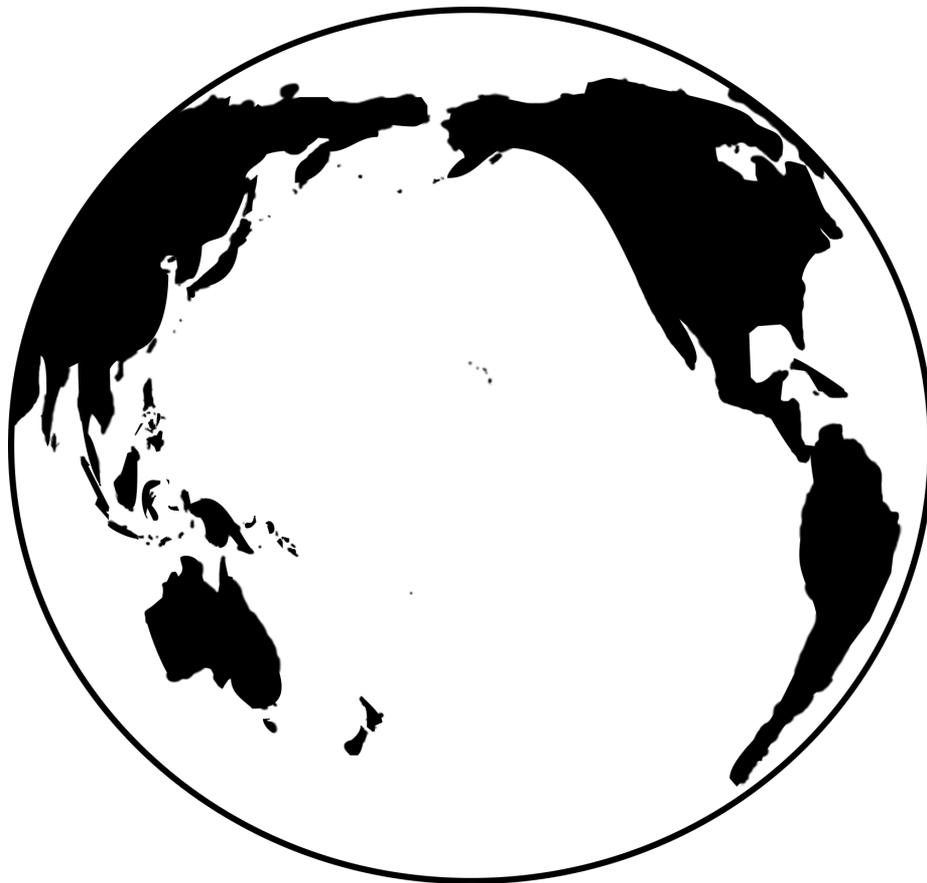


SOBER LIVING

The official newsletter of One Step Software



WHAT IS THIS NEWSLETTER FOR?

With the wealth of data and information thrown at us on a daily basis, it's hard to sift through what's relevant and what's important to know. That's why we're creating this monthly newsletter! Our intention is to be a one-stop-shop for updates in the industry, news relevant to sober livings, and another way for you and others to connect and collaborate with people all over the nation.

Check it out and let us know what you think!

UPCOMING EVENTS

- **Jan. 24-27:** evolution – Evolution of Addiction Treatment
- **May 16-19:** Foundations Events – Innovations in Recovery
- **May 30-June 2:** WCSAD – West Coast Symposium on Addictive Disorders
- **July 14-17:** CORE – Clinical Overview of the Recovery Experience
- **Aug. 30-Sept. 1:** Western Roundup Living Sober
- **Sept. 5-8:** CCSAD – Cape Cod Symposium on Addictive Disorders
- **Oct. 9:** NSLA Annual Conference
- **Nov. 10-13:** PTACC – Police, Treatment, and Community Collaborative



"NARR encourages sober living homes to accept MAT residents in their homes and treat them in the same way as others."

NARR REGULATIONS ABOUT MAT FOR SOBER LIVING HOMES

In March 2019, NARR released guidelines on how sober living homes should handle residents that are on MAT. Many sober livings are founded on the principles of AA and require abstinence of all drugs, including Methodone, Buprenorphine, Naltrexone etc.

More and more sober livings are opening MAT specific sober living homes. Some sober living homes mix MAT residents in with the rest of the residents and have said they have encountered no problems. One Step hosted a panel about MAT and how houses run programs inclusive of MAT residents. To watch this video click here.

There are many misconceptions about MAT that NARR addresses in the article. Some truths that the article addresses is that MAT does work, that it decreases your cravings and reduces drug use, that those on MAT are welcome at AA and that taking Methodone or Buprenorphine is consistent with abstinence based approaches.

Sober living homes should not reject prospective residents because they use MAT to help them stay in recovery from drugs. NARR encourages sober living homes to accept MAT residents in their homes and treat them in the same way as others.

NARR tells sober living homes to become knowledgeable about the benefits of MAT. House managers should be cognizant of residents' prescriptions and collaborate with prescribing doctors and clinics.

NARR also recommends that you train house managers on how to handle medication, take a daily log of medication, and have strict house rules around medication to prevent diversion (other residents taking another resident's medications).

To read the complete NARR guidelines, here is the full report: https://narronline.org/wp-content/uploads/2019/03/NARR-C4-NCBH_MAR-RH-Brief.pdf

RECENT NEWS AND UPDATES

Sober Living Vs. Recovery Housing For Addicts

By: Melissa Voetsch, 13 ABC (OH)

Fort Lauderdale deals with dozens of unregistered sober-living facilities

By: Layron Livingston, Local 10 (FL)



A Vision for Recovery - Building 50 Recovery Houses in the Next 5 Years

By: Ira Mandel, MD, MPH, Mid-Coast Recovery Coalition (ME)

Patients, employees detail web of deception at Liberation Way

By: Marion Callahan, Bucks County Courier Times, (PA)

The New Proposed Federal Guidelines for Sober Homes are disappointing, observers say

By: Francie Diep, Pacific Standard

New report, Gov. Scott put focus on housing in opioid crisis

By: Ellie French, VTDigger (VT)

15 arrested in South Florida drug lab kickback scheme

By: Lois K. Solomon, South Florida Sun Sentinel (FL)

APRIL SPOTLIGHT: WEST COAST SYMPOSIUM ON ADDICTIVE DISORDERS (JUNE 1, 8:30-5:45PM)

Building & Sustaining a Successful Sober Home Business - Best Practices for Sober Home Management

C4 Recovery Foundation, in collaboration with One Step Software, is excited to offer a full-day of learning and discussion for sober home owners and professionals at WCSAD. Be ready to:

- **Hear directly from treatment centers on key criteria for being part of a continuum of care organizations
- **Find out from the experts the latest regulatory changes and updates and how to stay ahead of upcoming regulations
- **Learn how to form and nurture great referral relationships from some of the best treatment centers
- **Participate in a Q&A with industry leaders that can help you better operate and manage your facility
- **Gain knowledge of how to create a sober living setting that supports and sustains recovery

The cost for this special event is \$100. Simply use the link below to register. You may add this to your WCSAD registration or choose to attend this event only. After making your selection from the main menu, make sure you select the "Sober Living All Day Event" checkbox on the options page that appears on step 2 of the registration process to be able to select the relevant workshops.

<https://www.wcsad.com/sober-living-event/>