

CHANGES TO THE CONTINUUM OF CARE IN MASSACHUSETTS

A REVIEW OF SOBER HOUSING & MEDICALLY ASSISTED TREATMENT

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LEARNING OBJECTIVES

- Review the continuum of care for SUD's in Massachusetts
- Examine the current research on Sober Houses / Sober Living Houses (SLHs)
- Briefly discuss the use of Medically Assisted Treatments (MAT)
- Introduce the Massachusetts Alliance for Sober Housing (MASH)
- Discuss the future of Sober Housing as part of the continuum of care
- Questions & Answers

MENTAL HEALTH PARITY AND ADDICTION EQUITY ACT

- The Mental Health Parity and Addiction Equity Act (MHPAEA) of 2008 requires health insurers and group health plans to provide the same level of benefits for mental and/or substance use treatment and services that they do for medical/surgical care. The Affordable Care Act further expands the MHPAEA's requirements by ensuring that qualified plans offered on the [Health Insurance Marketplace](#) cover many behavioral health treatments and services

SUD TREATMENT IN MASSACHUSETTS

LEGISLATIVE UPDATES

2014 - AN ACT TO INCREASE OPPORTUNITIES FOR LONG-TERM SUBSTANCE ABUSE RECOVERY

- 14 Days of ATS/CSS
- Removes Prior Authorization requirements for Detox

2016 - AN ACT RELATIVE TO SUBSTANCE USE TREATMENT, EDUCATION AND PREVENTION

- Technical changes to PMP rules, expansions (added Gabapentin other drugs of abuse)
- 24 hour evaluations after overdoses
- Expanded training for prescribers/physicians

2018 - AN ACT FOR PREVENTION AND ACCESS TO APPROPRIATE CARE AND TREATMENT OF ADDICTION

- All electronic prescriptions / Benzos added to PMP
- Recovery Coach Commission
- Expansion of MAT (ED's, HOC, Section 35 Facilities)

SUD TREATMENT IN MASSACHUSETTS

FINANCIAL UPDATES (BSAS BUDGET)

<i>SPENDING CATEGORY</i>	FY2014 Expended	FY2015 Expended	FY2016 Expended	FY2017 Projected	FY2018 GAA
Wages & Salaries	1,102	1,173	1,517	2,001	2,079
Employee Benefits	6	13	10	12	12
Operating Expenses	551	710	1,407	1,239	2,495
Safety Net	80,975	89,613	104,327	116,684	127,989
Grants & Subsidies	0	0	765	0	0
TOTAL	82,634	91,509	108,026	119,935	132,576

IMPACTS TO THE CONTINUUM OF CARE

ATS Beds increased by 36%

CSS Beds increased by 163%

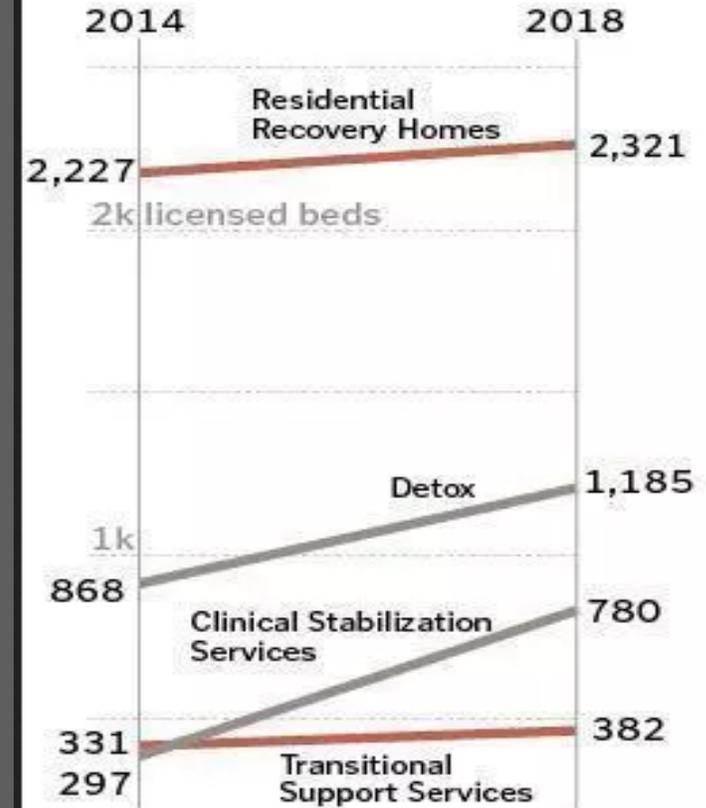
TSS Beds increased by 15%

Recovery Home Beds increased by 4%

Overall 60% increase in budget of BSAS since 2014

Inpatient addiction treatment in Mass.

