

Kentucky Housing Corporation
Recovery Kentucky
Special Needs Housing: Combating Homelessness

The Problem

On any given day, thousands of men, women, and children are homeless in Kentucky. According to the 2011 Point-In-Time Count of the Homeless, nearly 25 percent of homeless respondents reported suffering from a chronic substance abuse problem.

According to the Office of National Drug Control Policy, the non-medical use or abuse of prescription drugs is the fastest growing drug problem in the United States. In 2010, Forbes released a study revealing Kentucky as the fourth most medicated state. Controlled-substance prescriptions are on the rise in 118 of Kentucky's 120 counties. Kentuckians are abusing prescription pills at record levels—with about one in 15 misusing prescription painkillers in the past year, and nearly 1,000 Kentucky residents dying every year from overdoses.

The Solution

Whether addiction causes homelessness or homelessness causes addiction is an often-debated question. We now know, however, that supportive housing with a strong peer-to-peer recovery program is an answer for those struggling with sobriety.

In 2005, Kentucky Housing Corporation (KHC) undertook an ambitious project to build ten housing recovery centers across the state to address the state's drug problem and to tackle some of the goals of *Kentucky's Ten-Year Plan to End Homelessness: Update 2009*. These ten Recovery Kentucky centers would provide housing and recovery services for up to 1,000 men and women at a time.

Recovery Kentucky addresses the need for long-term residential substance abuse recovery services in a supportive housing setting. It provides an alternative to incarceration for drug-dependent offenders referred by the courts or the Department of Corrections. This substance abuse housing recovery program focuses on self-help, education, and peer-directed intervention to help men and women recover from chemical addiction and to gain self-sufficiency.

The program is a collaborative effort by the Department for Local Government (DLG), the Department of Corrections, and Kentucky Housing Corporation. These agencies developed an innovative financial plan that blended existing resources to provide construction and operational financing, including a \$2.5 million annual allocation of Low Income Housing Tax Credits from KHC, which generated a total equity investment of approximately \$20 million for construction costs from the Federal Home Loan Bank of Cincinnati, HOME Investment Partnerships Program, and KHC's Affordable Housing Trust Fund; land donations were sought when possible. Operational funding included approximately \$3 million from DLG's Community Development Block Grant program and approximately \$5 million from the Department of Corrections. Nonprofit partners partnered with private developers for the construction of the centers, and the nonprofits are responsible for the day-to-day operations of the centers.

In addition, all programs contracted with the Department of Corrections for supportive services and have sought financial support in the form of federal, state, and local grants. A foundation was created to support local fundraising, and sponsorships to enable the programs to provide a stable funding base. All recovery centers are currently operating with surplus revenue based on their diverse funding streams.

The first center opened in July 2007, and the tenth center opened in January 2011.

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The Program

The recovery program model was replicated from the Hope Center in Lexington, Kentucky and The Healing Place in Louisville, Kentucky. The Healing Place of Louisville was named “A Model that Works” by the U.S. Department of Health and Human Services.

The entry point for the program is called **Safe, Off-the-Street Sobriety (SOS)**, a multi-bed unit that provides a safe and supportive environment to help participants orient to the program and withdraw from drugs or alcohol (when necessary). In SOS, clients are educated about the peer-to-peer model that will help them begin the initial process to live a life of recovery.

The second program component is the **Motivational Track (MT I and II)** where each participant’s motivation to work on his/her recovery is assessed by their degree of participation in classes, walking—or trudging—to recovery focused educational classes and Alcoholics Anonymous meetings, and willingness to make changes in themselves.

Trudging is an important part of the Recovery Kentucky Program. When an addict is in the midst of their addiction, they will go to any extreme to get their drug of choice. Once they have entered into the program, they are asked to have that same dedication to achieving their recovery. All recovery centers have their MT classes in off-site locations that the clients walk to and from. Clients generally walk two-to-four round-trip miles a day, based on location. The only time participants do not trudge is if the weather or conditions pose a danger to them—not an inconvenience but a danger, such as an ice storm or tornado. Recovery Kentucky participants can be seen walking in the heat of summer, the leaves of fall, the snow of winter, or the rain of spring.

