



# Measuring the Effectiveness of Certified Recovery Homes in Virginia

Virginia Association of Recovery Residences (VARR)

Presented by:

Anthony Grimes, *VARR Executive Director*



# Virginia Association of Recovery Residences

As the Virginia state affiliate of the National Alliance for Recovery Residences (NARR), VARR monitors, evaluates, and improves standards to build the highest level of quality for recovery residences; so all Virginians have timely access to effective recovery support services.

Our mission is to set high levels of standards for quality recovery residences in Virginia and accredit residences that meet such rigorous criteria in order to support persons in recovery with information and access to recovery residences bound together by the core principles of standards, ethics, and unity.



# Virginia Association of Recovery Residences

As a credentialing entity for state certification through the Department of Behavioral Health and Developmental Services (DBHDS), VARR certifies recovery residences around the NARR Standards and a Social Model of Recovery. VARR members provide the highest level of service to their residents in the state of Virginia.

The Social Model is fundamental to all levels of recovery residences and is operationalized by the NARR Standards. Social Model philosophy promotes norms that reinforce healthy living skills and associated values, attitudes, and connection with self and community for sustaining recovery.



# Virginia Association of Recovery Residences

A “recovery residence” denotes a safe and healthy residential environment in which skills vital for sustaining recovery are learned and practiced in a home-like setting, based on Social Model principles.

## In Virginia...

103 VARR certified recovery residences

1,117 certified beds

30 unique recovery residence operators



# Measuring the effectiveness of recovery housing in Virginia

- In early 2020, VARR pioneered the use of the ARMS REC-CAP system in recovery residences throughout the Commonwealth
- REC-CAP is an evidence based recovery care planning and measurement tool
- To date, 90% of VARR certified recovery beds are in the ARMS REC-CAP system
- Provides a unified data set to represent the VARR network of recovery residences as a whole
- Breaking the stigma of *“a recovery house provides just a bed”*



# What is Recovery Capital?

Granfield and Cloud (2008) define recovery capital as

*“The breadth and depth of internal and external resources that can be drawn upon to initiate and sustain recovery from AOD [alcohol and other drug] problems.”*

- White and Cloud (2008):

*“Stable recovery best predicted on the basis of recovery assets not pathologies.”*



# NARR Standards

## **NARR (3, G.21.a)**

- Evidence that each resident develops and participates in individualized recovery planning

## **NARR (3, G.21.b)**

- Evidence that residents increase recovery capital through such things as recovery support and community service, work/employment, etc...



# SAMHSA & Recovery Housing

## SAMHSA: Recovery Housing Best Practices & Suggested Guidelines

- *10 Guiding Principles*
- *Guiding Principle #5: Promote and Use Evidence Based Practices*
- *Guiding Principle #10: Evaluate Program Effectiveness and Resident Success*



“As recovery houses become recognized as vital components in the continuum of care, it is important to properly assess how each house is ultimately performing in delivering quality resident care. SAMHSA recognizes that program evaluation may occur at varying levels depending on the size and scope of the recovery house; however, collecting data on measures such as abstinence from use; employment; criminal justice involvement; and social connectedness would greatly assist the home in gauging the effectiveness of services provided and would also enable these entities to utilize data to justify requests for state and federal funding.”

<https://www.samhsa.gov/sites/default/files/housing-best-practices-100819.pdf>





# Advanced Recovery Management System (ARMS)

VARR recovery residences are provided the ARMS REC-CAP platform to utilize within their community.

Developed by David Best, Ph.D., REC-CAP is a strengths-based evaluation instrument measuring seven (7) distinct domains of positive and negative recovery capital.

Scored results inform the construction of personalized recovery plans unique to each individual. Recovery plans are comprised of goals focused on **a)** resolving barriers and unmet service needs (negative recovery capital), and **b)** growing recovery strengths (positive recovery capital).

Individuals meet with Recovery Navigators at scheduled intervals to review plan progress, complete follow-up evaluations and amend their recovery plans. Navigators prepare clients to assume self-management of this model as they transition to independent living.

