchergroup.org. They include our new *State Resources* web page where visitors can click on an interactive map to learn about foundations and opioid settlement funds and our *County Resources* web page where a new *Recovery Ecosystem Index Map* provides an instantaneous summary of the recovery needs, programs, and supports in every U.S. county.

The Fletcher Group's *YouTube Channel* now displays over 70 different videos, including those of our *Monthly Webinar Series*. And the "Tools" section of our website offers a wide range of communications aids, including inspiring *Success Stories*, over 45 issues of our *Monthly Newsletter*, and a multitude of helpful flyers, brochures, maps, charts, infographics, and white papers. And don't forget about the many *How-To Guides* in the "RH Management" section of our website where the following titles can be found:

- How to Create a Rural Community Needs Assessment
- How to Select a Site for Recovery Housing
- How to Handle NIMBYism



- How to Engage and Organize Communities
- How to Hire an Executive Director
- How to Raise Funds
- How to Build Rural Recovery Housing
- How to Choose the Right Program for Your Residence
- How to Implement Medication-Assisted Recovery in Rural Residential Settings
- How to Manage Food Costs
- How Post-Overdose Response Teams (PORT) Save Lives
- How Quick Response Teams Benefit Rural RH
- How to Encourage Staff and Residents to Get Vaccinated

HERE'S HOW!

To access our library of How-To Guides, simply...

[CLICK HERE](#)



*The top five classes of 2023 were, in order: Implementing Medication-Assisted Recovery; Beginning Your Rural Grant-Seeking Journey; Creating a Culture of Change: Motivational Interviewing in Recovery Housing; Recovery Allies: Understanding Recovery Capital and Building Recovery-Friendly Communities; and the Building Rural Recovery Ecosystems Summit.