



Housing and Homelessness Committee

Recovery Housing Resources

January 14, 2026

To support continued learning, we have compiled a list of resources on Recovery Housing. We strongly encourage you to review these documents in preparation for our upcoming meetings as this will help strengthen your knowledge base and enhance the work on the Housing and Homelessness Committee in 2026.

About Recovery Housing

- [Recovery Housing: Expanding Access and Supporting Choice](#)
Source: Substance Abuse & Mental Health Services Administration | October 2025
This brief explains what recovery housing is, why it is an important resource within a Continuum of Care, and how providers can help people find this type of housing.
- [Housing Supports Recovery and Well-Being: Definitions and Shared Values](#)
Source: Substance Abuse & Mental Health Services Administration | December 2024
This document outlines the definition and characteristics of recovery housing and supportive housing, both of which can be methods to support recovery. It also highlights the shared values between both housing models.
- [The NARR Standard & Levels \(Types\) of Recovery Residences](#)
Source: National Alliance for Recovery Residences (NARR)
The national Standard defines the spectrum of recovery-oriented housing and services and distinguishes four residence types or 'levels of support.' Developed collaboratively with national recovery housing organizations, providers, and stakeholders, the Standard guides certification of effective recovery residences and reflects both acute care and social model values. Built on the lived experience of operators and residents, the Standard prioritizes resident wellness and opportunities for recovery.
- [Best Practices for Recovery Housing](#)
Source: Substance Abuse & Mental Health Services Administration | 2023
This guidance outlines best practices for the implementation and operation of recovery housing. The best practices are intended to serve as a tool for states, governing bodies, providers, recovery house operators, and other interested stakeholders to improve the health of their citizens, reduce incidence of overdose, and promote long-term recovery from substance use and co-occurring disorders.

Recovery Housing in California

- [California Guidance on Recovery Housing](#)

Source: *California Interagency Council on Homelessness (Cal ICH) | July 2025*

This guidance is designed to help system leaders and program administrators of state-funded Recovery Housing Programs (RHPs) comply with California's Housing First requirements. It ensures that programs honor participant choice, reduce barriers, and provide voluntary, person-centered recovery services while upholding housing stability.

Federal guidance from Substance Abuse & Mental Health Services Administration (SAMHSA) recognizes recovery housing as an important housing option within a continuum of care. It focuses on choice, access, and quality standards, but does not mandate Housing First principles as a core requirement for Recovery Housing programs.

California's guidance integrates Housing First principles and outlines additional expectations for providers:

- **Relapse Policy:** Participants cannot be removed from a Recovery Housing program because of relapse or substance use. Programs must provide support to help participants through relapse.
- **Continuity of Housing:** If other program rules are broken, providers must make every effort to connect participants to another housing option, so returns to homelessness are extremely rare.
- **Person-Centered Care:** Programs must offer treatment and services that are driven by the participant and tailored to their individual needs.

- [C.9.3.3 Recovery Housing](#)

Source: *Behavioral Health Services Act (BHSA) County Policy Manual | 2025*

Recovery housing is an allowable use of BHSA Housing Intervention funds and is defined in the BHSA County Policy Manual as:

“Recovery housing is a housing intervention that is recognized by both Substance Abuse and Mental Health Services Administration (SAMHSA) and the United States Department of Housing and Urban Development (HUD) as an important housing option for individuals with substance use disorders. Recovery housing, also referred to as sober living or recovery residences, offers shared housing in a milieu that is supportive of recovery and that builds a sense of community and mutual support. Recovery housing, including recovery-oriented housing, can provide valuable support for those in outpatient treatment, leaving residential treatment, or others seeking to live in an alcohol and drug-free environment that supports recovery and wellness.”

Other Resources

- [Choosing Quality Recovery Housing Workbook](#)

Source: *Stop the Addiction Fatality Epidemic (SAFE) Project | August 2022*

This workbook is designed to assist people in early recovery identify high-quality recovery homes that meet their needs and recovery goals.

- [Building Recovery Toolkit: State Policy Guide for Supporting Recovery Housing](#)
Source: National Council for Mental Wellbeing & National Alliance for Recovery Residences | February 2022
This toolkit helps policymakers and advocates develop effective recovery housing policies. It provides strategies, tools, and sample policy language addressing the role of recovery housing, standards of care, and protections for people in recovery. It also explores best practices and financing options to expand access to quality recovery supports.
- [Demonstrating the Value of Recovery Housing: Technical Expert Panel Findings](#)
Source: National Council for Mental Wellbeing | October 2021
In January 2021, the National Council for Mental Wellbeing convened a technical expert panel to examine how best to demonstrate the value of recovery housing in the country. The panel reviewed the current landscape, identified strengths and challenges, and proposed recommendations to strengthen the system and expand recovery housing. This report summarizes key strategies based on research and expert experience.
- [Social Model Recovery and Recovery Housing](#)
Source: *Public Health Institute* | February 2024
While recovery housing often includes elements of the social model of recovery, simply labeling it as such does not fully capture its core features. This article establishes the social model as the foundation for recovery housing by reviewing its history and evidence, identifying implementation challenges, and outlining steps to address those challenges and strengthen the evidence for recovery housing.
- [Public Policy Statement on Housing's Role in Addressing Substance Use and Facilitating Recovery](#)
Source: *American Society of Addiction Medicine* | January 2025
This public policy statement recommends policies that promote stability in housing that are important for recovery and overall health and wellness.