

# Project HOMES

Medication Assisted Treatment (MAT), (new language: Medication Assisted Recovery (MAR)) relieves the withdrawal symptoms and psychological cravings that cause chemical imbalances in the body and combined with other recovery support services improves recovery engagement and outcomes. Research shows that recovery residences provide a safe, healthy, community-based alternative for facilitating recovery at all stages of the recovery process. Outcome studies show that the longer an individual remains in a treatment / recovery environment, the greater are his or her chances of sustaining recovery. The Houses of Extra Measures Men and Women are providing two male and two female recovery homes to UTHealth School of Public Health for a unique research study for persons engaged in Medication Assisted Recovery. All houses are certified to NARR quality standards and have a trained onsite staff. The study is throughout the state of Texas and fully funded by HHSC to examine how recovery homes can help people with opioid use disorder. As part of the Project HOMES (Housing for Opioid MAT Expanded Services) study, recovery coaches from Santa Maria and The Montrose Center will be assigned to one each of the men's and women's houses.

Initial steps are a tour and interview with the house manager, completion of an application and acknowledgement of voluntary participation in the study.


## Inclusion Criteria:

- Genuine commitment to recovery
- Typically, enrolled in an IOP program, preferably with a MAT component.
- 18 Years of age or older, English or Spanish speaking.
- Ability to self-care and self-manage non-MAT medication not otherwise monitored by HoEM.
- Ability to consent.
- Participants must agree to sign HIPAA-compliant releases that allow UTHealth to monitor their participation in their MAT program.
- Participants voluntarily agree to meetings with UTHealth staff for data collection purposes.
- Participants who reside in the house with enhanced recovery support agree to meet with their assigned recovery coach on a regular basis.
- Wait list priority given to Native Americans.

## Exclusion Criteria

- Controlled substance prescription medications except those allowed by reasonable accommodation.
- Testing positive for substances that are non-MAT and not otherwise allowed by reasonable accommodation.
- Women with children
- Pre-existing pregnancy

The contacts for admission are:

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|  <p>THE HOUSES OF<br/><b>EXTRA MEASURES</b></p> | <p><u>Houston</u><br/>Men 240 W. 23<sup>rd</sup> Street<br/>713-299-4976<br/>108 Melbourne Street<br/>832-741-1949<br/>Women 2329 Hoskins Drive<br/>832-651-9945<br/>9703 Truscon Drive<br/>832-524-7697</p> | <p><u>Additional cities!</u><br/>Austin 512-348-7016<br/>Midland 432-241-3420<br/>San Angelo 325-224-3481<br/>El Paso 915-315-1054</p> |
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HOEM will remove someone from the waitlist if a) they no longer meet inclusion criteria (ie ceased MAT or returned to active substance use); b) newly meet exclusionary criteria; or c) that person declines the bed when offered to them.

**See reverse side for Houston houses admission requirements!**

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## Admission Requirements

Candidates who have been accepted for admission need to ARRIVE to the house with the following:

A sincere commitment to participate in a robust recovery program and uphold our high-structure, high-accountability standards.

Stabilized on MAT medications.

Ability to pass a drug screen for alcohol and other substances.

Written OUD diagnosis from a clinical provider.

A current, valid prescription for Suboxone or Naltrexone and ability to pay for ongoing MAT doctor appointments and MAT medication, only to taper and cease under doctor's orders; or a letter from the treatment provider for ongoing Methadone including dosage; or if Vivitrol or Sublocade, the date administered and next appointment date.

Medications or prescriptions for ALL other medications prescribed and ability to pay for it.

Reasonable accommodation letter from your prescribing doctor (ask for our sample) if you intend to take a controlled substance medication other than the MAT medications.

Vaccination record (at least one shot, and we will follow up to ensure current vaccination.)

Ability to pay for or obtain bus passes, tobacco/vape and preferred snacks upon arrival to the house from financial sources outside the house.