[www.recoveryoutcomes.com](http://www.recoveryoutcomes.com)

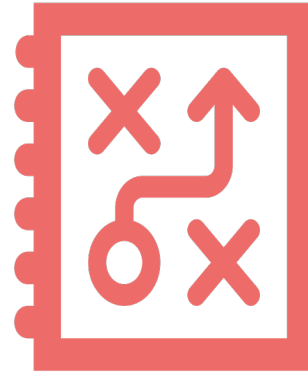


# Measure, Plan & Engage (MPE)



## REC-CAP EVALUATION

Measures seven (7) domains of Recovery Capital at 90-day intervals, reporting longitudinal growth over time



## RECOVERY PLANNING

Utilizes REC-CAP Results to suggest a Recovery Plan focused on resolving Barriers & Unmet Service Needs and building Recovery Strengths



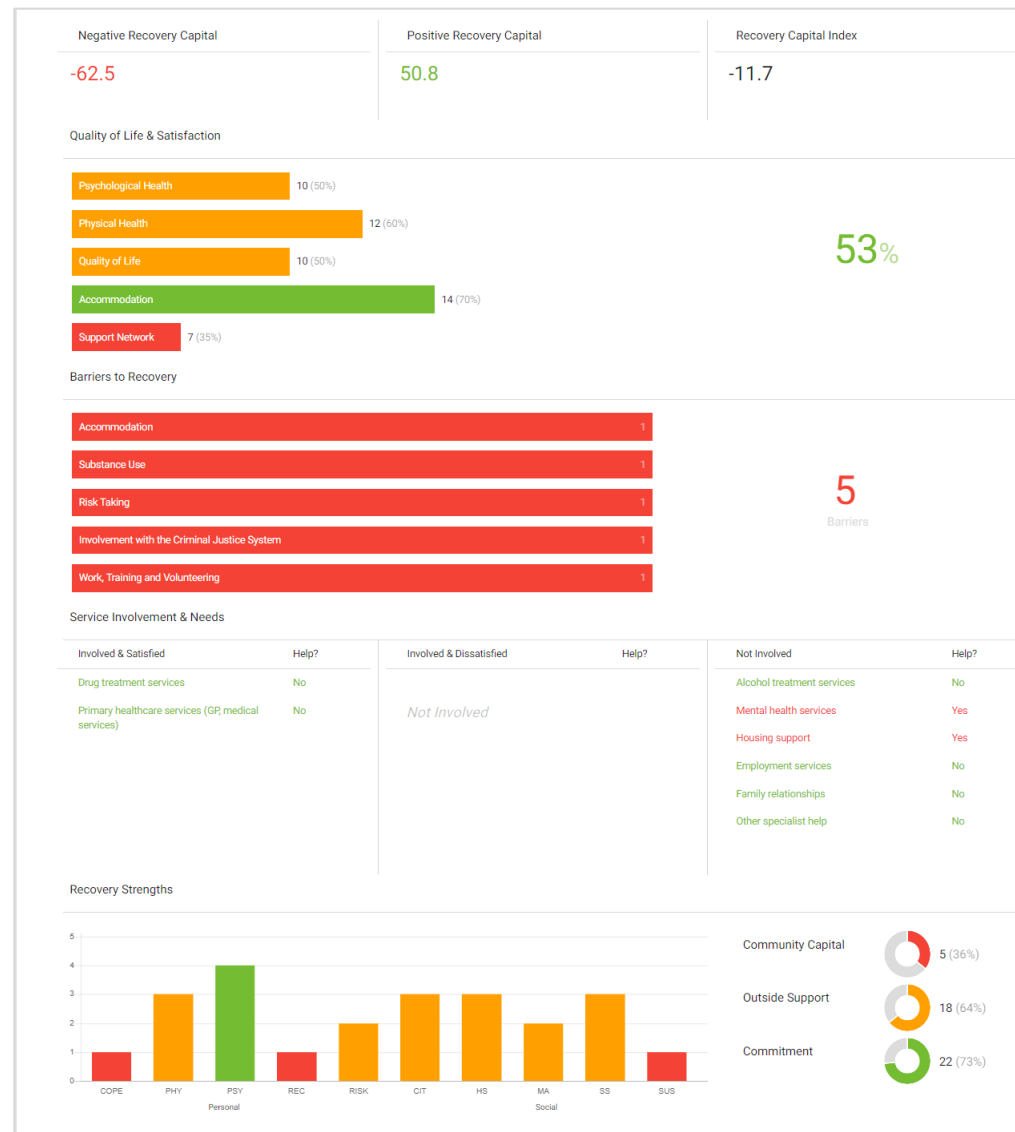
## NAVIGATIONAL SUPPORT

Delivers a structured RSS where-in a Navigator mentors, monitors & measures Client's engagement in their Recovery Plan



