ECHO IDAHO: Counseling Techniques for SUDs

Alternative Approaches to Housing Clients with SUDS
07/18/2024
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None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.
Learning Objectives

• Consider the application of Housing First in recovery housing
• Learn about recovery support services in Permanent Supportive Housing (PSH)
• Review the evidence for Permanent Supportive Housing
We care for vulnerable people in Southwest Idaho

Social Drivers of Health

Creating healthy communities through the integration of public health, primary care and social services
Housing as a platform for Recovery
Housing First Programs

- Reduce use of opioid use
- Reduce alcohol use
- Reduced use of costly emergency services
- Improved adherence to Medication Assisted Treatment
- Improved housing stability
Supportive Housing – Not Housing Only

Project Lead
Licensed Clinical Social Worker
Housing Specialist
Peer Support Life Skills Coach
Licensed Practical Nurse/Patient Educator
Case Manager/CADC
Three Residential Counselors
AmeriCorps Volunteer
Recovery-based services

- Harm Reduction
- Promote Social Inclusion & Community
- Trauma Informed
- Include Peer support
- Integrated with Primary Care
- Support Staff Wellness
New Path Program Objectives

<table>
<thead>
<tr>
<th>Health</th>
<th>Reduction in utilization of emergency medical service treatment (e.g., paramedics, emergency department, etc.) and hospitalizations.</th>
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<tbody>
<tr>
<td>Criminal Justice</td>
<td>Decrease in criminal justice involvement.</td>
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<tr>
<td>Housing</td>
<td>Provision of stable housing and reduction in emergency shelter utilization.</td>
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<tr>
<td>Well-being</td>
<td>Increased and strengthened connections to and engagement with mainstream resources and peer support systems.</td>
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2022 Service Utilization

Total Days in Services by Month

Days in Services per Month

Months Before/After Program Entry
2022 Utilization Cost

~$1.7 million in savings/cost avoidance annually
Quality of Life

[Box plots showing ability satisfaction, life enjoyment, life meaningfulness, and quality of life over different months before and after program entry.]
Quality of Life

**Figure 13: QOL Environmental Questions**

- Access to Info
- Environmental Health
- Feel Safe
- Leisure Opportunities
- Living Conditions
- Sufficient Money
- Transportation Satisfaction

Months Before/After Program Entry
Housing as a platform for Recovery

Considerations:

• Recovery Language and Vision
• Wholistic/Integrated care
• Experts with Experience
• Housing choice
• Standards of care & housing quality
• Create community
References

- Addiction Recovery and Housing: A Report from the 2016 National CSH Summit
  https://www.housingis.org/sites/default/files/Addiction_Recovery_Housing.pdf

- Best Practices for Recovery Housing, SAMHSA
  http://store.samhsa.gov/pep23-10-00-002

- Healthy People 2030, U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion
  https://health.gov/healthypeople/priority-areas/social-determinants-health

- Homelessness Is a Housing Problem, Gregg Colburn & Clayton Page Aldern, University of California Press, 2022

- Housing First, A Review of the Evidence
  https://www.huduser.gov/portal/periodicals/em/spring-summer-23/highlight2.html

- Recovery Housing Policy Brief
  http://files.hudexchangeinfo/recovery-housing-policy-brief

- SAMHSA Announces National Survey on Drug Use and Health (NSDUH) Results Detailing Mental Illness and Substance Use Levels in 2021

- Substance Use and Housing National Leadership Forum, 2014
Session Resources

• Session resources coming soon!

Check back after the session for resources that were referenced in the presentation or session chat and patient case recommendations.