

Housing and Recovery Support Questions

A place to live and a treatment program are different decisions. Ask what a recovery residence actually provides, which care you would receive elsewhere, and what the written agreement requires before moving in.

Keep completed notes private. Use short notes in each box; continue on another copy or separate paper when needed. Save the completed PDF on your device and reopen it to check your notes before closing.

Recovery residences combine housing with a recovery-focused community. NARR describes four broad support types: peer-run, monitored, supervised and clinical. They differ in governance, staffing and services. Only the clinical type includes clinical addiction treatment as part of that designation. These housing support types do not, by themselves, decide what medical care you need. [1]

Compare the Support, Not Just the Name [1]

NARR support type	Main distinction
Peer-run	Residents govern the home and use shared rules and peer accountability.
Monitored	House rules and peer accountability, often with a house manager.
Supervised	Structured recovery and life-skills support with supervised, trained or credentialed staff.
Clinical	Recovery housing that also incorporates clinical addiction treatment.

Before You Agree to Move In

Area	What to ask for
Identity and oversight	Legal operator, exact address, written rules and any claimed certification. Verify with the named body.
Fees	Rent, deposit, extra charges, refund terms and notice requirements in writing.
Daily life	Room arrangements, visitors, curfew, work expectations, transportation and accessibility.

Area	What to ask for
Medication and appointments	How prescribed medicines are stored and accessed; how you can attend treatment and pharmacy visits.
Problems or emergencies	Who is available, how to raise a concern, what happens after a return to use, and how a departure is handled.

Worked Example: Housing Is Only Part of the Plan

Fictional example: a house offers peer support but no medication appointments. Before moving, confirm where those appointments will happen and how you will get there. A room being available does not answer the treatment question.

Residence Comparison Notes

Home, contact and written agreement

Address, person contacted, date, fees and documents received.

Support and outside care

What is provided; appointments, medication access and transport to arrange elsewhere.

Unanswered questions before moving

House rules, certification claim, privacy, complaints or departure arrangements.

Check Support Options

NARR: recovery-residence standards

<https://narronline.org/standards/>

Addiction recovery

<https://www.addictionhelp.com/recovery/>

Sources

[1] National Alliance for Recovery Residences: Standards

<https://narronline.org/standards/>