# REC-CAP Scales

1. Quality of Life & Satisfaction
2. Barriers to Recovery
3. Service Involvement & Needs
4. Personal Recovery Readiness
5. Social Recovery Capital
6. Recovery Group Participation
7. Other Support
8. Commitment to Recovery



Enrollment Period

WAR Foundation: Period 1: 02/26/2020 - 12/19/2021

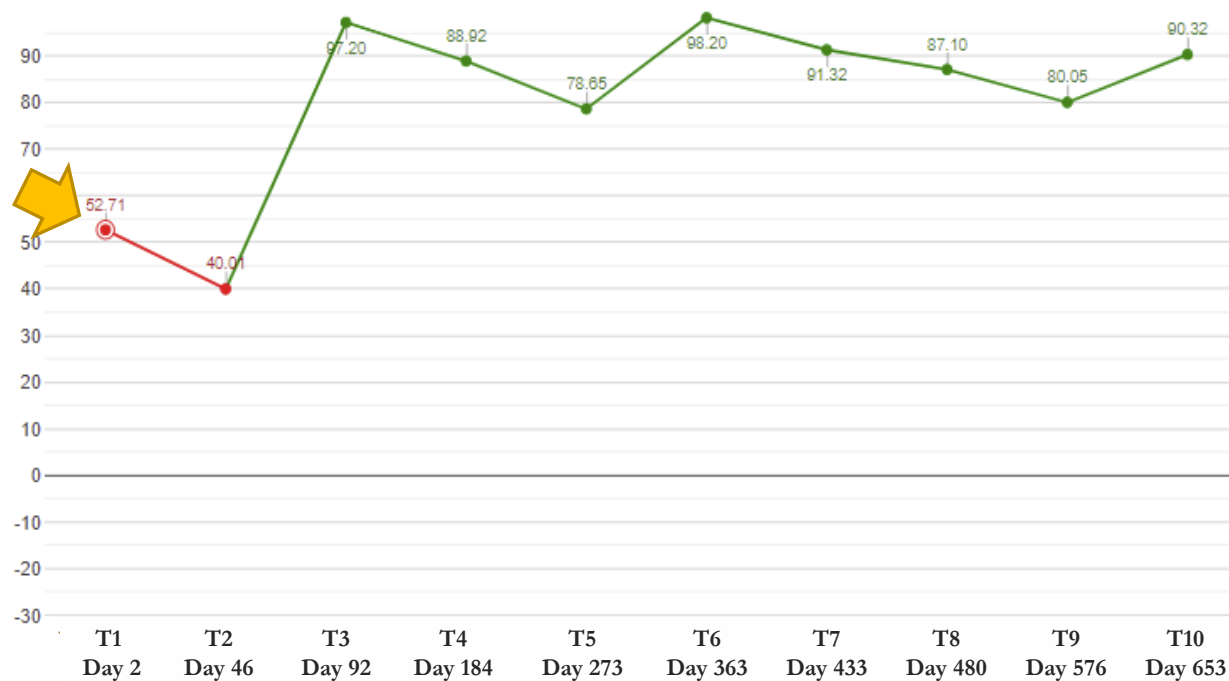
Recovery Capital Measures

Client ID: 5090931

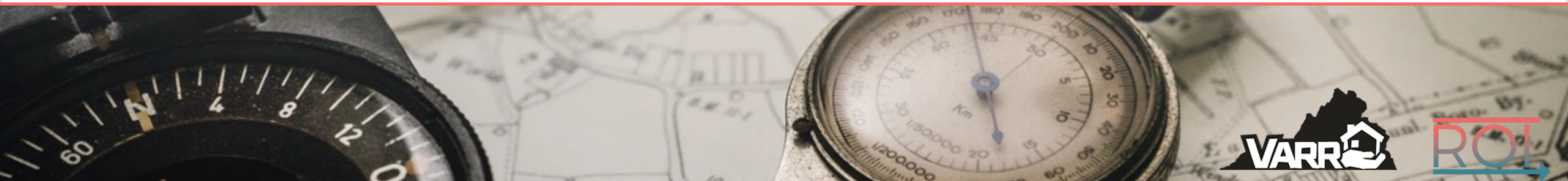


RCI Longitudinal Change

Client ID: 5090931



NEW EVALUATION



# Recovery Planning



## INTERNAL RESOURCES

### Personal Capital

- Coping & Life Functioning
- Physical Health
- Psychological Health
- Recovery Experience
- Risk Taking

### Social Capital

- Citizenship
- Housing & Safety
- Meaningful Activities
- Social Support
- Substance Use & Sobriety

### Community Capital

- Participation
- Connected
- Service
- Day

### Commitment

- Importance
- Committed
- Willing
- Adverse
- Finished

### Quality of Life

## GOALS

GOAL NAME	DOMAIN	GOAL CATEGORY	PROGRESS TO DATE
Recovery Plan Engagement	Barrier	Substance Use	100%
Ongoing Involvement with Criminal Justice	Barrier	Criminal Justice Involvement	100%
Specialty Treatment	Service Need	Alcohol & Drug Treatment	100%
Mental Healthcare	Service Need	Mental Healthcare	100%
RCO & Recovery Group Engagement	Community Capital	Recovery Group Participation	100%
Gradually work towards mending trust issues	Social Capital	Social Support	83%
Service to recovery group	Community Capital	Service	100%

## EVENTS

NAME	REC-CAP DOMAIN	PLANNED	HELD	ATTENDED	ABSENT	NOTE
Stepping into The Light	Community Capital	7	0	0	0	

