



# September 2024 Newsletter

Explore new training and resources from HHRC and our partners!

## New Resource!

### Recovery Housing: Expanding Access and Supporting Choice

Recovery housing, sometimes known as recovery residences, sober homes, or sober living, can help people who want to work toward substance use recovery within a supportive, homelike environment.

This brief explains what recovery housing is, why it is an important resource within a CoC, and how housing and homeless service providers can help people find this type of housing.



#### Recovery Housing: Expanding Access and Supporting Choice

SEPTEMBER 2024

When people experience or are at risk of experiencing homelessness, many look for safe, stable, and affordable housing within their communities. Some people benefit from housing that can also support them in working toward personal goals such as recovery from substance use or mental health conditions. Recovery housing, sometimes known as recovery residences, sober homes, or sober living, can help people who want to work toward substance use recovery within a supportive, homelike environment.<sup>1</sup>

To help people seeking housing, different agencies and systems collaborate to inventory and create access to available housing options, often within a HUD Continuum of Care (CoC). People in housing and homeless service roles then work with individuals to find housing within and beyond the CoC. Recovery housing is an important resource to learn about and consider as part of a homelessness response system.

This brief explains what recovery housing is, why it is an important resource within a CoC, and how housing and homeless service providers can help people find this type of housing.

#### Why is recovery housing an important housing option?

The nationwide homeless response system has emphasized housing first and harm-reduction approaches to housing. This is helpful to many individuals who may not be interested in stopping substance use completely or who want the freedom to make day-to-day decisions on whether to use alcohol or drugs in their own homes.

Recovery housing is associated with decreased substance use, reduced likelihood of return to use, lower rates of incarceration, higher income, increased employment, and improved family relationships.<sup>2</sup>

However, some people prefer the safety and security of a recovery home that is abstinence-focused, meaning it does not allow active substance use. In addition to this focus, residents share a home with and

HOMELSS AND HOUSING RESOURCE CENTER Recovery Housing: Expanding Access and Supporting Choice | 1

[Download the Resource](#)

## In Case You Missed It



# Supporting Older Adults Experiencing Homelessness

This course introduces learners to the unique challenges faced by older adults experiencing homelessness, with a focus on individuals with substance use disorders or serious mental illness. The course also shares people's personal experiences with homelessness and the experiences of those who work with older adults experiencing homelessness.

The National Association of Social Workers (NASW) has accredited this course for **2.0 continuing education units (CEUs)**.

*HHRC does not charge any fees for the training or CEUs.*

[Learn More and Register](#)

## Recognizing Suicide Prevention Month

September marks [Suicide Prevention Month](#)—a time to remember the lives lost to suicide, acknowledge the millions more who have experienced suicidal thoughts, and the many individuals, families, and communities that have been impacted by suicide. It is a time to embrace the message: [“No Judgment. Just Help.”](#)



To support our communities, HHRC has compiled a [list of resources](#) from our partners aimed at preventing suicide.

## Celebrating Recovery Month

September also marks [Recovery Month](#)! With the right treatment, support, and resources, recovery is possible for everyone.

In recognition of the role of peer support in recovery, HHRC has compiled a [list of resources](#) from our partners that help organizations understand peer roles, support the peer workforce, and expand the reach of peer support.

## Partner Resources

### **SAMHSA SOAR TA Center: SOAR Collaborations with Housing Providers**

Individuals living in Permanent Supportive Housing (PSH) are eligible for SOAR services. Understanding the impact of living arrangements, vouchers, income from work, and rent

obligations can help individuals maintain their benefits and housing. This [article](#) provides answers to common questions about integrating SOAR services in PSH.

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## **USICH: Federal Resources for Addressing Behavioral Health Needs of People Experiencing or at Risk of Homelessness**

This [guidance](#) provides high-level information about federal funding, technical assistance, policy and regulatory flexibilities, evidence-based interventions, and other resources available to support the delivery and financing of behavioral health services for people experiencing homelessness.

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## **US Department of Transportation: Promising Practices to Address Road Safety Among People Experiencing Homelessness**

This [case study](#) highlights how state and local transportation agencies and professionals are implementing strategies to address the road safety needs of people experiencing homelessness, a population that experiences significant disparities in roadway fatalities, as part of their work to reach the goal of zero deaths. Each promising practice includes a description, suggested actions to implement the promising practice, and examples of how agencies are implementing them.

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## **SAMHSA: Preventing Substance Use Among Young Adults with Disabilities**

This [advisory](#) highlights the need for primary substance use prevention programs for young adults ages 18 to 25 with disabilities, provides guidance to prevention specialists on designing and tailoring these programs, and describes factors that may affect the delivery of prevention.

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# **Partner Webinars**

- Webinar: [Innovations in Ending Homelessness Roundtable Series: Staying Housed](#)  
**September 19, 1:00pm ET.** HUD Exchange
- Webinar: [Supportive Housing: A Crucial Part of an Effective System](#)  
**September 19, 3:00pm ET.** National Alliance to End Homelessness
- Webinar: [Amplifying Personal Stories of Homelessness](#)  
**September 25, 3:00pm ET.** National Coalition for Homeless Veterans
- Webinar: [When We Walk By: Forgotten Humanity, Broken Systems, and the Role We Can Each Play in Ending Homelessness in America](#)  
**October 1, 1:00pm ET.** Harvard T.H. Chan School of Public Health, Initiative on Health and Homelessness
- Webinar: [How Local Governments Can Meet Both Housing and Climate Goals](#)  
**October 2, 2:00pm ET.** NYU Furman Center's Housing Solutions Lab

Please direct questions or concerns about HHRC training events

to: [info@hhrctraining.org](mailto:info@hhrctraining.org)



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