

Hello everyone. Thanks for coming. We will be using a Start code and End code for today's training. You will need to use these on the survey that will be sent out to you after we are done. The link will be emailed only to those of you who registered for this training. You will need to complete the entire survey to receive Certificates of attendance. There are no CEUs available for this training.

The Start Code is 5410

This presentation will be taped and posted to the EDC SUDS webpage under trainings and the PPT will be sent out later this week to anyone who requests a copy.

(Start recording)

Welcome to another El Dorado County Substance Use Disorder Services DMC-ODS Quality Assurance Training Series presentation. Today we will be discussing Recovery Residence Guidelines. A copy of the El Dorado County Behavioral Health Division Substance Use Disorder Services Recovery Residences Provider Guidelines May 2019 can be found on the El Dorado County Substance Use Disorder Services web site under the Provider Resources tab at the bottom of the page. The link is <https://www.edcgov.us/Government/MentalHealth/Documents/SUD/EDC%20Recovery%20Residences%20Provider%20Guidelines.pdf>



Learning Objectives

Recovery Residences

Standards of Operation

House Rules

Required Policies

Performance Standards

Program Licensure, Certification, and Standards

At the end of this 1 hour Training, participants will have the knowledge necessary to understand the following:

Recovery Residences-Definition

Standards of Operation for a Recovery Residence Program

House Rules for a Recovery Residence Program

Required Policies for a Recovery Residence Program

Performance Standards for a Recovery Residence Program

Program Licensure, Certification, and Standards for a Recovery Residence Program



Recovery Residence (RR) programs are a safe, clean, sober, residential environment that promotes individual recovery through positive peer group interactions among house members and staff. Recovery Residences programs are affordable, alcohol and drug free and allow the residents to continue to their treatment and/or develop their individual recovery plans and to become self-supporting. In doing so, the Recovery Residence Program must co-exist in a respectful, lawful, non-threatening manner within residential communities in of network provider counties.



The El Dorado County Substance Use Disorder Services (EDC SUDS) will provide oversight and quality assurance through monthly reporting, annual site visits and audits with contractual Recovery Residence services.

RR does not provide SUD services or require licensure by DHCS. All RR residents must be actively engaged in SUD treatment services to be provided off-site.



The Recovery Residence Program shall provide 24-hour safe housing, free from alcohol and other drugs which, at a minimum, shall include the following components:

- a. Residents shall be required to attend regular house meetings with house managers, and/or operators. These meetings may be in a group setting with other residents of the Recovery Residence Program. House rules may include curfew, smoking, chores, payment of rent, and attendance at house meetings, and A.A. /N.A. meetings, and must include prohibition of any use of alcohol and or drugs.



The Recovery Residences Program shall provide 24-hour safe housing, free from alcohol and other drugs which, at a minimum, shall include the following components:

b. Residents shall be provided with opportunities to engage in regular activities necessary (or optional) that define a residence such as cooking, laundry, housecleaning, yard work, etc.;



The Recovery Residences Program shall provide 24-hour safe housing, free from alcohol and other drugs which, at a minimum, shall include the following components:

c. Each Recovery Residence shall have a "common area" with adequate space for the proper number of residents to assemble for social and/or other group activities;



The Recovery Residences Program shall provide 24-hour safe housing, free from alcohol and other drugs which, at a minimum, shall include the following components:

d. Each Recovery Residence shall have adequate personal space for each resident to be provided dignity, respect and appropriate privacy at all times, and the Recovery Residence will comply with applicable guidelines for the amount of square feet per resident and the number of residents per room; Attention should be given to the health and safety of all residents and therefore the home should meet minimum fire and health standards;



The Recovery Residences Program shall provide 24-hour safe housing, free from alcohol and other drugs which, at a minimum, shall include the following components:

- e. Recovery Residence operators and house managers shall take appropriate measures to ensure that the personal property of each resident is secure;



The Recovery Residences Program shall provide 24-hour safe housing, free from alcohol and other drugs which, at a minimum, shall include the following components:

f. The Recovery Residence shall establish and maintain a culture and environment that is welcoming and understanding to those they serve;



The Recovery Residences Program shall provide 24-hour safe housing, free from alcohol and other drugs which, at a minimum, shall include the following components:

g. All residents shall have access to the: kitchen, refrigerator, stove, dining room, laundry facilities, restrooms, and showers to ensure basic needs are met;



Standards of Operation

h. The following minimum health safety requirements shall be followed:

- There shall be adequate space for food storage;
- All food shall be stored in covered containers, or properly wrapped;
- Perishable items shall be refrigerated and adequate refrigeration in good repair shall be available;
- All dishes and cooking implements shall be washed upon use;
- There shall be adequate hot water for dish washing;
- Bathroom space shall be adequate for number of residents;
- Bathrooms shall be kept clean on a daily basis;
- Bathrooms shall provide personal privacy; and
- There is a policy for drug testing.



