

SUPPORTING THE DEVELOPMENT OF RECOVERY HOUSING



THE IMPORTANCE OF RECOVERY HOUSING IN NEW HAMPSHIRE

In New Hampshire, access to housing remains one of the greatest obstacles for people facing substance misuse. Recovery housing is important for individuals with substance use disorder because it provides a safe and healthy living environment. Data shows that access to recovery housing is associated with positive outcomes including decreased rates of substance use, lower chances of reoccurrence, and reduced rates of incarceration.

RECOVERY RESIDENCES IN NEW HAMPSHIRE

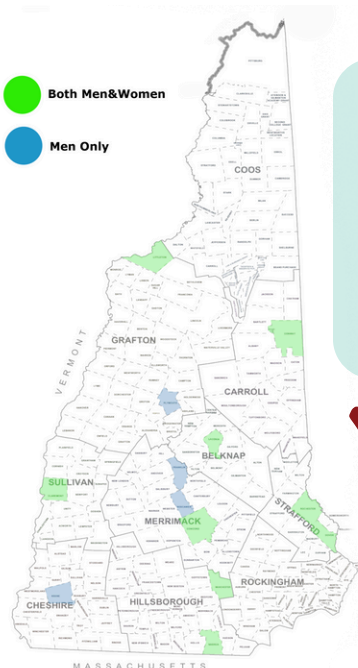
Although recent years have shown an increase in certified recovery homes across the state, there are still not nearly enough available beds to meet the needs of our communities.

97 total recovery residences certified across the state

1,308 total beds available for Granite Staters in need

0 certified recovery residences in Coös and Rockingham counties

15,419 additional beds needed statewide



The map of recovery housing across New Hampshire reveals pockets in certain areas where there are no or few certified residences, despite the growing need.

BENEFITS OF RECOVERY HOUSING

Recovery housing provides a bridge between inpatient treatment and independent living, playing a crucial role in supporting long-term recovery and improving overall health. It benefits individuals in recovery by offering:



Structure and Accountability: By providing residents with stable routines such as daily responsibilities, curfews, and house rules, structured living environments improve recovery outcomes. ¹



Social Support: Recovery housing encourages supportive relationships among residents. Being around peers who are also in recovery and free from substance use is associated with better outcomes. ²



Resources: Recovery houses often provide opportunities for residents to learn essential life skills, such as budgeting, cooking, job searching, and managing relationships, which are all important factors in achieving long-term recovery. ³

References:

1. Dennis, M. L., et al. (2004). The Effectiveness of Structured Sober Living Houses in Treating Substance Use Disorders. *Journal of Substance Abuse Treatment*.
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. <https://doi.org/10.1016/j.jsat.2010.02.003>
3. Substance Abuse and Mental Health Services Administration. (2023). Best Practices for Recovery housing. In Substance Abuse and Mental Health Services Administration. <https://store.samhsa.gov/sites/default/files/pep23-10-00-002.pdf>



2025 LEGISLATION

2025 legislation aims to support the development of recovery housing, expanding access to these essential resources and further addressing the state's ongoing addiction crisis.

Cities and towns play a critical role in expanding access to recovery housing. However, a lack of clarity around zoning and fire regulations for recovery homes has restricted the development of these essential resources. Current legislation aims to address these issues by providing cities and towns with clear guidelines that align with existing state regulations for other residential homes. This would allow them to support the development of much-needed recovery housing and help New Hampshire combat the ongoing addiction crisis.

TAKE ACTION



Share your experience with recovery housing in New Hampshire



Contact your lawmakers to urge them to support the development of recovery housing



Spread the word on social media - follow @NewFuturesNH for updates!

Scan or visit
[new-futures.org/
recovery-housing](https://new-futures.org/recovery-housing)



PERSONAL STORIES

“ A safe environment for early recovery is crucial. Whenever someone substance dependent makes the attempt to live substance free, the risk of relapse is highest by far in the beginning. **Being surrounded by like-minded people who offer support, empathy, and accountability can be the difference between becoming a success story or a statistic.** Anything we do to make sober housing easier to access, not harder, saves lives. ”

- Anena Hansen, Granite Stater in long-term recovery whose loved one resided in a recovery home

“ With zoning, planning, fire regulations, and all that, I had to learn as I went. I had a lot of support from my city, but there was still a lot of confusion around the law. **It took seven months of working with the zoning board and city to finally open a new house.** Across those seven months, people probably died because they didn't have anywhere to go. ”

- Shawn Cannizzaro, owner of Hope 2 Freedom Recovery Homes in Claremont