



# Entry Form 2018 Annual Awards for Program Excellence

**Entry Deadline: Friday, June 15, 2018, Midnight ET**

Each entry must include a completed entry form. Please complete a form for each entry your HFA is submitting. The completed entry form will become the first page of your entry.

This form is a fillable PDF. Type your information into the entry form and save it as a PDF. Please do not write on or scan the entry form. **Questions: Call 202-624-7710 or email [awards@ncsha.org](mailto:awards@ncsha.org).**

**Entry Title:** Enter your entry's title exactly as you wish it to be published on the NCSHA website and in the awards program.

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**Category:**

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**Subcategory:**

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**Entry Summary:** A 15-word (max) summary of the program, project, or practice you are entering.

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**HFA:**

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**HFA Staff Contact:**

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**Phone:**

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**Email:**

**Visual Aids:**

Are you mailing to NCSHA 10 copies of any visual aids that cannot be included in your entry PDF?      Yes      No

**Payment:**

My HFA is mailing a check to NCSHA.  
My HFA is emailing the credit card authorization form to [awards@ncsha.org](mailto:awards@ncsha.org).

## **Kentucky Housing Corporation**

### **Recovery Kentucky – A structured, supportive housing recovery solution to Kentucky’s opioid epidemic**

**Category: Special Needs Housing; Subcategory: Combating Homelessness**

Recovery Kentucky, created in 2005 by Governor Ernie Fletcher and Kentucky Housing Corporation (KHC), is a statewide initiative to combat homelessness and address the drug addiction epidemic that was devastating our state. Kentucky announced construction of ten 100-bed multifamily developments for addiction recovery throughout the state. The facilities would give preference to individuals who were seeking substance abuse recovery or to eligible recipients who were referred for substance abuse housing recovery services through the criminal justice system. The [Recovery Kentucky](#) model originated from two highly successful models – the Healing Place of Louisville and Lexington’s Hope Center – that were having significant impact helping homeless persons with alcohol and drug dependency to achieve long-term recovery and return to successful employment and stable housing.

KHC awarded Low Income Housing Tax Credits to experienced housing developers who then partnered with non-profit substance abuse or community action agencies in geographically dispersed communities to build ten 100-bed facilities (5 for men/5 for women). Each of these tax credit properties was also awarded 35 project-based rental assistance vouchers from local/statewide housing agencies.

Each Recovery Kentucky center prioritizes for entry to the housing program those chemically dependent individuals who are homeless, have a history of homelessness, or are at risk of homelessness. All residents who move into a [Recovery Kentucky facility](#) agree to participate in a long-term, social model substance abuse recovery program. Recovery Kentucky participants agree to follow an education-based program that combines professional staff support and peer mentors who teach classes and guide new residents through a structured program over a nine- to twelve-month period. The program model stresses personal accountability and encourages residents to utilize the 12 steps of Alcoholics Anonymous as a guide to their recovery from addiction. Men and women who enter the program follow a structured course that provides them with the opportunity to practice new behaviors, learn about the disease of addiction, develop new life skills, focus on personal and community accountability, and apply a bio-psycho-socio-spiritual solution to their drug or alcohol dependency.

#### **How the model works**

The program combines supportive housing with structured education and focused reliance on a mutual-help program of Alcoholics Anonymous/Narcotic Anonymous. While all aspects of the program are overseen by qualified staff, this mutual-help recovery model utilizes peer mentors and peer role models. The program curriculum includes “community” meetings among the participants of the facility, a twelve-step recovery model, and a structured educational program. The program observes principles of mutual help by members of the program wherein more advanced members of the program serve as peer mentors. The twelve-step program uses an approach that supports:

- 1. Identifying the individual's problem related to alcohol and/or drugs.*
- 2. Recognizing a solution to the problem.*
- 3. Developing a personal action plan that supports the individual's lifetime recovery from alcohol and/or drug dependency.*

The program helps individuals move from a life of chemical dependency to one of sustained recovery and housing stability. Peer support and personal accountability are the cornerstone for the recovery program. The program helps residents change their behavior, skills, and attitudes related to their addictive lifestyle and cultivates relationships with community partners to address other problems that emerge from persons recovering from drug/alcohol addictions, such as physical health challenges, mental health complications, educational limitations, vocational training, and an array of other difficulties. The peer mentor team is composed of individuals who have completed the program themselves and have demonstrated their commitment to their own long-term recovery by offering help and guidance to those

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who want the same positive results. By sharing their own experience with messages of strength and encouragement, peer mentors plant the seeds of hope in those still suffering.

The recovery program comprises four basic components:

- 1. SOS or "safe off the streets,"*
- 2. Motivational Tracks I and II,*
- 3. Phase I Recovery Program, and*
- 4. Phase II Recovery Program/Transitional Program.*

This social-model recovery program provides a series of graduated benefits to recognize members’ progress. As the participants advance through the recovery process, they move through the four components of the program, each offering incentives of more advantages and greater independence.

The program provides clients an established exit plan to independent living within the community. Several Recovery centers have developed permanent housing options as a destination for participants who complete the program. One- and two-bedroom-apartment multifamily complexes have been built near several recovery centers. These properties provide permanent housing for these men and women who need a drug-free environment to sustain their recovery and prevent future homelessness.