Clients are advanced to **Phase I** based on their willingness to work at change, their attitude, and the availability of beds in Phase I. Clients generally reside in two-bed units. Phase I lasts approximately four months. Clients complete 28 sessions of Recovery Dynamics (The Kelly Foundation), an intensive study of the principles of Alcoholics Anonymous, and complete written homework related to each class session. During this phase, clients learn responsibility and accountability to the larger community by sharing household jobs and attending three weekly Community Meetings, where they learn to share concerns and issues with one another in a caring environment. As they complete Phase I, clients participate in life skills classes, including vocational and educational assistance, relapse prevention, housing opportunities, and financial literacy.

The final component is **Phase II**, where those who have completed Phase I may become employed in the community or may give back to the program by becoming peer mentors and acting as role models, counselors, and teachers to SOS, MT I and II, and Phase I clients. Phase II clients reside in two-bed rooms, but peer mentors have single-bed rooms whenever possible and appropriate.

Total time in these various components is flexible, ranging from 6-24 months, depending upon the motivation and needs of each client.

Accomplishments

The Recovery Kentucky Program redirects financial resources to help individuals who are often a burden on the government through use of health care, homeless shelters, law enforcement, and the criminal justice system. We knew anecdotally the program was making a difference in

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the lives of many Kentuckians, but it was not until an independent study conducted by the University of Kentucky Center for Drug and Alcohol Research was released in early 2012 that we fully realized the cost savings.

- 1,368 persons have successfully completed all phases of the program.
- 75.1 percent of the residents who were admitted to the housing component of the program were abstinent from alcohol or other drugs six months after they were discharged.
- The average annual cost to society of an active alcohol or drug user in 2011 was \$25,189. Using this number, **it is estimated the program saved \$3.5 million.**
- For every **\$1** spent on housing/drug abuse recovery services, there was a **\$2.92 return.**
- The number of individuals who reported being **arrested** decreased significantly from 71.4 percent to 11.3 percent at follow-up, which was an **84.1 percent decrease.**
- The number of individuals who reported spending time in **jail or prison** decreased significantly from 74.1 percent to 11.3 percent at follow-up, which was an **84.9 percent decrease.**
- There was an almost **\$2.5 million** reduction in the victims' costs of crime (drug, property, violence, and driving under the influence) and over **\$700,000** reduction in the cost of prisons stays.
- There was a 1,700 percent increase in employment in fiscal year 2011.

The [full study](#) is available online on KHC's [Web site](#), under Specialized Housing, Programs, [Recovery Kentucky](#).

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Online Supplemental Materials

- Watch our [online video](#), including interviews with Kentucky Governor Steve Beshear and First Lady Jane Beshear and testimonials from Recovery Kentucky participants.
- Review this [presentation](#), available online, on the preliminary findings from the Recovery Kentucky Outcome Study.
- Read the [Preliminary Findings from the Recovery Center Outcome Study Report](#) online.

Pictures of the Centers



External view of The Healing Place of Campbellsville, Campbellsville, Kentucky.



Ground breaking (left) and completed facility (right) for the Owensboro Regional Recovery Center in Owensboro, Kentucky.



Cafeteria of Transitions' Grateful Life Center in Erlanger, Kentucky.



Sleeping area for clients in the entry point for the program called Safe, Off-the-Street Sobriety.



Bedroom for clients in Phase I or Phase II at the Liberty Place Recovery Center for Women in Richmond, Kentucky.



WOMEN'S CENTERS

Evarts

Cumberland Hope Community Center for Women
(606) 837-0100 or (606) 837-0200

Florence

Brighton Center for Women
(859) 282-9390

Henderson

Women's Addiction Recovery Manor
(270) 826-0036

Hopkinsville

Trilogy Center for Women
(270) 885-2902

Lexington (Program Model)

The Hope Center Recovery Program for Women
(859) 252-2002

Louisville (Program Model)

The Healing Place Women and Children's Community
(502) 568-6680

Richmond

Liberty Place for Women
(859) 625-0104

MEN'S CENTERS

Campbellsville

The Healing Place of Campbellsville
(270) 789-0176

Erlanger

Transitions Grateful Life Center for Men
(859) 359-4500

Lexington (Program Model)