## RESOURCES

RESOURCE	TYPE	STATUS	RATING	COMMENT
Henrico County Mental Health East Clinic	Organization	Not Rated	★★★★★	
Henrico County Mental Health East Clinic	Organization	Not Rated	★★★★★	

## EXTERNAL RESOURCES

### Barrier

- MPE Client Orientation

### Service Need

- Henrico County Mental Health East Clinic
- Henrico County Mental Health East Clinic

### Personal Capital

### Social Capital

- Adult Children of Alcoholics & Dysfunctional Families

### Community Capital

- The Group - Narcotics Anonymous
- Imagine the Freedom
- Stepping into The Light

### Commitment

### Quality of Life



# Client Engagement

Chris Farley

Username:  
connerm777@gmail.com  
Provider: MC\_sandbox  
Account Owner

Dashboard

Recovery Planning

Events

Documents

Settings

Profile

Get Help

## Summary

**Programs**  
VARR Recovery

**Location**  
VARR House - 1 - 1 - 1

**Recovery Milestone Days** : 143

**Days Enrolled** : 142

**Employer**  
Employed

## Alerts



Documents

4

Next Evaluation Due Date

05/30/2023

## Goals

### Budgeting & Money Management

Start: Due:

Completion with: 43%

### Recovery Plan Engagement

Start: 2022-11-16 Due: 2022-12-16

Completion with: 43%

### Mental Healthcare

Start: 2023-03-23 Due: 2023-04-22

Completion with: 0%

## Timeline



Today

Mar 23

10:50 AM

Thursday

Mar 23

09:00 AM



Morning Meditation

None

Check In

On Our Way



Thursday

Mar 23

06:00 PM

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# Provider Dashboards

## Recovery Capital

T1 RCI Avg.

29.34

T2 RCI Avg.

79.19

T3 RCI Avg.

83.32

T4 RCI Avg.

88.08

T5 RCI Avg.