Short-term acute care beds have grown. Longer-term recovery care has seen little change.



SOURCE: Bureau of Substance Addiction Services

IRFAN URAIZEE/GLOBE STAFF

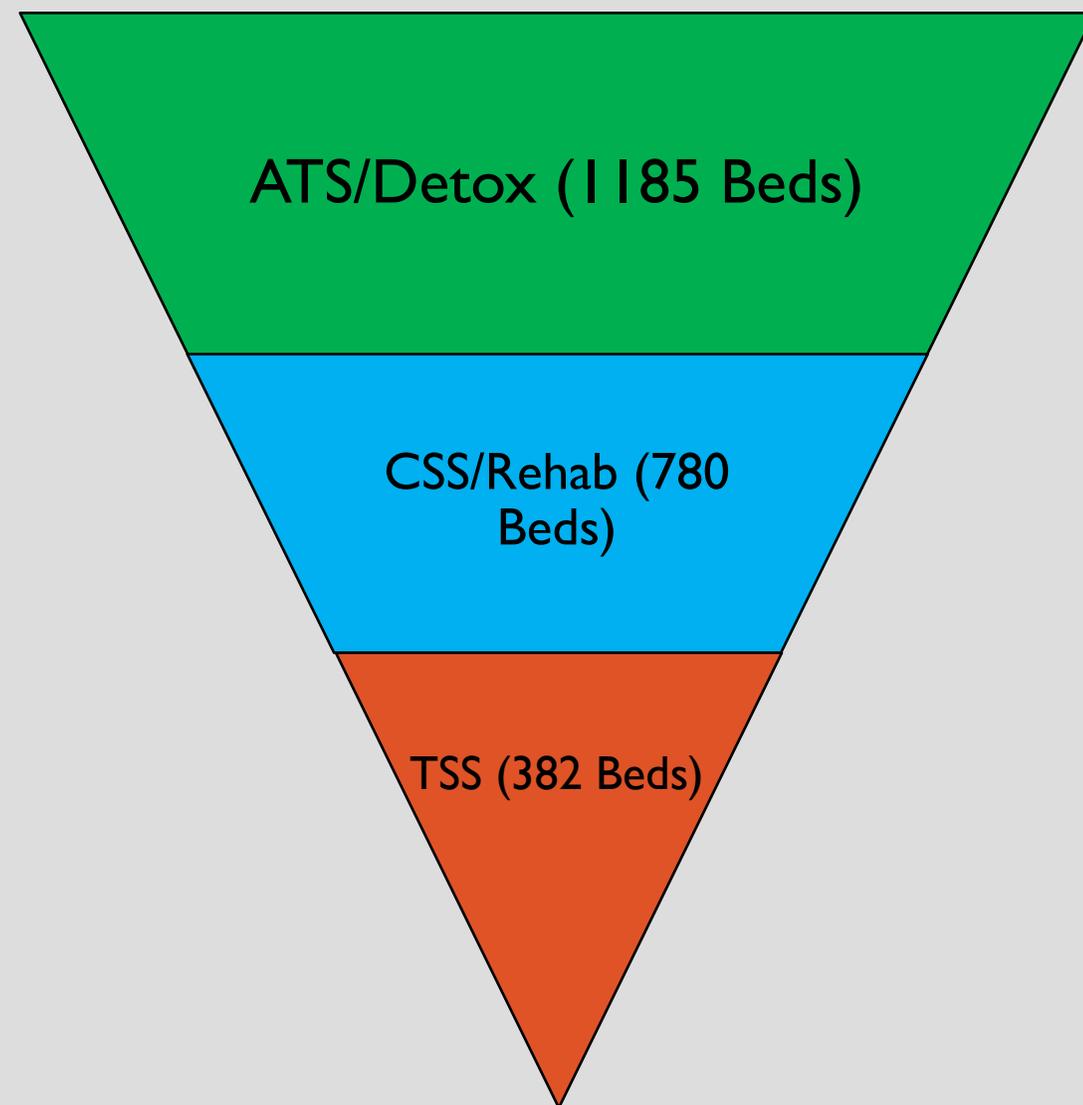
SUMMARY OF THE CONTINUUM OF CARE

Massachusetts is a national leader in providing a comprehensive continuum of care for SUD's

Legislature has been involved in development of continuum over last decade

Providers are experiencing challenges since changes to funding formulas and reimbursement

Clinicians still report difficulty in finding placement for clients and finding treatment beds



Source: Bureau of Substance Addictions Services

BOTTLENECK



ATS/Detox (1,185
Beds)

CSS/Rehab
(780 Beds)

TSS (382 Beds)

MASH Certified
Sober Homes
(2,242 Beds)

Recovery Homes
(2,321 Beds)

WHAT DOES THE RESEARCH SAY?

