



# North Central Health Care

Person centered. Outcome focused.

## PROGRAM APPLICATION TO THE RETAINED COUNTY AUTHORITY COMMITTEE

DATE: February 11, 2018  
TO: North Central Community Services Program Board  
FROM: Laura Scudiere, Human Services Operations Executive  
Michael Loy, Chief Executive Officer  
RE: Sober Living Environment

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### **Purpose**

NCHC is proposing to implement a sober living model that is an extension of our existing treatment services.

### **Current Situation and Program Overview**

#### ***Background***

Sober living is defined in many ways, but for our purposes will be an extension of existing treatment modalities wherein individuals are provided a structured housing opportunity that supports existing substance use treatment. Individuals who would participate in sober living would be required to be actively engaged in recovery programming as appropriate for them individually. Please note that this proposal makes a distinction between sober living environments and transitional housing. Transitional housing is defined as post-jail housing, used to ensure that individuals have a safe and sober housing environment on release. Sober living is unique in that it acts as an extension of existing substance use treatment.

NCHC has been participating in conversations with Langelade, Lincoln, and Marathon Counties regarding their sober living housing needs. There is only one sober living facility in NCHC's three county region. Hope House, operated by a NCHC program, Community Corner Clubhouse, has 5 beds and the individuals have to be active members of Clubhouse and also case managed by the Community Treatment program. Hope House is operated on an Oxford House model, which is essentially run by the residents. NCHC Clubhouse staff attend to Hope House on business days by visiting and meeting with the residents, running house meetings, and by providing staff support. The Oxford House model generally requires little supervision as the rules and structure are created and managed by the residents themselves. This small house is structured through the requirement for community treatment service. Drawbacks to this model include lack of organizational control over house rules and structure, as these are designed by the house residents.

There are a variety of sober living models beyond the Oxford House model, with varying levels of efficacy and program requirements. Chris Grant, Medical College of Wisconsin Student, was tasked with reviewing several models for Langlade County and reviewed how they provided support to individuals in the program and the surrounding communities. Each model had different requirements and standards for the participants. The model that was recommended by Chris Grant, owned by Apricity (hereby referred to as the "Apricity model") has an evidence-based approach and incorporates Recovery Coaching into the model. Participants are required to have 30 days of sobriety, actively participating in treatment and weekly house meetings, participate in regular drug/alcohol screenings, follow rules including curfews and visitor restrictions, and pay a specified portion of their rent. This model is also structured and overseen by a treatment organization, which has the ability to modify rules of the house, manage house vacancies, organize and approve support groups and events, and evict tenants when applicable. No state licensure is required if licensed substance abuse treatment is not provided on site. However, support groups such as NA, AA, and relapse prevention can occur on site as well as recovery coaching.

### ***Recommendation***

The recommendation is to purchase the Apricity Model, which would provide NCHC with evidence-based policy and procedures, consultation, and program experience. Consultation would be with the Apricity CEO, who is nationally recognized for the quality of the model. They would include information on how to set up homes, house rules, tours of the existing homes in Appleton, Recovery Coach training for the Sober Living Coordinator, and onsite training at Apricity. Essentially, the existing success of the model in Appleton would be replicated in Langlade County and then could be copied for Lincoln and Marathon.

NCHC would start a sober living pilot program with one 8-bed women's-only house in Langlade County, slated for implementation in early 2020, but could be sooner depending on funding. The model can then be placed into the other counties in late 2020, based on availability of the homes and contingent on zoning and financial considerations.

As part of the model, a recovery coach mentor stays at the facility rent-free. This individual would be a successful graduate of the program and provide guidance and support for those at the house. In addition, a Sober Living Coordinator would be hired, who would monitor, evaluate, and coordinate the housing, meals, supplies, budgetary considerations, events and group activities, and other program maintenance.

### **Projected Costs**

#### ***Revenues***

This program would require the tenant to pay a portion of their rent at a rate of \$350 per month. Based off of a full 7 bed house (one bed would be the live-in mentor who would provide services in exchange for free rent), the rent would be approximately \$2,450 per month of income or \$29,400 of rent income per year.