George Privett Recovery Center for Men
(859) 255-4673

Louisville (Program Model)

The Healing Place for Men
(502) 585-4848

Morehead

Morehead Inspiration Center for Men
(606) 783-0404

Owensboro

Owensboro Regional Recovery Center for Men
(270) 689-0905

Paducah

CenterPoint Recovery Center for Men
(270) 444-3640

FOR MORE INFORMATION

Lena Columbia

Toll-free in Kentucky: (800) 633-8896
(502) 564-7630
Ext. 448
TTY 711
lcolumbia@kyhousing.org

Mike Townsend

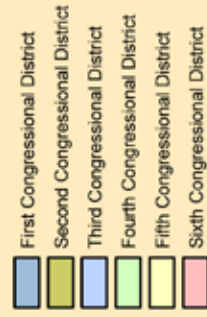
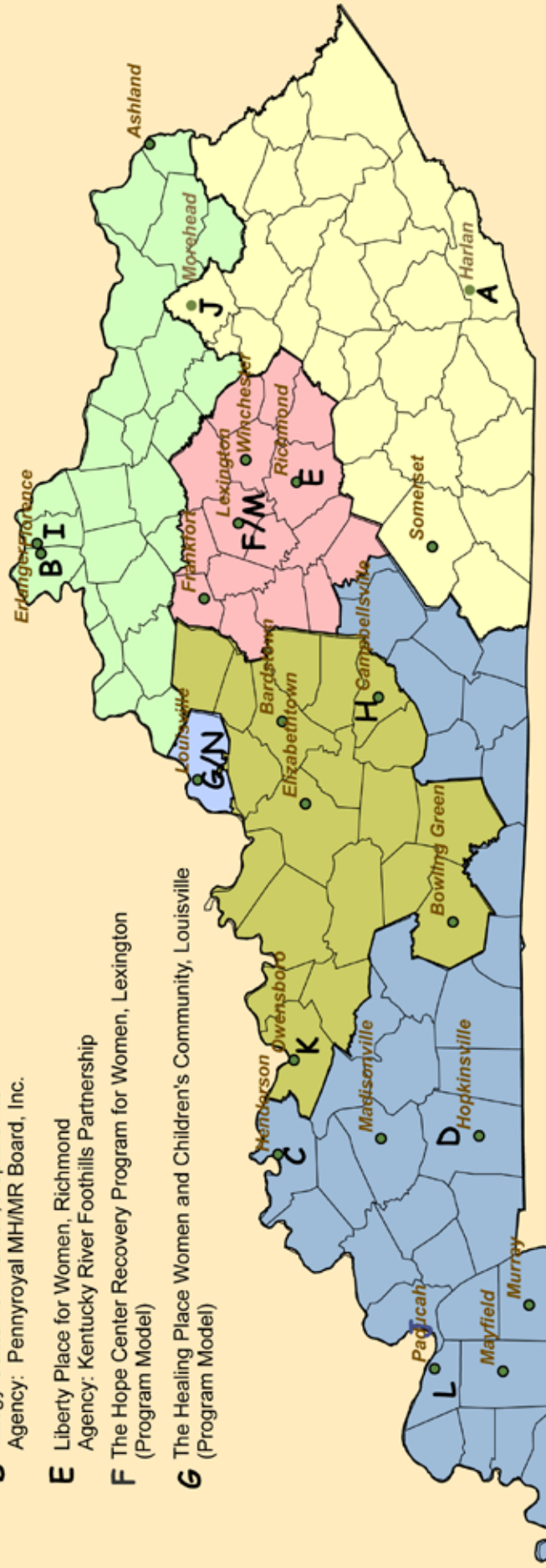
Toll-free in Kentucky: (800) 633-8896
(502) 564-7630
Ext. 715
TTY 711
mtownsend@kyhousing.org

