

## RECOVERY SUPPORT SERVICES

*Recovery Support Services (RSS) for people with substance use issues are practical skills and supports for living fulfilling, substance-free lives in their communities.*

For a full list of current RSS services:  
[www.ct.gov/dmhas/ATR](http://www.ct.gov/dmhas/ATR)

**This edition of the Access To Recovery Newsletter highlights Supported Recovery Housing Services (SRHS).**

### Supported Recovery Housing Services (SRHS)

Supported Recovery Housing Services (SRHS) are one of the key Recovery Support Services available to individuals eligible for Access To Recovery (ATR). SRHS is funded by SAMHSA through the ATR federal grant until 04/30/2018.

SRHS houses contracted through ATR provide participants with a clean, safe, drug and alcohol-free transitional living environment. Case management services are available at least 8 hours per day, 5 days per week, and include assessment, recovery planning, and discharge planning with the goal of linking residents to substance abuse and mental health treatment services, entitlements, employment, permanent housing and other needed community supports to promote autonomy.

*State legislators participated in a round table discussion about “sober housing” at the State Capitol on Friday, March 17th. Joining them at the table were sober home residents, operators, community leaders and Department of Mental Health and Addiction Services Commissioner Miriam E. Delphin-Rittmon.*



The newest addition to RSS offerings is **Peer-to-Peer Services**. This refers to individuals who are in sustained recovery supporting those in early recovery to integrate into community life and develop healthy, natural supports.

# Bridge to Recovery



*"I had nothing when I got there, I was just a shell...this particular Sober House, really helped me. I can't give back enough, that's why I play a part in being a house manager."*

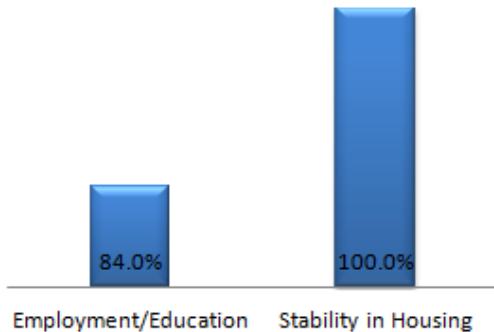
Ken has lived in sober homes for the past 17 years to help him sustain his recovery. In his current sober home, he has taken on the added responsibility as house manager, supporting others in their recovery. Ken shares his story at <http://www.ct.gov/dmhas/atr>

## Key Outcomes

Recovery Support Services such as Supported Recovery Housing Services (SRHS) are a cost-effective intervention which often leads to successful outcomes for those within the substance abuse system of care. Data shows that individuals who received up to 60 days of SRHS supports showed significant improvement in their rates of social connections, a decrease in negative consequences related to illegal drug use and an increase in stability related to housing and employment. **In addition, 95% report not using drugs or alcohol six months after their intake!**

### Connecticut Outcomes for Those Receiving SRHS

#### Rate of Improvement



Including SRHS in individual's recovery plans shows notable improvement in key outcomes - including maintaining abstinence, employment and housing.

### SRHS Network

- A network of 14 contracted providers with 190+ slots located in 15 cities throughout the state.
- SRHS utilization is over 90% capacity for both male and females.
- Each location is certified, contracted and regularly audited and inspected.
- Data shows that those receiving SRHS continue to remain stably housed, post ATR SRHS.
- Individuals who received SRHS services return to work at higher rates than those without.