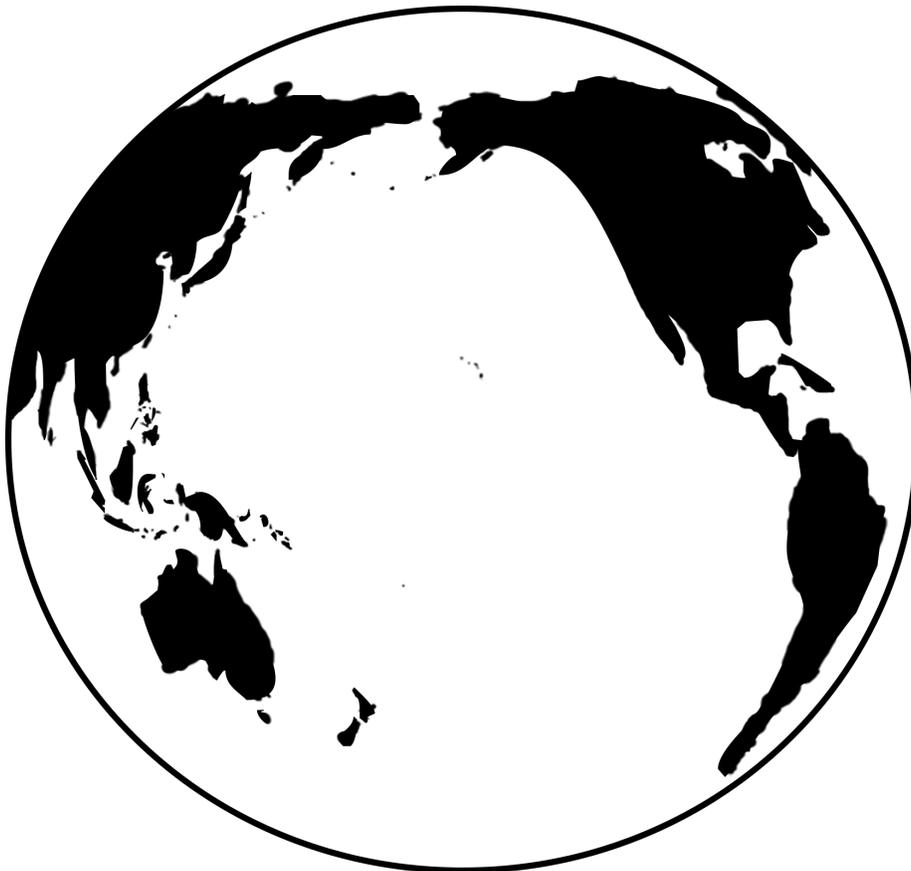


# SOBER LIVING

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

- **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



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**"...all residents deserve to have a safe place to work on their recovery and it is important that the sober living community not exclude MAT residents."**

## SHOULD SOBER HOMES ALLOW MAT RESIDENTS?

There are dissenting opinions on this topic as some home operators view Medication Assisted Treatment (MAT) clients as not being completely drug-free because they are on maintenance medications. Some of these medications include suboxone, vivitrol and methadone. Let's take a look at some of the determining factors.

### **MAT Residents Need Housing Too**

Individuals who are on medication assisted treatment are no less deserving of a safe, sober living environment in which to continue to engage in their recovery. They are just as motivated and driven to live a sober lifestyle as those who are completely drug-free, but may have needs that medical professionals determined are most appropriate to be treated via medication. You never know what someone's history contains and sometimes utilizing MAT is what keeps residents safe and stops them from acquiring and using drugs illegally.

### **Does Mixing MAT and Non-MAT Residents Take the Focus Off One's Own Recovery?**

Often the concern is shared that residents will fixate on what the MAT individuals are receiving and it can cause animosity in the house for a variety of reasons. Residents may be upset or feel triggered when someone is receiving some sort of medication, or they may be angry that that person is using medication as they don't view them as truly being in recovery. This can also go the opposite direction and foster tolerance and understanding, as well as awareness that each person's recovery is his or her own.

### **Keeping Medications In A Sober Living Home**

If you allow MAT residents in your home, you need to have a safe place to lock up medications or work out an arrangement to make sure residents get to the clinic as needed to receive their medications. This can be a prohibiting factor as it can be costly to arrange transportation for each resident. If you are keeping medications in the home, you need to have strong procedures in place to insure the safety of all in the home. Security protocols for medication storage are of the utmost importance so that no one finds themselves at risk.

If you're considering accepting MAT clients, you should talk with other sober living home providers who accept MAT residents and are NARR affiliated (or affiliated through their state) to find out how they're working with them. It may provide some direction as to the best way to go about handling the situation as you'll get deep insight into what has worked and what hasn't. Starting with a MAT specific house rather than integrating MAT and non-MAT residents may be the way to go initially. Once you are confident in your procedures for accepting and working with MAT residents, you can consider integrating the two populations if appropriate.

The first point is important to remember: all residents deserve to have a safe place to work on their recovery and it is important that the sober living community not exclude MAT residents. The more options we have for individuals to find a lasting recovery, the better off we all are.

## RECENT NEWS AND UPDATES

### Legislature passes bills with local interest

By: Taylor Struck, The Herald-Dispatch (WV)

### Sen. Bates' bill tackles marketing deception in rehab industry

By: Steve Puterski, The Coast News (CA)

### Being Sober-curious

By: Cathy Goddard, Pique News Magazine (BC, Canada)

### Glendale to regulate sober living homes while waiting for statewide policy

By: Mark Carlisle, Independent Newsmedia (AZ)

### P.A. high school students work to create alcohol free spaces

By: Nigel Maxwell, paNOW Staff (Prince Albert, Canada)

### Opportunity House awarded federal grant to develop a community addiction recovery plan

By: Monica Zalaznik, My Buckhannon (WV)

### Legislation would make patient-brokering illegal in Pennsylvania

By: Jo Ciavaglia, The Intelligence (PA)

### 2019 Colorado Health Care Legislative Update

By: The National Law Review (CO)

### MAT Patients Finding a Fit in Recovery Housing

By: Kristen Paquette, Addiction Professional

### Prescription for hope: New addiction recovery homes combine stable housing and support services

By: Jackie DeFusco, WJHL (TN)



## JUNE SPOTLIGHT:

Does someone stand out to you as going above and beyond to induce change or do you know of an organization doing something different that you feel others could benefit from learning about? Let us know and we'll sponsor a spotlight on that individual or organization in the monthly newsletter! Spread the love and support!