88.48

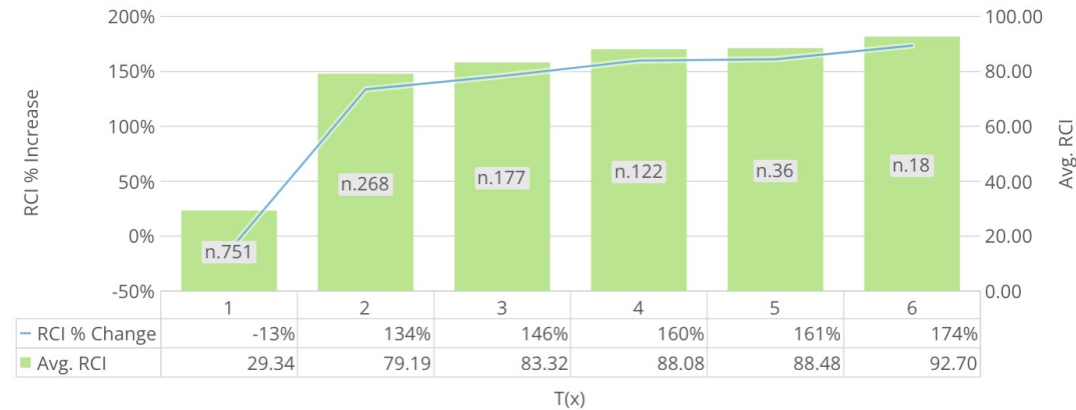
T6 RCI Avg.

