

# Recovery Residences: A Vital Resource

Recovery Housing provides supportive, illicit drug and alcohol-free living environments for people with substance use disorders. At the foundation of recovery housing is peer-to-peer support. Residents are commonly assisted with obtaining addiction and recovery support services and any other services needed to get their lives back on track.



## RECOVERY RESIDENCES WORK

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

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

### *Who Needs Recovery Residences?*

People who are newly abstinent or in recovery and want a supportive living environment.



People participating in or completing treatment and who need supportive, affordable housing.



People who are homeless or unstably housed and want a recovery-focused environment and access to peer support.

## KEY CONCEPTS

### RECOVERY

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

### LIVING ENVIRONMENT

The styles and sizes of recovery housing varies from house to house. Recovery Housing may be a single family home, an apartment building, or another larger structure. Regardless of the house setting, residents are committed to sobriety and support one another in recovery.

### PEER SUPPORT

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

### SERVICES

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



**WVARR**  
West Virginia Alliance  
of Recovery Residences  
[www.wvarr.org](http://www.wvarr.org)