#### **The Partners and Funding**

Recovery Kentucky was initiated by deploying available funds to address an important state housing need – programs to help persons with chemical dependency escape homelessness and get on the path to recovery that will enable them to maintain housing in the community. Kentucky’s response to this need is a coordinated effort among several state agencies that have worked collaboratively to implement the Recovery Kentucky program. As the state housing finance agency, KHC took the lead in providing funding to construct each facility. Tax credits, HOME funds, Affordable Housing Trust Fund dollars, and Federal Home Loan Bank funding provided the multifamily finance resources to construct each Recovery Kentucky facility. To operate each Recovery Kentucky facility the following funds were made available: project-based rental assistance; Department of Corrections funding at \$31 per day for each person referred through probation and parole; Community Development Block Grant funds from the Department for Local Government to help sustain staffing support; and U.S. Department of Agriculture (USDA) Supplemental Nutrition Assistance Program (SNAP) benefits, administered by the Department for Community Based Services, for most residents living in a recovery facility. These funding streams are replicable in virtually every state. The Recovery Kentucky initiative was completely funded through existing state and federal funding streams, eliminating the challenge of having to seek “new allocations” of state or federal funds to implement this program.

#### **Recovery Kentucky Success**

Shortly after implementation began, the Recovery Kentucky initiative was widely regarded as highly successful at addressing the need for sustained recovery in the state. As a result, the Recovery Kentucky Task Force (a statewide oversight group created through executive order by the Governor) asked KHC to build four additional 100-bed facilities to further address the need for recovery from addiction and associated homelessness. The fourteenth recovery center will open in June 2018, expanding the capacity of the supportive housing recovery network to serve up to 1,400 Kentuckians on any given day. Each of the thirteen Recovery Kentucky centers currently operating is at maximum capacity for housing, and most centers have a three- to six-month waiting list to be admitted.

Recovery Kentucky has been widely accepted throughout Kentucky and this successful model has seen interest from multiple states struggling with addiction and homelessness. West Virginia, Virginia, and North Carolina have already replicated Recovery Kentucky by implementing a variation of the program model in their states. Several other states have visited Kentucky to review the program.

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Kentucky’s recovery model has also gotten national attention. In March 2018, HUD Secretary Ben Carson visited the Hope Center in Lexington and expressed his support for this innovative approach for combining housing and peer-led recovery services to address the opioid epidemic in Kentucky. Recently, the Don Ball Foundation for Hope was created to develop a technical assistance center to help other states replicate the Recovery Kentucky model.

#### **Outcome Research**

The Recovery Kentucky programs have contracted with the University of Kentucky’s Center for Drug and Alcohol Research (CDAR) to evaluate the effectiveness of their efforts. Independent researchers administer a survey that follows up on a random sample of 300 clients (stratified by gender and whether they were referred through the Department of Corrections) to determine the behavioral outcomes that are reported as a result of entering a Recovery Kentucky program. The behavioral outcomes – changes that have taken place 12 months after entering the housing component of the recovery program – include substance use; criminal justice involvement; homelessness; employment; and health and mental health status. Findings from the 2018 [outcome report](#), included as an addendum, are extremely favorable. For example, approximately 38 percent of persons who entered Recovery Kentucky centers reported that they had been homeless prior to entry. Incredibly, the follow-up outcome studies indicate that *only 3 percent of respondents were homeless* approximately 6-9 months after completing and exiting the program. The cost-benefit outcomes also reflect a favorable return on Kentucky’s investment in this program. For every \$1.00 spent on the program, the state reaps a return valued at \$2.60. The cost for a participant of the Recovery Kentucky program is approximately \$31 a day, whereas the cost of housing a person in a Kentucky prison is over \$64 a day. With this substantial cost savings and the concomitant benefit of reduced criminal activity related to successful recovery, the Kentucky Department of Corrections has been a very supportive partner in advocating recovery through this structured housing program rather than incarceration of persons convicted of drug-related offenses.

These statistics demonstrate that the Recovery Kentucky model is having a very positive impact on the residents who complete this program and on state fiscal resources. In fact, it is difficult to imagine and quite frightening to consider what the substance addiction and homelessness landscape would look like now had Kentucky not implemented this very important program.

After over ten years of service for five of our fourteen Recovery Kentucky centers, this initiative has a remarkable track record of success in providing an opportunity for families impacted by substance abuse to return to stable housing, jobs, and families. The recovery program has reunited families destroyed by addiction and empowered men and women to regain their self-esteem. It has taught the residents the principle of “giving back to others what we have been so freely given.” This is a program of collaboration among many agencies in the community that have a vested interest in helping these individuals recover from addiction. The recovery centers are supported by community groups, city and county governments, businesses, churches, and the network of persons who are in long-term recovery themselves and know that giving a hand up, an encouraging word, and support through mutual self-help groups is not only helping others but also helping themselves.

The Recovery Kentucky program has been embraced by three governors representing different political persuasions throughout its existence. Clearly, the success of this recovery program is so important for Kentucky that it rises above partisan politics. Recovery Kentucky is about providing an individual suffering from addiction with a supportive housing facility where they can effectively realize a solution to their condition. This solution follows a comprehensive model that emphasizes housing stability, supportive services, education, peer mentoring, and applying new skills so the individual in recovery can “live life on life’s terms” and pay those lessons forward to others.