92.7

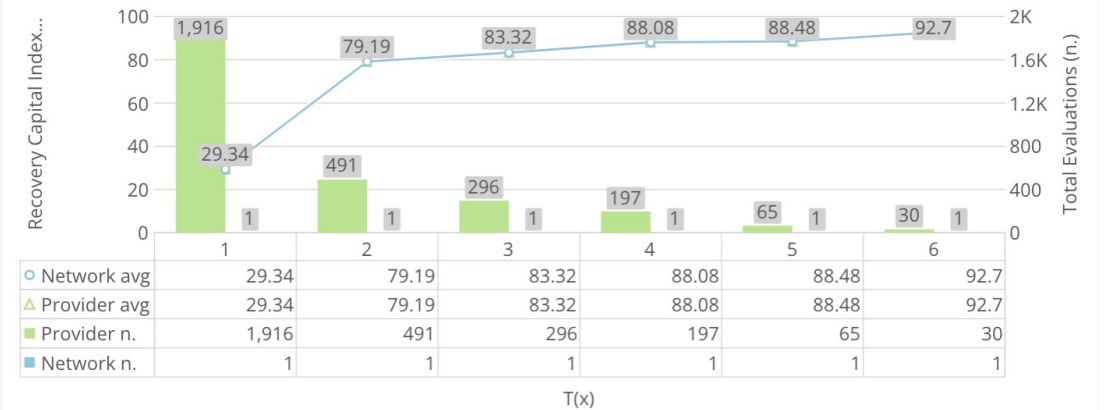
RECCAP Release Agreements



% Change in RCI vs. Baseline

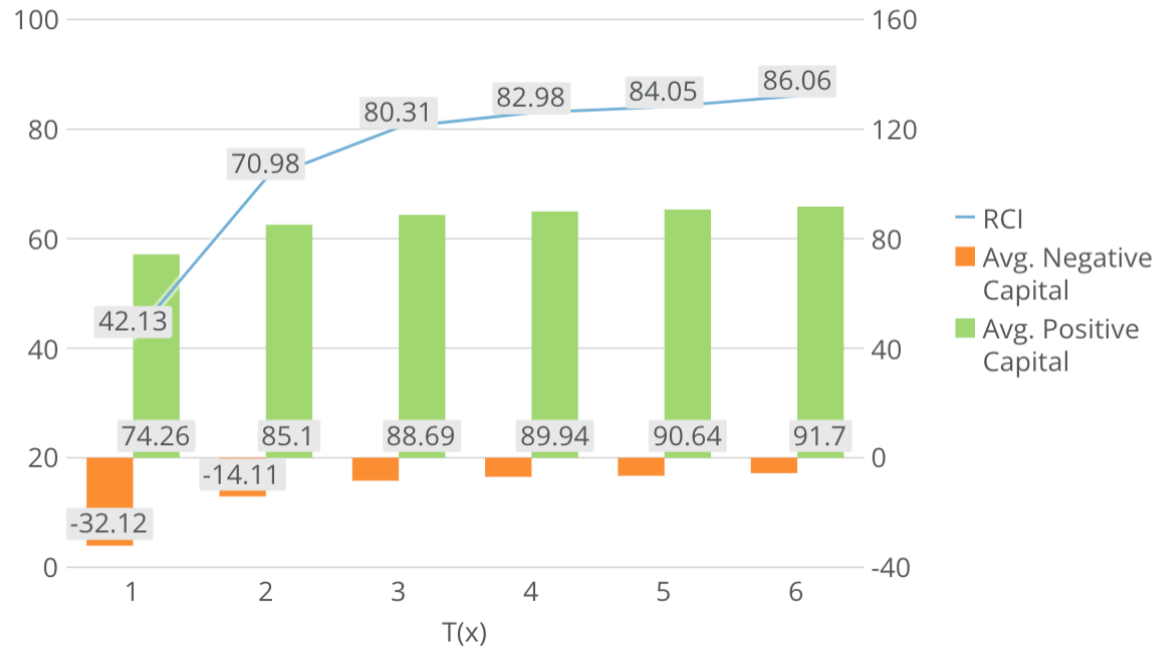


RCI Longitudinal Change

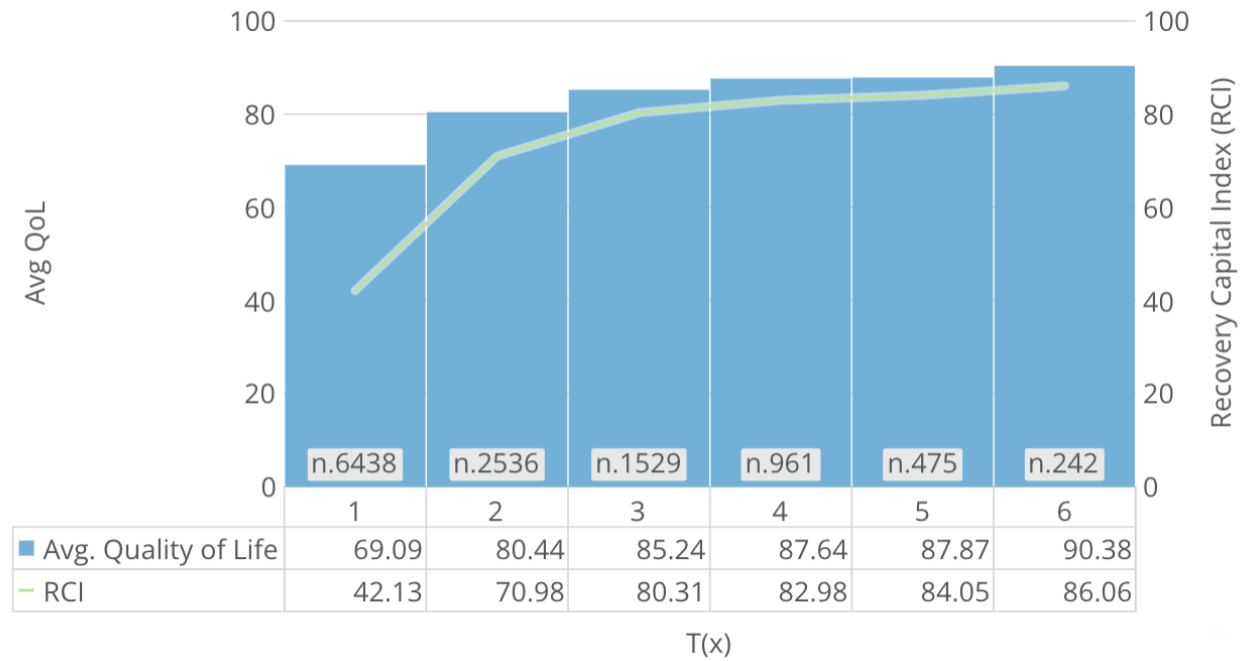


# Provider Dashboards

Positive & Negative Capital w/ RCI



Longitudinal RCI & Overall Wellbeing





# Research article outlining REC-CAP in VARR Recovery Residences

Research Article

## Using Recovery Capital to Predict Retention and Change in Recovery Residences in Virginia, USA

David Best , PhD, Arun Sondhi, PhD, Jessica Best, John Lehman, Anthony Grimes, Matthew Conner & Robert DeTriquet [...show less](#)

