

MEMORANDUM

To: NARR Directors

From: Beth Sanders, Standards Review Board

Date: March 27, 2022

Re: Request for opinion from OSCRH regarding recovery residence rules regarding time expectations regarding productive activity, vacating the home, and tv use.

Question Presented I Does it violate the NARR standards if an operator "requires" residents to participate in a certain, reasonable, number of hours spent outside the house either working, volunteering, or in some engaged in some sort of training or education?

Answer: Yes. The national Standard guides recovery residences in facilitating community based recovery via the *social model*. Individual house 'rules' (standards) should guide how the residents interact to create a culture of recovery. It is assumed the intent of requiring residents to be engaged in a certain number of hours of 'productive activity' outside the house is to facilitate the individual in finding the core dimensions that support recovery: *health, home, purpose, and community* ([SAMHSA, 2012](#)) Ideally the recovery residence community collectively creates an environment that invites and encourages the individual to be productive. Additionally, individual needs must be taken into consideration - is the person actively seeking work or service opportunities, or having difficulty getting out of bed? In the latter instance the provider would seek to engage and action plan strategies that assist the individual to attain meaningful activity. Those strategies vary depending on the recovery residence level. If an individual is truly unable to rise to the expectation of productive activity and is not responsive to engagement strategies, then a higher level of recovery support may be indicated.

Question Presented II Is it against the NARR Standard to lock residents out of the house during certain hours? An example would be 8:00am to 5:00pm?

Answer: Yes. A blanket 8-5 rule of being out of the residence with negative consequences for individuals that do not comply would be an authoritarian rather than social model approach, and not adhering to the intended application of Standard 20. The home functions as a family, therefore it would be inappropriate to lock someone out during certain 'off limits' times.

Question Presented III Is it against the NARR Standard to limit bedroom hours and limit TV hours in the community room? For example between 8:00 am and 5:00 pm. Could be use of phones - how do we encourage them to engage with each other?

Answer: Yes. The last part of the question is one that all recovery residences face, and actually summarizes the art of creating social model engagement for developing the sense of belonging and reciprocal community involvement. A helpful question might be - *do I have this kind of 'rule' in my own family home?* Some families may indeed have this expectation. Healthy families communicate openly and help individuals understand the basis for expectations and

culture so that ultimately they may be inspired to align with the group in the collective vision, purpose, and activity. Guidelines providing a frame of encouragement and expectation set the tone for a culture of engagement.