



Recovery Residences

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Levels (Types) of Recovery Residences

Recovery Residence Levels define the range of recovery housing. All recovery residences offer alcohol and illicit substance-free living environments and utilize a social model recovery approach. They are differentiated by the intensity of staffing, governance, and recovery support services. NARR Levels are informed by the American Society of Addiction Medicine-living (ASAM) categorization of different types of treatment and recovery programs, and the terms, Levels and Types, can be used interchangeably.

There are four categories of sober-living environments according to the National Association of Recovery Residences.

Types of Recovery Residence Support

Current NARR Levels	New ASAM/NARR Types	Defining Characteristics
LEVEL 1	TYPE P	Peer-Run, decisions made solely by residents.
LEVEL 2	TYPE M	Managed environments; house rules, appointed resident leader.
LEVEL 3	TYPE S	Supervised activities, staffing, life skills programming,
LEVEL 4	TYPE C	Clinical services included.

Level 1: Peer-run

Peer-run recovery housing is a single-family home that is democratically run, typically with a senior resident holding other residents accountable. Usually, there are no paid clinical positions within this type of residence, but there are regular drug and alcohol screenings. House meetings are also typical in Level 1 sober homes.

Level 2: Monitored

A Level 2 sober home or monitored sober living home is usually a single-family home or apartment. They are often run by a house manager, a senior resident, and at least one paid staff member. Peer-run groups are typical, as well as regular house meetings and drug and alcohol screenings.

Level 3: Supervised

Supervised sober residences often vary but are typically licensed. This type of recovery housing provides clinical services, and skills development is emphasized. Organizational structure is present, along with administrative oversight and a set of procedures and regulations guiding how the community should be run. Drug screenings are also standard, and personnel is licensed or certified.

Level 4: Integrated

The fourth level of sober homes is also called integrated sober communities. True to its name, integrated supportive housing is run more institutionally. It is intended to be a transitional residence for patients completing their addiction treatment program.

As the name implies, this residence is often for transitional housing for patients completing an addiction rehabilitation program. It also follows that services tend to be provided in a more institutional manner. Like Level 3 sober homes, integrated sober residences have clinical services and life skill developmental programs. Staff also have proper credentials or licenses, and drug and alcohol screenings are standard.

Reference:

Standards. National Alliance for Recovery Residences. (2024, September 28). <https://narronline.org/standards/#types-of-recovery-residences>.