NCHC services would not be billed at the sober living house, as the site itself would not be certified. Residents would be expected to attend treatment activities at NCHC's Antigo office on 1225 Langlade Road. This would provide the benefit of giving the residents a change in scenery each day and a familiarity with the support systems available to them.

**Expenses – Personnel**

Sober Living Coordinator 1 FTE with a hourly salary of \$22.00 for a total annual salary of \$45,760. Benefits expenses would be approximately \$18,287 for a total cost of \$64,000.

Cost of on-call coverage 24 hours a day, 7 days a week would be \$2.50 per hour during non-business hours. 128 hours per week is \$320 with the total additional cost of \$16,640 per year.

**Total cost of personnel: \$80,640**

**Other Expenses**

Ongoing Yearly Operational Costs

House maintenance (routine)	\$5,000
Food	\$17,000
Supplies	\$5,000
Linens and bedding	\$300
Utensils	\$100
Program Expenses	\$5,000
Electricity	\$3,500
Water and Sewer	\$1,600
Telephone	\$4,300
IT Device Support	\$1,650
Travel Expense	\$500
Total	\$43,950

Start Up Costs

Furniture (desks, beds, couches, TV, tables, chairs, etc)	\$5,000
Apricity Sober Living Model and Consultation	\$10,000

**Year 1**

Revenue: \$29,400  
Expense: (\$139,590)  
Total: (\$110,190)

**Year 2**

Revenue: \$29,400  
Expense: (\$124,590)  
Total: (\$95,190)

**Financial Implications**

Startup costs will need to be funded, as well as a commitment for ongoing expenses. To operate this program NCHC would need Langlade County to purchase the home and providing for necessary modifications. Budget assumes that Langlade County would provide ongoing maintenance, snow removal, and lawn care for the property.

### ***Other Financial Opportunities***

Local food pantries may be able to assist with cost of food, subsidizing expenses for the house. A local food pantry in Lantana County has already committed to donating food for the house. Chris Grant, MCW Student, believes that the contributions from the food pantry could save up to \$8,400 a year in cost.

There would be efficiencies of scale for the expenses to the program if other houses are added. For example, all houses could benefit from the same coordinator.

### ***Risk Factors***

- Marathon and/or Lincoln are unable to identify facilities for sober living housing units.
- Lantana County is unable to support the startup costs and/or the ongoing support of the program.
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- Neighborhoods around the identified housing units are resistant to having sober living in their community or general vicinity
- Challenges with recruiting qualified staff and mentors

## **I. Summary of Other Factors**

### ***Impact on Other NCCSP Programs***

Currently, without sober living environments, NCHC programs who assist individuals with substance use issues find it very difficult to find placement for individuals in their care. Having housing during earlier stages of sobriety assists with continued treatment and limits external stressors. Limited housing options have been a frustration of Community Treatment case managers, crisis professionals, social workers, linkage and follow-up workers, and outpatient providers alike. Having options for safe and sober environments would enhance the continuum of care for individuals in the community.

### ***Implementation Milestones***

- Approval of model
- Funding secured for Lantana County
- Building purchased/secured
- Model purchased
- Staff hired
- Neighborhood meetings conducted (as needed)
- House opened
- 3 month program evaluation completed

## **II. Summary of Impact on Member County Programs and Resources**

### ***Impact on County Programs***

In Lantana County, a sober living facility will enhance the newly added treatment options available to people in the community. Criminal justice can continue to move toward its goal of having a drug court, with the knowledge that wrap around services will be available to the individuals who participate.

Marathon and Lincoln Counties will benefit from having a program built off of a pilot in Langlade County. Programming will be tested and will be able to grow easily into the other counties.

On average seven individuals will be entering the workforce during their stay at the sober living environment. Several of these individuals will remain in the jobs well after they leave the treatment program. For instance, after 3 years if we have 2/3rds of the individuals who are successfully treated in the sober living facilities, we can estimate that 37 individuals will maintain employment in industries that are in dire need of workers.

