Advancing MOUD-Supportive Recovery Housing in Texas

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Recovery Housing in Texas

A Quick Overview

Recovery housing

Safe, supportive, substance-free living environments for individuals in recovery from substance use disorders

Levels of Support as defined by NARR

Level I: Peer-run, decisions made solely by residents

Level II: Monitored environment; house guidelines/rules, appointed resident leader

Level III: Supervised activities, staffing, life skills programming

Level IV: Clinical services included



Benefits of Recovery Housing

- Improved social relationships
- Decreased substance misuse
- Increased employment
- Reduced reoccurrence rates
- Improved quality of life
- Decreased arrests/recidivism



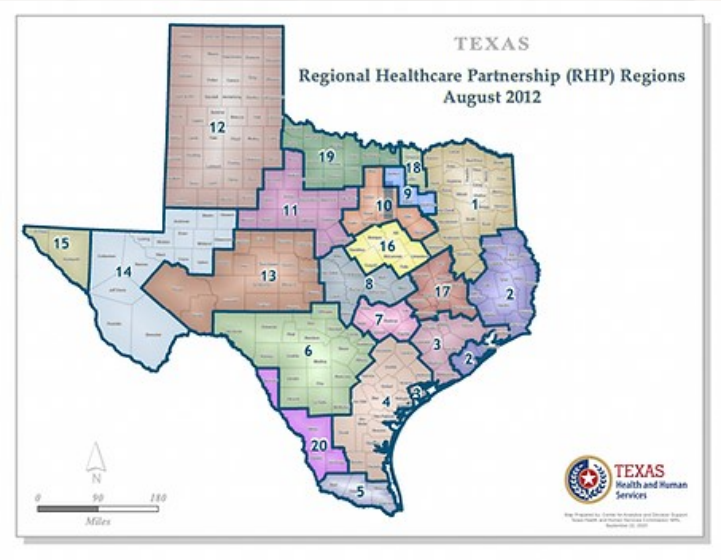
SAMHSA: Recovery Housing: Funding Sources and Financial Sustainability. Publication No. PEP26-08-001, SAMHSA, 2026



Mapping the Need for Recovery Housing and MOUD Providers

Standardized population rates (SPR) per 100,000 Texans

To assess standardized distribution of services across Regional Healthcare Partnership (RHP) regions



$$SPR = \frac{\text{Variable count}}{\text{RHP population}} \times 100{,}000$$

Count and SPR of Recovery Homes across Texas

Recovery home	N	SPR
Level I	255	**0.8**
Level II	22	**0.1**
Level III	16	**0.1**
Level unknown	122	**0.4**

Count and SPR by Regional Healthcare Partnership – Rural Regions

Regional Healthcare Partnership																
	East Texas				Gulf Coast		The Valley				Texas Triangle (between Metro Areas)					
	1		2		4		5		20		8		16		17	
Recovery home	n	**SPR**	n	**SPR**	n	**SPR**	n	**SPR**	n	**SPR**	n	**SPR**	n	**SPR**	n	**SPR**
Level I	6	**0.4**	0	**0**	15	**0.9**	0	**0**	0	**0.0**	7	**0.6**	4	**0.9**	3	**0.3**
Level II	1	**0.1**	0	**0**	0	**0.0**	0	**0**	0	**0.0**	0	**0.0**	1	**0.2**	0	**0.0**
Level III	0	**0.0**	0	**0**	0	**0.0**	0	**0**	0	**0.0**	0	**0.0**	1	**0.2**	0	**0.0**
Level unknown	3	**0.2**	1	**0.8**	0	**0.0**	0	**0**	0	**0.0**	1	**0.1**	1	**0.2**	0	**0.0**

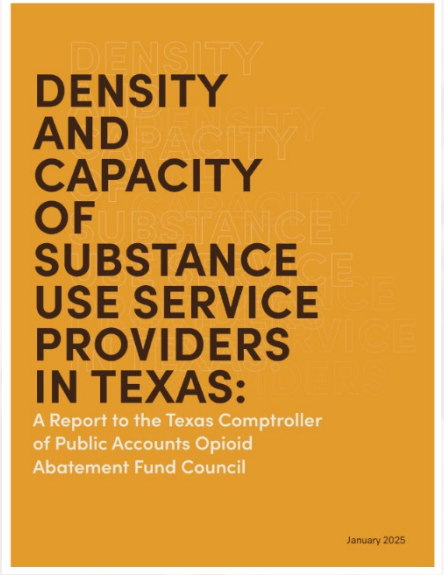
Regional Healthcare Partnership														
	West Texas								Panhandle		North Texas			
	11		13		14		15		12		18		19	
Recovery home	n	**SPR**	n	**SPR**	n	**SPR**	n	**SPR**	n	**SPR**	n	**SPR**	n	**SPR**
Level I	6	**1.8**	3	**1.6**	3	**0.7**	0	**0.0**	4	**0.4**	7	**0.5**	1	**0.4**
Level II	2	**0.6**	0	**0.0**	0	**0.0**	0	**0.0**	0	**0.0**	0	**0.0**	0	**0.0**
Level III	1	**0.3**	4	**2.1**	2	**0.4**	1	**0.1**	0	**0.0**	1	**0.1**	0	**0.0**
Level unknown	7	**2.1**	0	**0.0**	0	**0.0**	1	**0.1**	1	**0.1**	6	**0.4**	2	**0.8**

