Social Model of Recovery Housing

The Woodrow Project & Briermost Foundation

Erin Helms, Executive Director
Our mission is to provide safe, sober and supportive housing to women in recovery from drugs & alcohol and provide purpose in living through learning and training opportunities.
Addiction is a Disease

- Psychological
- Biological
- Social
What is the Social Model of Recovery Housing?

A recovery-oriented, chronic care approach to substance use disorders:

- Philosophy and practices are different than medical/clinical based treatment models
- Emphasizes social and interpersonal aspects of recovery using recovery as the common bond
- Values experiential knowledge and mutual support
- Views recovery as a person-driven, life-long and holistic process
Recovery Residences: 4 Levels of Support
Physical Environment

To what degree does it feel like a home?

- Architecturally and functionally homelike
- Community space (%)
- “Welcome mat”
- Everyone pitches in as a family, e.g. food prep or house chores
Staff Role

To what degree are staff respected peers vs. distant superiors?

✓ Community meals

✓ Staff’s time is spent amongst the residents

✓ Resident progress is rewarded with more responsibility
Authority Base

To what degree is authority based on lived experience?

✓ Staff that are alumni and/or in recovery

✓ Key roles that don’t require professional credentials

✓ Mutual aid / peer-to-peer encourage
Recovery Orientation

To what degree is the program recovery-oriented?

✓ Called recovery programs, residences or centers
✓ Called residents or participants
✓ Have recovery plans
✓ Promote life skills development
Governance

To what degree does accountability involve peers?

✓ Residents are expected/encouraged to hold each other accountable

✓ Residents/councils have influence
The Social Model helps individuals replace the social, interpersonal and cultural aspects of their addiction with recovery.

People, places & things

• Friends and family
• Homes and neighborhoods
• Leaders, icons, heroes
• Literature, art, music
• Language, symbols, artifacts
• Beliefs, traditions, rituals
Building a Support System

• Treatment Provider
• Recovery House
• Recovery Community
• Greater Community
Recovery House
Recovery House

• Schedule – 2-week restriction
• Riding the Bus
• Getting rides to meetings
• Weekend social activities
• Service Work
• House meetings
Greater Community
Greater Community

- Churches
- Food Pantries
- Museums
- Animal Shelters
- Hospitals
- Homeless camps
Everyday

Family Meals

Cancer Free

Graduating from College
Recovery House Gatherings
Outings

Facing Addiction
Washington D.C.

Lakewood Holiday Celebration
"The opposite of addiction is connection."
- Johann Hari

Recovery Housing and The Social Model of Recovery
The Woodrow Project

Briermost Foundation

www.thewoodrowproject.com

www.ellsworthacres.org

Erin Helms, Executive Director 440-527-3624