The Recovery Residence Program shall provide 24-hour safe housing, free from alcohol and other drugs which, at a minimum, shall include the following components:

- i. The Recovery Residence shall post a written description of the procedural processes regarding chores, assignment of roommates, and primary house rules in a space that is accessible to all residents;



The Recovery Residence Program shall provide 24-hour safe housing, free from alcohol and other drugs which, at a minimum, shall include the following components:

j. The Recovery Residence shall be a non-smoking residence. If the operator's policy is to allow smoking on the property, a smoking area must be designated clearly in an outdoor space where smoke will not affect neighbors and is in compliance with any and all local smoking rules/ordinances. (A Good Neighbor Policy should also be established between the Recovery Residence operator and direct neighbors of the Recovery Residences). Any and all litter generated in a designated smoking area must be cleaned up daily;



The Recovery Residence Program shall provide 24-hour safe housing, free from alcohol and other drugs which, at a minimum, shall include the following components:

k. Each Recovery Residence shall afford residents opportunities to engage in daily recreational, cultural, physical, and spiritual activities, either as an individual or with a group;



The Recovery Residences Program shall provide 24-hour safe housing, free from alcohol and other drugs which, at a minimum, shall include the following components:

I. All Recovery Residences residents **MUST** be engaged in employment, treatment, education, volunteer work, active job search (for a defined period), or other approved daily activities conducive to the recovery process;



The Recovery Residence Program shall provide 24-hour safe housing, free from alcohol and other drugs which, at a minimum, shall include the following components:

m. Recovery Residence proprietors are responsible for ensuring neighborhood parking is in compliance with town/city ordinances and is NOT intrusive to neighbors;



The Recovery Residence Program shall provide 24-hour safe housing, free from alcohol and other drugs which, at a minimum, shall include the following components:

n. Recovery Residence proprietors shall establish and maintain a "Good Neighbor Policy."



Standards of Operation

- o. The following minimum fire safety requirements shall be followed:
- There shall be no smoking in residences (including porches, patios, and balconies);
 - Smoking is allowed outside only (20 feet from any door or operable window) and smoking materials shall be disposed of safely;
 - There shall be no accumulation of clothing, newspapers, or cartons in the living/sleeping areas;
 - Stoves and cooking areas shall be kept clean of grease accumulation;
 - Furniture and drapes are treated with fire retardant materials;
 - Smoke detectors fire extinguishers, and CO2 detectors shall be installed (according to El Dorado County Fire Code);
 - Exit doors shall be clearly marked and readily available;
 - Fire drills from sleeping areas should be encouraged; and
 - Buildings with 2nd floor shall have emergency fire ladders clearly marked.



Recovery Residence rules must be clearly defined. Any optional rules the Recovery Residence proprietor chooses to implement must be for the needs of the residents, shall not be overly burdensome, and must be consistent across multiple residents.

The following should be considered minimum mandatory standards for every Recovery Residence:



The following should be considered minimum mandatory standards for every Recovery Residence:

- a. There shall be no consuming alcohol and/or other drugs by anyone on the property of the Recovery Residence;



The following should be considered minimum mandatory standards for every Recovery Residence:

b. Alcohol and items containing alcohol shall not be brought onto the property for any reason;



The following should be considered minimum mandatory standards for every Recovery Residence:

c. Alcohol and other drug use may be grounds for dismissal from the Recovery Residence program. Upon being notified of possible alcohol and/or other drug use by a resident, the House Manager shall refer the resident to El Dorado County for assessment for withdrawal management services.



The following should be considered minimum mandatory standards for every Recovery Residence:

d. Regular attendance of house meetings shall be mandatory for all residents and it shall be the responsibility of Recovery Residence management to ensure proper participation;



The following should be considered minimum mandatory standards for every Recovery Residence:

e. Operators or House Managers in charge of an individual Recovery Residence facility must be accessible to residents daily. The operator and/or House Manager shall be clearly and easily identified and shall remain available at all times;



The following should be considered minimum mandatory standards for every Recovery Residence:

f. Each Recovery Residence shall have in its house rulebook a policy addressing visitation including hours, terms of contact, areas for visitation, visitor access, child visitation and monitoring, etc.



The Recovery Residence Program shall have policies addressing the following:

- a. Confidentiality
- b. Sexual Harassment & Verbal Abuse
- c. Weapons, Alcohol, Illegal Drugs and Illegal Activity
- d. Prescribed Medication Policy
- e. Drug and Alcohol Testing Protocol
- f. Management and Staff Responsibilities
- g. Documentation/Record Keeping/Financial Agreements
- h. Incident Report Policy



Performance Standards

All residents must have a personal file that contains at a minimum the following items:

- Basic personal information such as name, DOB, emergency contact, etc.
- Recognition of client rights, house expectations, grievance and complaint procedures.
- Appropriate releases of information, as they apply.
- Current employment status, updated as needed, and proof of salary (i.e. a copy of check stub).
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- Any incident reports regarding resident
- Documentation of referral to El Dorado County for withdrawal management services assessment if exited for substance use



Contractor shall comply with any and all federal, state and local laws as a residential member of El Dorado County and/or the County in which the Recovery Residence Program is located.

Contractor shall agree to comply with El Dorado County Guidelines for Recovery Residences Programs.


Questions



El Dorado County
Substance Use Disorder Services

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I want to thank every one for attending today. Please feel free to contact Shaun or myself for any questions you may have.
(End Recording)

The End Code 7130

A survey will be sent out. Please use your start and end codes on the survey. Certificates of Attendance will be sent out soon for those who return Surveys.

Our training will take place on Monday April 25, 2022. The topic is **Understanding Ethical Behavior: The Ethics of SUD Counseling in a Rural Area.**

Until next time, have a great rest of your week.