Count and SPR by Regional Healthcare Partnership with Five Most Populous Cities

Regional Healthcare Partnership										
	Houston		San Antonio		Austin		Dallas		Fort Worth	
	3		6		7		9		10	
Recovery home	n	**SPR**	n	**SPR**	n	**SPR**	n	**SPR**	n	**SPR**
Level I	19	**0.3**	46	**1.6**	40	**2.2**	62	**2.2**	29	**1.0**
Level II	7	**0.1**	2	**0.1**	1	**0.1**	8	**0.3**	0	**0.0**
Level III	3	**0.1**	0	**0.0**	0	**0.0**	1	**0.0**	2	**0.1**
Level unknown	28	**0.5**	14	**0.5**	38	**2.1**	16	**0.6**	3	**0.1**

Key Takeaways

- **There is a shortage of recovery housing in every Texas county.**
- Gaps are most evident when assessing standardized population rates.
- While expansion into new communities and rural areas is needed, urban regions also remain under-resourced.
- In areas with recovery homes, levels vary and are imbalanced.
- **There is an urgent need for additional homes at each level across Texas to ensure individuals get the support they need and can graduate through levels of care.**



Wilkerson JM, Rodriguez SA, McCurdy SA, Gallardo KR, & Herrera ER. (2023). (rep.). Density and Capacity of Substance Use Service Providers in Texas: A Report to the Texas Comptroller of Public Accounts Opioid Abatement Fund Council. Houston, Texas: The University of Texas Health Science Center at Houston, School of Public Health.

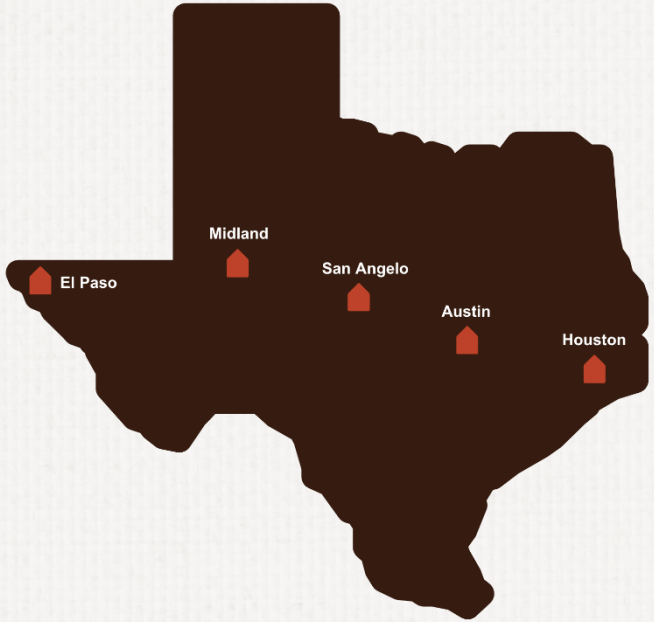

PROJECT
HOMES

PROJECT HOMES

Project HOMES is a Texas-based initiative aimed at **expanding recovery housing options** for people with opioid use disorder who use medication-assisted recovery as part of their treatment.

Our team is **partnering with community providers** to establish and evaluate recovery residences that meet national standards to support individuals in long-term recovery.

https://go.uth.edu/homes



Key Takeaways

- More MOUD-supportive homes throughout Texas are needed.
- MOUD-supportive recovery homes decrease ER visits and interactions with law enforcement and increase utilization of clinical and social services.
- MOUD-supportive recovery homes are cost-effective.
- MOUD-supportive recovery homes do not negatively impact neighborhood property values.
- Recovery housing operators and staff need technical assistance to develop protocols and a culture that is MOUD-supportive.



Expanding Level II and III MOUD-Supportive Recovery Housing in Texas

HOMES WITH HEART

Rooted in community. Built for healing.

Aim 1. Conduct a needs assessment



1. Map recovery homes and opioid-related data to identify need for recovery housing across Texas



2. Review published and grey literature to identify best practices to support individuals taking MOUD living in recovery homes

3. Conduct semi-structured interviews with recovery home stakeholders



4. Synthesize findings

We are recruiting people to be interviewed about the recovery housing needs in their community

Scan the QR code or visit
https://redcap.link/projectheartinterview to sign up

Aim 2. Increase the availability of accredited Level II and Level III recovery homes

1. Issue RFP to open MOUD-supportive recovery homes; identify partners

2. Partner with the Texas Recovery Oriented Housing Network to provide technical assistance and facilitate communities of practice supporting accreditation of recovery homes

3. Partner with RecoveryPeople to provide technical assistance to increase the provision of wraparound services for residents

TROHN
Texas Recovery-Oriented Housing Network

recovery people.org

Aim 3. Increase the availability of short-term, temporary housing and expand access to MOUD

1. Partner with Cenikor to provide housing for individuals who need additional time for stabilization and residents who experience recurrence

2. Expand MOUD access for recovery housing residents through Cenikor telehealth services

CENIKOR
WELL BEYOND RECOVERY



Aim 4. Conduct evaluation to document performance and engage in quality improvement and sustainability planning

1. Partner with Behave Health to implement an online recovery housing platform to support data collection

2. Engage in a Learning Evaluation to document performance, support organizations in applying data to make improvements, and generate transportable results

BEHAVE HEALTH



CoLab

For more information or to receive updates about the project, email **colab@uth.tmc.edu**.