

# GARR/NARR Levels Guide

NARR's Levels cover a continuum that differentiates programs based on service mission and intensity. Lower levels offer lower service-intensity and higher levels offer higher service-intensity. One Level is not better than or more desirable than another. The Levels identify choices within a spectrum of options.

In the current form, the NARR levels are "big buckets", meaning much variability exists within each level. Given changing market trends and state laws, "big buckets" allow for diversity, flexibility, and responsiveness in the marketplace while empowering consumer and referral agent choices. In general, the Levels distinguish the services that are provided.

**Level 1s** - This level is appropriate for a more mature individual who has established adult living skills, is able to self-regulate, and is committed to recovery.

Level 1 Recovery Residences are democratically run alcohol- and drug-free recovery homes. Oxford Houses™ are the most widely known example and are included in SAMHSA's National Registry of Evidenced-based Programs and Practices (NREBPP). Like Level 2s, Level 1s maintain a recovery culture and community through behavioral standards, house rules and peer accountability. The key difference is that Level 1s are democratically governed.

A hallmark of Oxford House™ and other Level 1s is that they are democratically run. The community elects resident leaders and votes on decisions. To a lesser extent, other Levels may choose to empower residents and/or alumni through planning or advisory committees.

**Level 2s** - This level is appropriate for the individual with some intrinsic motivation who would benefit from a nominal level of structure and support.

Level 2 Recovery Residences, often called sober homes or sober living, are alcohol- and drug-free recovery housing that use house standards, rules and peer accountability to maintain safe, healthy and structured living environments. Senior residents are often appointed as the head of the household, frequently called the House Manager. To serve higher need populations, such as transitional-aged youth with opioid use disorders, some Level 2s add recovery support services and life skills development, but at a lower intensity than Level 3s.

Whereas Level 1s elect the House President, Level 2 owners/operators appoint a senior resident to be the Residence Manager (House Manager). The Manager's responsibilities can vary greatly depending on the size of the organization and the division of labor. Compensation ranges from reduced or no rent to a part-time or full-time salaries. Level 3s and 4s typically appoint a Resident Manager.

**Level 3s** - This level is appropriate for the individual who needs a higher degree of structure and support, perhaps coming out of a stabilizing residential treatment center.

Level 3 Recovery Residences provide weekly, structured programming that includes peer-recovery support services (e.g., recovery and resiliency groups or person-centered recovery planning) and life skills development (e.g., job readiness or budgeting). Staff are supervised, trained or credentialed, and are often graduates of the program. Level 3s are designed to support people who need extended lengths of support at a higher level of intensity than what Level 1s and 2s provide.

Level 3s serve people with less recovery capital and/or higher or more complex needs. As such, Level 3s provide workforce performance support or supervision to ensure skill development, role fidelity, quality assurance and outcome improvement, and staff recovery and resiliency support. In addition, Level 3 staffing plans reflect the training and certification required to effectively deliver a range of support services.

**Level 4s** - This level is characterized by perhaps the highest degree of daily structure. This is an appropriate level for someone new to the recovery process and/or needing life skill development.

Level 4 Recovery Residences integrate the social and medical models using a combination of supervised peer and professional staff. In addition to peer-based recovery support and life skills development, they offer clinical addiction treatment services. In Georgia, all Level 4s are licensed treatment programs.

In addition to formal supervision, Level 4s services are delivered in part by licensed/certified professionals. However, using staff with clinical credentials does not automatically confer a Level 4 status.

## **Explanation of Service Offerings**

### **Peer Recovery Support Services**

Peer Recovery Support Services (PRSS), also known as peer-based recovery services, are non-clinical services that promote long-term recovery. They are distinguished from both professional treatment and mutual aid services.

In contrast to professionally delivered services, PRSS are peer developed and delivered, and in contrast to 12 Step and other forms of mutual aid, PRSS are delivered through formal structures and via specialized roles. Many incorporate evidenced-based and promising practices delivered in a one-on-one, group and/or electronic settings, (e.g., Motivational Interviewing, Wellness

Recovery Action Planning, Whole Health Action Management, Partners for Change Outcome Management System, Back to Basics, Making Alcoholics Anonymous Easier), or telephonically (e.g. Recovery Check-ins. PRSS interventions are typically delivered by a trained, and ideally certified and appropriately supervised individuals.