1. Polcin, D. L. (2009). **A model for sober housing during outpatient treatment.** *Journal of Psychoactive Drugs*, 41(2), 153-161.
2. Polcin, D. L., Korcha, R. A., Bond, J., & Galloway, G. (2010). **Sober living houses for alcohol and drug dependence: 18-month outcomes.** *Journal of Substance Abuse Treatment*, 38(4), 356-365.
3. Polcin, D. L., Korcha, R., Bond, J., & Galloway, G. (2010). **What did we learn from our study on sober living houses and where do we go from here?** *Journal of psychoactive drugs*, 42(4), 425-433.

FINDINGS AND LIMITATIONS

KEY FINDINGS

- Living environments play a key role in recovery outcomes
- Finding stable living environments for people in early recovery is extremely challenging
- Participants in the research studies who were in stable, sober living environments had better outcomes than their counterparts.

LIMITATIONS

- Difficult to measure outcomes because of issues randomizing placement of clients.
- Lack of available research that can account for the effectiveness of ancillary social supports such as 12-step groups
- Some of the studies utilized data that was self-reported by participants

MEDICATION-ASSISTED TREATMENT (MAT)

COMMON FORMS

- Suboxone (Buprenorphine)
- Methadone
- Vivitrol (Naltrexone)

TREATMENT

- Outpatient Prescribers or Clinics
- **Recommended** behavioral health competent to be included
- Gold Standard of care among medical profession

ATS/Detox (1,185
Beds)

MAT (1,979
Prescribers)

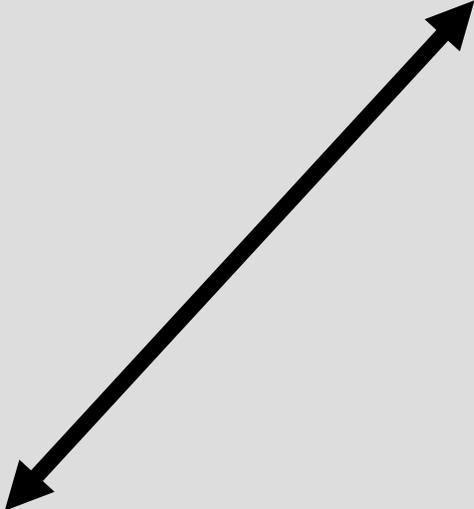


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RECAP

Treatment works.

Longer treatment works better.

Lack of supply in the long-term
recovery care beds has led to
challenges.

MAT has provided new tools but
also new challenges.

WHAT IS SOBER HOUSING?

- A sober, safe, and healthy living environment that promotes recovery from alcohol and other drug use and associated problems
- Residents of sober homes are expected to abstain from alcohol and illegal drug use.
- Peer to peer recovery
- Sober homes support various abstinence-based pathways to recovery, and each residence focuses on one or more particular pathway.
- Payment terms vary, but residents can expect to pay monthly (or weekly) fees and sign an agreement committing themselves to a minimum length of stay and adhering to clearly stated house rules that support the recovery of the individual and the community.
- MASH sober homes meet standards addressing safety from an administrative, operational, property, and good neighbors perspective



SOBER HOUSING AND MAT

Sober homes may ask applicants questions that determine their ability to meet financial requirements, their history of substance use and recovery, and whether they otherwise meet the home's eligibility criteria. Screening procedures should be consistent, fair, and documented, and a residence should not accept or reject an applicant solely based on their use of MAT. Such exclusions may violate the Federal Fair Housing Act and/or the Americans with Disabilities Act.



MISSION

The Massachusetts Alliance for Sober Housing (MASH) exists to ensure and promote critical management, operational, and ethical standards of sober homes, as well as to promote technical assistance to new and existing homes.

WHAT IS MASH?

- Formed in 2007 by a group of sober home operators
- 501(c) (3)
- In July 2014, MGL Ch.17 Section 18A became law, creating voluntary certification of Massachusetts sober homes.
- Voluntary statewide sober home certification began 2016
- MASH contracts with BSAS to certify sober homes
- Affiliate of the National Alliance for Recovery Residences (NARR)
- Currently 185 MASH certified sober homes

WHAT DOES MASH DO?

- Certifies sober homes using national standards (NARR)
- Serves as the primary agency for accountability of all certified homes in MA
- Fosters statewide representation and coalitions
- Provides supervision and training for sober homes
- Maintains a website with information on all certified sober homes in MA



www.mashsoberhousing.org

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QUESTIONS?