Vermont Foundation of Recovery

A history of recovery housing in Vermont, why it matters, and where we go from here.
Recovery Housing History

- The Oxford House was the first real push into recovery housing.
- Safe, transparent, and stable living environments for people in early recovery.
- Recovery homes enhance early recovery and help promote lasting sobriety (Jason, et. al., 2006).
- 33% greater chance at success of continuous sobriety after leaving a recovery home (Jason, et. al., 2006).
- Since the report in 2006 – Recovery homes both networked and independent have sprouted throughout the country.
  - 27 states have been named affiliates officially, with 3 emerging states.
  - Vermont named an affiliate in 2017.
- Vermont Alliance of Recovery Residences (VTARR) founded in 2016.
NARR and VTARR

- Most recovery homes and recovery home networks had no national recognition.
- NARR unites recovery homes and offers a way toward certification.
  - Four levels of care provided.
  - VFOR is currently a Level II network of homes in Vermont.
    - Level I being close to a self-governing “Oxford House” model.
    - Level IV being a closed door, therapeutic type community, with round the clock staffing and oversight.
  - VFOR offers a house manager who oversees our members, but isn’t on-site 24/7.
  - VFOR allows all types of medication (supervised).
  - VFOR recruits volunteers for house mentoring duties, as well as board positions.
VFOR Information

- Currently four (4) homes across two counties
  - Each home has six residents, with an exception in Essex which has five.
- Three (4) Transitional Apartments with two (2) members each.
  - Transitional Apartments are the “next step” after the recovery home.
  - Less oversight.
  - More responsibility, but staying under the VFOR umbrella.
- VFOR is on track to open three (3) new homes in 2018
  - St. Johnsbury
  - Morrisville
  - Barre
VFOR Information Continued

- Average length of stay is 5.01 months
  - Up from avg. of 3.3 months (65% increase) in our first year [2014].
  - 52.45% of members stay for at least three months.
- 26.7% of members leave with a zero balance, and on good terms (30 day notice).
- 71.12% of members are on some type of medication.
- 55.31% of members are on either suboxone or methadone – medically assisted treatment (MAT).
- 60.69% of members leave owing VFOR a balance (small and large amounts).
Does It Work?

- VFOR Satisfaction Survey’s issued after a member moves out (good or bad terms):
  - 42.9% of members that responded reported sobriety lasting 6 months or more **AFTER** leaving a VFOR home.
  - 50% report their financial obligations to VFOR were fair.
  - 40% reported VFOR being vital to their transition in early recovery.
- VFOR issues a satisfaction survey quarterly to all members:
  - 90% of members report that they would recommend VFOR to others in early recovery.
  - 60% rate VFOR managers as effective and fair, and another 40% rate their managers as *extremely* effective and fair.
  - 40% report VFOR’s mentoring program as integral to their stay in a VFOR home.
Testimony on HR 4684