Women's Recovery Kentucky Centers

- A** Cumberland Hope Community Center For Women, Harlan
Agency: Cumberland River Behavioral Health
- B** Brighton Center for Women, Florence
Agency: Brighton Center, Inc.
- C** Women's Addiction Recovery Manor, Henderson
Agency: Henderson Addiction Recovery, LLC
- D** Trilogy Center for Women, Hopkinsville
Agency: Pennyroyal MH/MR Board, Inc.
- E** Liberty Place for Women, Richmond
Agency: Kentucky River Foothills Partnership
- F** The Hope Center Recovery Program for Women, Lexington
(Program Model)
- G** The Healing Place Women and Children's Community, Louisville
(Program Model)

Men's Recovery Kentucky Centers

- H** The Healing Place of Campbellsville
Agency: Healing Place
- I** Transitions Grateful Life Center for Men, Erlanger
Agency: Transitions, Inc.
- J** Morehead Inspiration Center for Men, Morehead
Agency: Pathways, Inc.
- K** Owensboro Regional Recovery Center for Men
Agency: Audubon Area Community Services/
Lighthouse Counseling Services, Inc.
- L** CenterPoint Recovery Center for Men, Paducah
Agency: Four Rivers Behavioral Health, Inc.
- M** George Privett Recovery Center for Men, Lexington
(Program Model)
- N** The Healing Place for Men, Louisville
(Program Model)



This Map Created By:
Bernadette Hillman
Kentucky Housing Corporation
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Recovery Kentucky

Thousands of Kentuckians experience homelessness each year. Many of them are “chronically homeless,” meaning they remain homeless for extended periods of time due to chemical dependency and other special needs. While the chronically homeless only represent a fraction of the homeless population, they consume over 50 percent of homeless resources.

Recovery Kentucky was created to help Kentuckians recover from substance abuse, which often leads to chronic homelessness. There are ten Recovery Kentucky centers across the Commonwealth. They are in Campbellsville, Erlanger, Florence, Harlan, Henderson, Hopkinsville, Morehead, Owensboro, Paducah, and Richmond. These centers provide housing and recovery services for up to 1,000 Kentuckians simultaneously across the state.

These housing recovery centers were designed to reduce the state’s drug problem and resolve some of the state’s homeless issues. They help people recover from addiction and help them gain control of their lives to eventually reside in permanent housing.

As supportive housing projects, each center uses a recovery program model that includes peer support, daily living skills training, job responsibilities, and challenges to practice sober living.

This type of supportive housing and recovery program is proven to help people who face the most complex challenges to live more stable, productive lives. It has been demonstrated successfully by both the Hope Center in Lexington and The Healing Place in Louisville and was named “A Model That Works” by the U.S. Department of Health and Human Services.

Without a stable place to live and a support system to help them address their underlying problems, most homeless people who also suffer from substance abuse and addiction bounce around between shelters, public hospitals, prisons, psychiatric institutions, and detoxification centers. Recovery Kentucky was designed to save Kentuckians millions in tax dollars that would have been spent on emergency room visits and jail costs.

Partnerships and Funding

Recovery Kentucky is a joint effort by the Department for Local Government (DLG), the Department of Corrections, and Kentucky Housing Corporation (KHC). These agencies developed a financial plan that has provided construction and operational financing, including a \$2.5 million annual allocation of Low Income Housing Tax Credits from KHC, which will generate a total equity investment of approximately \$20 million for construction costs. Operational funding includes approximately \$4 million from DLG’s Community Development Block Grant program and approximately \$3 million from the Department of Corrections.

The local governments and communities at each Recovery Kentucky center location have also contributed greatly in making these centers a reality.

The Recovery Kentucky Task Force was created in 2008 to ensure the continued effectiveness and financial success of this initiative. The Recovery Kentucky Task Force continues to be a positive force in forwarding this important program.

For more information about Recovery Kentucky, contact KHC’s Mike Townsend or Lena Columbia toll-free in Kentucky at (800) 633-8896 or (502) 564-7630, extensions 715 or 448, respectively; TTY 711; or e-mail Mtownsend@kyhousing.org or Lcolumbia@kyhousing.org, respectively

For details on all Kentucky Housing Corporation programs, visit www.kyhousing.org or call Kentucky Housing Corporation’s Danielle Humes toll-free in Kentucky at (800) 633-8896 or (502) 564-7630, extension 747; TTY 711; or e-mail dhumes@kyhousing.org.