PRSS typically reflect a shift in focus from the pathology of addiction to each individual's assets and strengths for initiating and sustaining long-term recovery. These internal and external resources, commonly known as recovery capital, are available to initiate and sustain long-term recovery. Recovery capital includes a person's skills and attributes, family and social connections, physical and mental health, safe places to live and play, employment and education, and community affiliations.

### **Life Skills Development Classes**

For various reasons, persons in early recovery often lack or have poorly developed life skills that are keys to success. Common offerings include employment skills and job readiness classes and education around budgeting, nutrition, relationships, and time management.

NARR recognizes life skills development delivered by qualified subject matter experts following formalized curricula. While household chores cultivate social recovery roles and a functionally equivalent family, chores unto themselves are not formalized life skills development.

### **Clinical Services**

State-by-state statutes define what are considered clinical services or treatment. At the risk of oversimplifying, clinical services are delivered by certified or licensed addiction professionals.

***Any clinical services provided as a standard or advertised component of a residence's services requires that the residence be licensed as a treatment provider organization.***

Residential treatment centers would be Level 4s even if they also provide the required social model, peer recovery, and life skills support.

This guide is provided by The GARR Network as a simplified source to understanding the NARR levels.



**RECOVERY RESIDENCE LEVELS OF SUPPORT**

		<b>RECOVERY RESIDENCE LEVELS OF SUPPORT</b>			
		<b>LEVEL I Peer-Run</b>	<b>LEVEL II Monitored</b>	<b>LEVEL III Supervised</b>	<b>LEVEL IV Service Provider</b>
<b>STANDARDS CRITERIA</b>	<b>ADMINISTRATION</b>	<ul style="list-style-type: none"> <li>• Democratically run</li> <li>• Manual or P&amp;P</li> </ul>	<ul style="list-style-type: none"> <li>• House manager or senior resident</li> <li>• Policy and Procedures</li> </ul>	<ul style="list-style-type: none"> <li>• Organizational hierarchy</li> <li>• Administrative oversight for service providers</li> <li>• Policy and Procedures</li> <li>• Licensing varies from state to state</li> </ul>	<ul style="list-style-type: none"> <li>• Overseen organizational hierarchy</li> <li>• Clinical and administrative supervision</li> <li>• Policy and Procedures</li> <li>• Licensing varies from state to state</li> </ul>
	<b>SERVICES</b>	<ul style="list-style-type: none"> <li>• Drug Screening</li> <li>• House meetings</li> <li>• Self help meetings encouraged</li> </ul>	<ul style="list-style-type: none"> <li>• House rules provide structure</li> <li>• Peer run groups</li> <li>• Drug Screening</li> <li>• House meetings</li> <li>• Involvement in self help and/or treatment services</li> </ul>	<ul style="list-style-type: none"> <li>• Life skill development emphasis</li> <li>• Clinical services utilized in outside community</li> <li>• Service hours provided in house</li> </ul>	<ul style="list-style-type: none"> <li>• Clinical services and programming are provided in house</li> <li>• Life skill development</li> </ul>
	<b>RESIDENCE</b>	<ul style="list-style-type: none"> <li>• Generally single family residences</li> </ul>	<ul style="list-style-type: none"> <li>• Primarily single family residences</li> <li>• Possibly apartments or other dwelling types</li> </ul>	<ul style="list-style-type: none"> <li>• Varies – all types of residential settings</li> </ul>	<ul style="list-style-type: none"> <li>• All types – often a step down phase within care continuum of a treatment center</li> <li>• May be a more institutional in environment</li> </ul>
	<b>STAFF</b>	<ul style="list-style-type: none"> <li>• No paid positions within the residence</li> <li>• Perhaps an overseeing officer</li> </ul>	<ul style="list-style-type: none"> <li>• At least 1 compensated position</li> </ul>	<ul style="list-style-type: none"> <li>• Facility manager</li> <li>• Certified staff or case managers</li> </ul>	<ul style="list-style-type: none"> <li>• Credentialed staff</li> </ul>