



CABAT

**Coalition of Advocates for Better
Addiction Treatment**

The Truth About Recovery Residences

Understanding Recovery Residences

Recovery residences are *non-medical sober, safe, and healthy living environments that support individuals recovering from substance use disorder (SUD)*. Contrary to common belief, these homes do not provide clinical programming or supervision. Like any shared housing, they are purely residential and must be treated as such under zoning laws.

Recovery homes function much like any household where people with shared values live together — whether that's cultural, spiritual, or in this case, a shared commitment to recovery.



The Positive Impact of Recovery Housing

Quality recovery housing is grounded in evidence-based support and contributes to a wide range of benefits:

- Decreased substance use and relapse
- Lower incarceration rates
- Higher income and employment
- Improved family relationships
- Stronger community engagement

These environments cultivate “recovery capital” — the internal and external resources people use to initiate and sustain recovery. This might include everything from emotional support and purpose to job readiness and social stability.



CABAT

A Brief History



Recovery-focused housing has existed since the mid-19th century. Today's model took shape in 1975 with the Oxford House movement, which emphasized affordability, self-governance, and peer support. These principles continue to guide recovery homes today.



Misconceptions and the Truths that Dispel Them



Myth	Truth
<i>They're everywhere!</i>	<i>Recovery residents are scarce and in high demand, not in oversupply.</i>
<i>They bring in drug users.</i>	<i>Residents are sober and committed to recovery. Drug use is prohibited.</i>
<i>They're clinics.</i>	<i>These homes are non-clinical. No treatment or supervision is provided.</i>
<i>Residents are dangerous.</i>	<i>People in recovery are responsible and rebuilding their lives.</i>
<i>They increase homelessness.</i>	<i>Recovery residences reduce homelessness through stability and support.</i>
<i>Residents get high on medications.</i>	<i>Medications like methadone are physician-prescribed and monitored.</i>
<i>They're a blight on neighborhoods.</i>	<i>Residents follow house rules and local codes, often with good-neighbor policies.</i>
<i>They're just random people under one roof.</i>	<i>These homes foster strong familial bonds and shared goals.</i>
<i>Residents are all unemployed.</i>	<i>Many are employed or actively seeking jobs with the home's support.</i>
<i>No rules apply.</i>	<i>Clear policies, agreements, and expectations govern every residence.</i>



Recovery is a Process, Not a Destination

Healing looks different for everyone. But every path to recovery is made easier with **structure, dignity, peer support, and a space to grow.** Recovery residences offer all of this—and more.

They are **not defined by clinical treatment**, but by **the people in them**: individuals committed to change, community, and long-term wellness.



Recovery is Community

Whether you're someone seeking support, a neighbor wanting to understand more, or a professional serving others, recovery residences remind us of a simple truth: **healing happens best in community.**

Recovery is defined by the strength we build today — with compassion, responsibility, and connection.

About Us



CABAT

Coalition of Advocates for Better Addiction Treatment (CABAT)

A Unified Voice for Orange County
Sober Living and Residential Facilities

***The Coalition of Advocates for Better Addiction Treatment** is comprised of advocates and community organizations united in our determination to have a voice in the future of advancing and improving addiction treatment in California.*

Join Us!



www.cabat.org



Orange County, CA

