

RECOVERY HOUSING AT N STREET VILLAGE



a community of empowerment and recovery for women



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- Local nonprofit organization located at 14th at N Streets NW, DC
 - Mission founded in 1972, building completed 1996
 - Handouts
 - organizational overview
 - program map
 - logic model

RECOVERY HOUSING AT N STREET VILLAGE: HISTORY AND BASICS

- Program launched in November 2006
- Partnership with DC Department of Mental Health
- Annual Expenses \$444,296
- Dedicated direct staff 5 FTEs plus case management
- 21 beds in 2 large apartments
- Approximately 40 women residents per year
- Average length of stay approximately 6-9 months
- Access to all other programs of N Street Village
- Graduation two times per year
- Goal for graduates: move to permanent or long-term transitional housing

OUR MODEL

modified
therapeutic
community

structure

- Daily schedule and routine
- Clear expectations / rules and guidelines
- Common understanding of how to progress
- Predictability

environment

- Positive and supportive messages
- Safety and comfort
- Group activities and experiences

community

- Emphasis on mutual support and intentional development of relationships
- Everyone has a role and is part of the group
- Community itself is the change agent

responsibility

- Everyone has responsibilities
- Peer leadership is cultivated and critical
- Key focus of growth is increasing ability to take responsibility for self and community

TRAUMA- INFORMED COMMUNITY

Safety

Empowerment

Trust

Choice

Collaboration

- Grant in 2008-2010 enabled special project in adapting programs to better serve trauma survivors (Abell Foundation, Community Connections)
- Residents and staff formed a joint work group to survey and adapt our physical environment, routine practices, rules and guidelines etc.
- 83% of women entering report the experience of trauma at some point in their history
- Adjustments to how community functions (rules, practices, client leadership)
- Addition of 'trauma-specific' groups for survivors; 6-month curriculum co-facilitated by trained staff

LIVING IN OUR COMMUNITY

RESIDENT EXPERIENCE

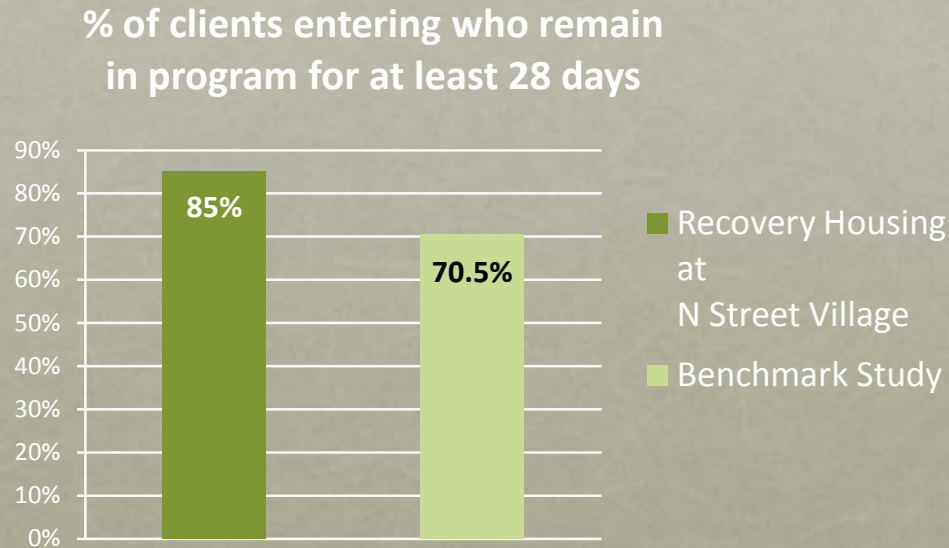
- **Entry point**
 - referrals from DMH, partner organizations, NSV or self-referrals
 - in-reach to jail when possible
 - peer meeting/dinner prior to entry if possible
 - no imminent risk to self/other
 - at least minimally voluntary
- **Privilege levels 0-4**
 - peer and staff input, resident-guided weekly meeting
- **Peer leadership and community life**
 - Mentorship, peer-led groups
 - Responsibilities and activities
- **Internal and external programming**
 - Access to full NSV continuum (average 52 1:1 supportive service hours)
 - Health, mental health, addiction and trauma-focused supports
 - NSV case manager
 - DMH core service agency linkage
 - outside therapeutic programs
 - AA/NA
 - employment and training programs
- **Graduation**
 - Resident prepares a formal presentation for peers and staff, receives feedback and support

Recovery Housing data points:

- mental health stability while in residence
 - 2009: 89%
- maintained sobriety while in residence
 - 2009: 86%
- contacts with police/re-arrest while in residence
 - 2009: 0%
- Retention (*non-drop-out, non-relapse, non-dismissal*)
 - 2009: 63%
- full graduation (*achievement of all mental health, addiction and education/employment goals*)
 - 2009: 37%
 - 2009: 88% of those graduates also achieved permanent or long-term affordable and safe independent or family housing at exit

Limitations in our data:

- *only partial/ informal external benchmarks , e.g.:*



(Source: *Journal of Psychoactive Drugs* SARC Supplement 5, November 2008: women with histories of co-occurring disorders in a trauma-informed residential program)

- *no formal longitudinal data beyond residential exit*
 - 2009 last informal record - 12 of 16 graduates from the prior year had at least one year of sobriety after program exit

Jennifer

- 46 year old AA woman
- Came to NSV in August 2009
- Diagnosis of bipolar disorder and poly-substance abuse
- Criminal history including: possession and distribution, theft, assault
- Reports having been in and out of jail system for past 17 years

- Maintained sobriety; 22 months clean now
- Completed all therapeutic programs and parenting programs; clean drug tests, less frequent probation
- Volunteering in literacy and reading programs
- Big sister, mentor, peer leader in RH
- graduated in November 2010
- Moved into Transitional Housing at NSV

Catrina

- 43 year old AA woman
- Came to NSV in 2007 and again in 2009; premature exit and relapse re-entry
- Diagnosis of schizophrenia and poly-substance abuse
- Criminal history of possession and other drug-related
- Survivor of physical and sexual trauma

- Increased literacy level through one-on-one tutoring
- Completed substance abuse after-care program
- Completed all levels of programming and graduated from recovery housing
- Maintained sobriety since moving into external transitional housing program in April, 2010

BARRIERS TO SUCCESS

- complications in coordination at entry: numerous agencies involved, can be difficult to schedule in-reach or peer contact, hard to predict exact time of release, and to assure transportation
- housing for exit: limited availability / can be difficult for resident to find suitable, safe and permanent housing; when a housing resource is found timing can be inflexible and require premature exit
- Income / employment: numerous barriers to employment related to criminal history, credit history and individual skill preparation



is grateful to our partners:

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