Pages 250-262 | Published online: 27 Feb 2023

 Check for updates

Using Recovery Capital to Predict Retention and Change in Recovery Residences in Virginia, USA, Alcoholism Treatment Quarterly, 41:2, 250-262, DOI: [10.1080/07347324.2023.2182246](https://doi.org/10.1080/07347324.2023.2182246)

David Best, Arun Sondhi, Jessica Best, John Lehman, Anthony Grimes, Matthew Conner & Robert DeTriquet (2023)



# Ongoing & Future Research using the REC-CAP

- Intensive Program Services & assertive linkage
- Criminal justice system involved residents in recovery housing
- Impact of recovery housing on the local community and economy



# SOR & Data-driven Decision Making

**Peter's Place RVA Recovery : LGBTQIA+ recovery housing**



**REAL LIFE Recovery : Re-entry recovery housing**

**REAL LIFE**



# Breaking down financial barriers to recovery

VARR provides oversight to and facilitates multiple funding streams to help individuals with financial barriers who are seeking recovery support services. Notably, June 30, 2023, marked the close of the Year 2 ARPA Funding stream. The funding stream is \$10 million over three years, where two-thirds of the funding directly supports individuals with SUD for whom housing and funding is a barrier, intensive recovery programs for those with significant barriers to recovery, and addiction services management to help individuals overcome barriers to recovery. The remaining third of ARPA funding is designated to expand recovery support services across the Commonwealth, focusing on areas with limited housing and recovery supports.

Preceding funding disbursements, minority populations receiving services in VARR-certified recovery residences was at 19.3%. Since access to funding began, this has increased and, as of October 2022, minority populations receiving service in VARR-certified recovery residences has increased to 36%, where it currently holds steady around as of June 2023.



# Breaking down financial barriers to recovery

## ARPA Year 1 & Year 2 Funding Supported:

- Over 83,000 indigent bed nights
- Over 270 thirty-day (30-day) program services
- Access to clinical addiction management and recovery services for residents
- Expanded minority owned recovery residences
- Expanded access to recovery support services in rural and/or underserved communities

To further help individuals with financial barriers, the 2022 Virginia General Assembly allocated \$1,700,000 per year for two years to VARR in the state budget. Through the ARPA Funding, General Assembly Funding, and other funding streams VARR is excited to be able to continue to not only set high levels of standard for quality recovery residences in Virginia, but also help to limit financial barriers for individuals seeking recovery supports.



# Expansion throughout Virginia

Through a combination of technical assistance and funding, VARR has helped to expand recovery support services throughout rural and underserved communities in Virginia; including projects in Dickenson and Russell County.



# Diversity

VARR Network of operators has successfully expanded and sustained admissions of Non-Caucasian Ethnicities

