

Policy Rounds

Exploring Policies Shaping Addiction Medicine

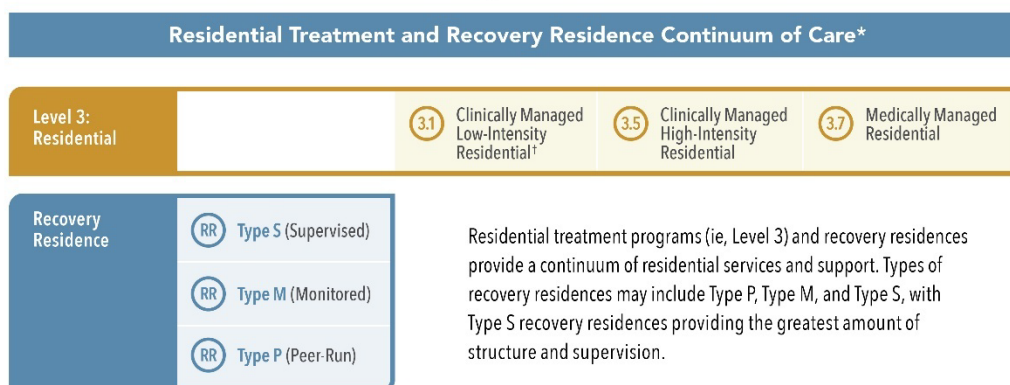
Recovery Residences and The ASAM Criteria, 4th Edition

The ASAM Criteria® provides a framework for organizing addiction treatment systems and helps providers match patients to the most appropriate level of care based on their individual needs within the continuum of care. As part of that continuum of care, the Fourth Edition of *The ASAM Criteria* now includes **recovery residences, which are home or home-like settings that offer opportunities for residents to practice interpersonal and life skills. Only Clinical Recovery Residences (or RR Type C Programs) (described below) are equivalent to *The ASAM Criteria* Level 3.1 residential treatment programs that apply the social model.**

For some individuals with substance use disorders (SUD), *The ASAM Criteria* may recommend a **recovery residence alongside an outpatient level of care**. This addition recognizes the significant role recovery residences play in some individuals' recovery journeys.

Letters Designate Intensity and Structure of Recovery Residences' Services

Figure 15.3



* Developed in coordination with the National Alliance for Recovery Residences (NARR).

† NARR Type C (Clinical) programs are equivalent to *The ASAM Criteria* Level 3.1 that applies the social model.

Source: *The ASAM Criteria: Treatment for Addictive, Substance-Related, and Co-Occurring Conditions*. 4th ed. Vol 1 Adults

Recovery Residence Types: Clinical, Supervised, Monitored, and Peer-Run

Clinical Recovery Residences (or RR Type C Programs) integrate the social and medical model, typically using a combination of supervised peer and professional staff. In addition to peer-based recovery support, recovery support services, and life skills development, RR Type C offers clinical addiction treatment. While all Type C residences are licensed treatment programs, not all licensed treatment programs qualify as social-model-based RR Type C. Throughout the 1990s, many treatment programs discontinued social model recovery elements, a distinct departure from today's residential community milieu approach. An example of an RR Type C is a recovery residence that implements social

model recovery care in a therapeutic community, which is most aligned with *The ASAM Criteria* Level 3.1: Clinically Managed Low-Intensity Residential Treatment.*

Supervised Recovery Residences (or RR Type S programs) have supervised, trained, and credentialed staff who deliver weekly structured and life skills development programming.

Monitored Recovery Residences (or RR Type M programs) are often referred to as sober homes or sober living, are alcohol and illicit substance-free, and utilize house rules and peer accountability to maintain a safe and healthy living environment; they can also provide recovery support services and life skills development.

Peer-Run Recovery Residences (or RR Type P programs) are alcohol and illicit substance-free and democratically run; Oxford Houses are the most widely known example.

Table 15.1

RECOVERY RESIDENCE TYPES				
Recovery Residence Types	NARR Type			
Bundled Services	P	M	S	C*
Living environments free from alcohol and illicit substances	X	X	X	X
Mutual aid and social model milieu	X	X	X	X
Recovery support services delivered by professional staff†			X	X
Life skills development programming			X	X
Treatment services				X
Governance and Staffing				
Democratically elected leaders	X			
Appointed resident leaders and/or managers		X	X	X
Trained and/or credentialed peers (Type S) or staff (Type C)			X	X
Supervised staff			X	X

* RR Type C programs are a subtype of *The ASAM Criteria* Level 3.1 and should meet the Level 3.1 service characteristic standards (pp 92-94); text in **bold** represents the primary differences between the two types of care. The unique addition of a governance structure within RR Type C, including resident leaders and/or managers, supports individual self-management skills and promotes each individual taking responsibility for the wider recovery community.

† Recovery support services include formalized services delivered by paid staff.

Source: *The ASAM Criteria: Treatment for Addictive, Substance-Related, and Co-Occurring Conditions*. 4th ed. Vol 1 Adults

***The ASAM Criteria Level 3.1 Clinically Managed Low-Intensity Residential Treatment programs appropriately treat patients who may benefit from initiation or titration of addiction or psychiatric medications, but don't require active or integrated medical management or nurse monitoring.** All patients with SUD should be assessed for the need for addiction medications for opioid use disorder, alcohol use disorder, tobacco use disorder, off-label medications for other SUDs, including stimulant use disorder and cannabis use disorder, as well as medications to manage post-acute withdrawal symptoms. Programs facilitate necessary medical appointments in-person or via telehealth, coordinate care with external treatment providers, and provide the support that would typically be provided if the patient were in an outpatient setting. For example, programs can support appointment attendance, help obtain prescriptions from pharmacies, and/or provide reminders for self-administration of prescribed medications. (This brief uses the term tobacco use disorder, which aligns with DSM-5-TR classification, even though it does not fully capture all nicotine/tobacco behaviors.)

Acknowledgements and Disclaimer

As part of the American Society of Addiction Medicine (ASAM) Advocacy Department's "Policy Rounds" series, this educational brief was prepared in coordination with ASAM's Legislative and Public Policy Committee. ASAM appreciates the review and contributions of those members in preparation of this educational brief.

This educational brief does not reflect the official public policy of ASAM. The information herein is provided for educational purposes only and was adapted from *The ASAM Criteria: Treatment for Addictive, Substance-Related, and Co-Occurring Conditions*. 4th ed. Vol 1 Adults, referenced below.

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Reference

Waller, RC, MP Boyle, and SR Daviss, et. al., eds. *The ASAM Criteria: Treatment for Addictive, Substance-Related, and Co-Occurring Conditions*. 4th ed. Vol 1 Adults. Hazelden Publishing, 2023



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