

## A Guide for Potential Recovery Housing Residents

Each recovery residence decides how it is structured and operates. Here's what a resident can expect:

### Level I:

Level I Recovery Housing is democratically run by residents who live together like a family. Housing is most often provided in single family homes. There are no paid positions to run the housing. There are no formal supports, though residents provide peer support and house meetings.

### Level II:

Level II Recovery Housing is monitored by a house manager. Residents share community spaces and may have roommates. Residents are supported in accessing community services including counseling, healthcare, employment, and connection to the recovery community. Within the recovery housing, residents create recovery action plans, provide peer support, and participate in house meetings.

### Level III:

Level IIIs offer supervised living and have staff that are connected to a larger organization. Support services may include recovery coaching, life skill development such as budgeting and employment skills. Staff may offer clinical services offsite for residents. Peer support and recovery action planning are still the central focus of the support.

### Level IV:

Level IV recovery housing is residential treatment with organizational hierarchy and administrative oversight; licensing varies from state to state; clinical supervision; may be more institutional setting or treatment center with credentialed staff, support services include clinical services; services provided in-house. CTARR does not inspect nor certify Level IV programs.

If you would like to learn more about CTARR or to donate, please visit our website  
**[www.ctrecoveryresidences.org](http://www.ctrecoveryresidences.org)**  
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CTARR is recognized by the



The Connecticut Alliance of Recovery Residences (CTARR) is the state affiliate of the National Alliance of Recovery Residences (NARR). As such, CTARR certifies recovery residences that meet the NARR standard.

CTARR'S mission is to support persons in recovery from addiction by *improving their access to quality recovery residences* in Connecticut through standards, training, support services, education, research and advocacy.

*CTARR is a 501(c) 3 charity and your contributions are tax deductible.*

**[www.ctrecoveryresidences.org](http://www.ctrecoveryresidences.org)**



## Recovery Housing Works

Research shows that residents of recovery housing have an overall improved quality of life including:

- Decreased substance use
- Decreased incarceration rates
- Increased employment and income
- Increased family and social relationships
- Improved psychological and emotional well-being



## CTARR Membership

In order to ensure that CTARR certified recovery homes are operating in accordance to the NARR standards, applicants undergo a rigorous application process that involves:

1. Review of applicant's documents, materials and insurance coverage.
2. Interviews with the owner and operator of the recovery house
3. Inspections of the property



## KEY CONCEPTS

### ✓ RECOVERY

Addiction is a chronic disease. Recovery is a process of change through which people improve their health & wellness, live a self-directed life and strive to reach their full potential. Sobriety and staying clean is a vital part of full recovery.

### ✓ LIVING ENVIRONMENT

Recovery housing may be a single-family home, multi-family home or apartment building. Residents are committed to staying clean and sober and support one another in recovery

### ✓ PEER SUPPORT

Residents provide mutual support and accountability for continued sobriety within the house. They connect new residents to the larger recovery community.

### ✓ SERVICES

Residents connect and remain engaged with needed services and resources in the community to support and strengthen their recovery.

## Who Needs Recovery Housing?

- People who are newly abstinent or in recovery and want a supportive structured living environment.
- People participating in or completing treatment and who are in need of supportive affordable housing
- People who are homeless or who are unstably housed and want a recovery-focused environment of peer support

## What can I expect in Recovery Housing?

- A positive, recovery-focused environment with support for abstinence.
- Other people in recovery who want to give and receive practical help
- Connection to community services which may include treatment, counseling and 12-step recovery groups
- Some homes offer life skill development and employment services
- Structure and routines designed to support a life in recovery