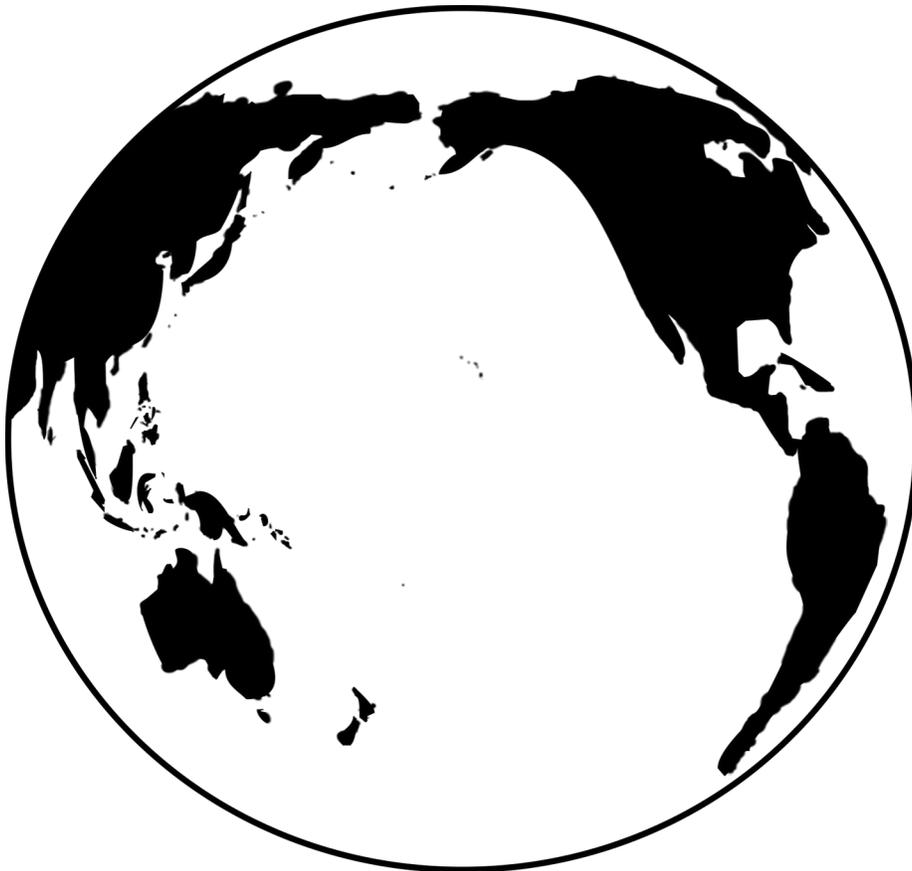

OCTOBER 2019 | ISSUE 10

ONE STEP NEWSLETTER

The official newsletter of One Step Software



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.

Want to know more about MAT from people in the industry, watch the MAT sessions from our previous Sober Living Conferences:

Should Sober Livings Accept Residents on Suboxone?

Allowing MAT Residents in Your Sober Living Program

RECENT NEWS AND UPDATES

Governor Newsom gets bills that would crack down on addiction treatment scams, raise standards

By: Teri Sforza, The Mercury News (CA)

Recovery: A slow, painful road

By: Randy Rieland Piedmont Journalism Foundation, Faquier Times (VA)

Stomping Out Stigma: Turning Point Center host first Walk for Recovery event

By: Kate Barcellos, Rutland Herald (VT)

Opioid numbers trend down again, but fight not over, says prosecutor

By: Chuck Weber, CBS 12 (FL)

Medicaid expansion states prescribe drugs to treat opioid addiction at higher rates, study finds

By: Aubrey Whelan, Philadelphia Inquirer (PA)

Vermont Foundation of Recovery receives national certification; first recovery residences in Vermont certified

By: Press Release, VT Digger (VT)

Opioid treatment scam may be coming to your state

By: Christine Vestal, HeraldMailMedia.com (MD)

Top federal health officials to unveil revamped anti-kickback regs

By: Victoria Colliver, Politico (USA)

Joseph Kennedy III talks opioids, homelessness on Cape visit

By: Cynthia McCormick, Cape Cod Times (MA)

Baltimore County needs more treatment facilities and services for drug users, opioid panel says

By: Wilborn P. Nobles III, The Baltimore Sun (MD)

As opioid settlements grow, so do questions about the money

By: Sean Murphy, Stock Daily Dash (OK)

How N.H.'s New Statewide Program For Addiction Treatment Is Taking Shape

By: The Exchange, NHPR (NH)

UPCOMING EVENTS

- **Oct. 14-16:** NARR Best Practices Summit
- **Nov. 10-13:** PTACC – Police, Treatment, and Community Collaborative



ONE STEP SPECIAL ANNOUNCEMENTS

**Winners of the "MVP
Encouragement Program" for the
month of September for having
the average most meeting check-
ins:**

**Truly Motivated Transitional
Living!**



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