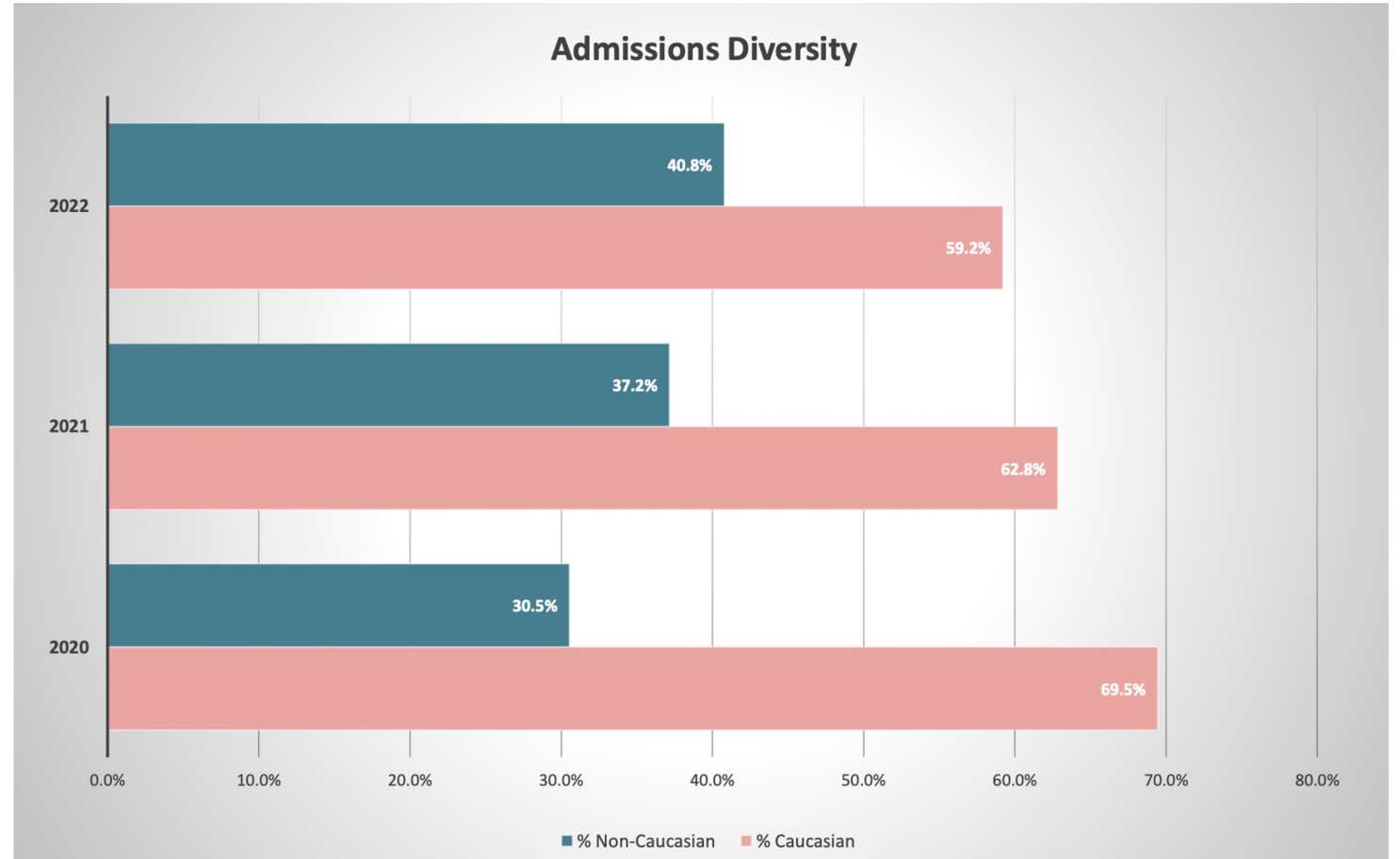
## ADMISSIONS BY ETHNICITY FOR VARR NETWORK PROVIDERS

2020	Caucasian	Non-Caucasian	Period Total	% Caucasian	% Non-Caucasian
Qtr1	234	56	290	80.7%	19.3%
Qtr2	439	199	638	68.8%	31.2%
Qtr3	345	177	522	66.1%	33.9%
Qtr4	253	127	380	66.6%	33.4%
2021	Caucasian	Non-Caucasian	Period Total	% Caucasian	% Non-Caucasian
Qtr1	316	178	494	64.0%	36.0%
Qtr2	376	225	601	62.6%	37.4%
Qtr3	500	295	795	62.9%	37.1%
Qtr4	413	251	664	62.2%	37.8%
2022	Caucasian	Non-Caucasian	Period Total	% Caucasian	% Non-Caucasian
Qtr1	399	321	720	55.4%	44.6%
Qtr2	398	228	626	63.6%	36.4%
<b>Grand Totals</b>	<b>3,673</b>	<b>2,057</b>	<b>5,730</b>	<b>64.1%</b>	<b>35.9%</b>



# Diversity

Admissions of Non-Caucasians has steadily risen over ten quarters to now represent greater than 40% of total admissions.





# Thank you!



## Questions & Answers

Anthony Grimes – [agrimes@varronline.org](mailto:agrimes@varronline.org)

