RECOVERY HOUSING AT N STREET VILLAGE



a community of empowerment and recovery for women



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



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:

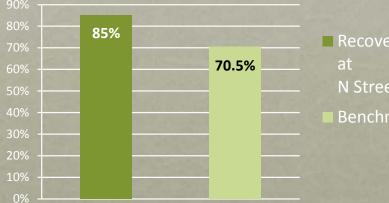
- mental health stability while in residence
 - **2009: 89%**
- maintained sobriety while in residence
 - **2009: 86%**
 - contacts with police/re-arrest while in residence
 - 2009:0%
- **<u>Retention</u>** (non-drop-out, non-relapse, non-dismissal)
 - 2009:63%
- <u>full graduation</u> (achievement of 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

M F

Limitations in our data:

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

% of clients entering who remain in program for at least 28 days



 Recovery Housing at N Street Village
 Benchmark Study

(Source: Journal of Psychoactive Drugs SARC Supplement 5, November 2008: women with histories of cooccuring 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

M F

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:

Green Door, Washington Hospital Center, McClendon Center, Community Connections, Cataada House, Theatre Lab, Back on My Feet, Samaritan Inns, SOME, Department of Mental Health... and others.