

Scholarly Articles About Recovery Residences After Addiction

Brunette, Mary F., Kim T. Mueser, and Robert E. Drake. (2004). A review of research on residential programs for people with severe mental illness and co-occurring substance use disorders.

- **Journal:** *Drug and Alcohol Review*
- **Summary:** This review focuses on the effectiveness of residential programs for a dually diagnosed population, finding that supportive housing models, including those with integrated mental health services, are effective for improving both substance use and psychiatric symptoms.

Jason, L. A., Olson, B. D., Ferrari, J. R., & Lo Sasso, A. T. (2006). Communal Housing Settings Enhance Substance Abuse Recovery.

- **Journal:** *American Journal of Public Health*
- **Summary:** This landmark study compared individuals residing in a sober living house with those in a treatment-as-usual group. It found that sober living residents demonstrated significantly lower rates of alcohol and drug use, as well as higher rates of employment, over an 18-month period. The study highlighted communal support as a critical factor in positive outcomes.

Jason, Leonard A., and Joseph R. Ferrari. (2010). Oxford house recovery homes: Characteristics and effectiveness.

- **Journal:** *Psychological Services*
- **Summary:** A foundational paper in the field, this article outlines the characteristics of the Oxford House model (a peer-run recovery residence) and provides evidence of its effectiveness in reducing substance use and improving quality of life.

Polcin, D. L., Korch, R., Bond, J., & Galloway, G. (2010). What do we know about the efficacy of sober living houses? A review of the literature.

- **Journal:** *Journal of Psychoactive Drugs*
- **Summary:** This comprehensive review synthesized the existing research on sober living houses up to 2010. It concluded that residents of these houses showed greater improvements in substance use, psychiatric symptoms, and employment compared to those who did not attend. The article established the need for further research while affirming the houses' positive impact.

Vanderplasschen, Wouter, et al. (2013). Therapeutic communities for addictions: a review of their effectiveness from a recovery-oriented perspective.

- **Journal:** *The Scientific World Journal*
- **Summary:** This review focuses on therapeutic communities (a model often used in recovery residences), arguing that their effectiveness lies in their ability to foster a recovery-oriented environment that supports long-term change and social reintegration.

Bowen, Sarah, et al. (2014). Relative efficacy of mindfulness-based relapse prevention, standard relapse prevention, and treatment as usual for substance use disorders: a randomized clinical trial.

- **Journal:** *JAMA Psychiatry*
- **Summary:** This clinical trial found that Mindfulness-Based Relapse Prevention (MBRP) was an effective intervention for substance use disorders. While not focused on recovery residences specifically, its findings are highly relevant, as many recovery homes integrate mindfulness, meditation, and other similar practices into their programming to help residents build the coping skills necessary to prevent relapse.

Reif, S., George, P., Braude, L., Dougherty, R. H., Daniels, A. S., Ghose, S. S., & Delphin-Rittmon, M. E. (2014). Recovery Housing: Assessing the Evidence.

- **Journal:** *Psychiatric Services*
- **Summary:** Commissioned by the Substance Abuse and Mental Health Services Administration (SAMHSA), this paper reviewed the evidence base for recovery residences. It provided a strong and up-to-date analysis, concluding that recovery housing is an effective, community-based resource that significantly improves abstinence, employment, and social functioning for individuals in recovery.

Mericle, A. A., Miles, J., & Way, F. (2015). Recovery Residences and Providing Safe and Supportive Housing for Individuals Overcoming Addiction.

- **Journal:** *Journal of Drug Issues*
- **Summary:** This article offers a detailed look at the role of recovery residences in the continuum of care. It argues that beyond providing safe housing, these residences offer critical peer support and a structured environment that is essential for bridging the gap between clinical treatment and long-term recovery.

Harvey, Ronald, Leonard A. Jason, and Joseph R. Ferrari. (2016). Substance abuse relapse in Oxford House recovery homes: A survival analysis evaluation.

- **Journal:** *Substance Abuse*
- **Summary:** This study specifically examines the duration of sobriety among residents of Oxford House, using a statistical survival analysis to show that a longer length of stay in these homes is associated with a significantly reduced risk of relapse.

Polcin, Douglas L., et al. (2016). Challenges and rewards of conducting research on recovery residences for alcohol and drug disorders.

- **Journal:** *Journal of Drug Issues*
- **Summary:** While not an efficacy study itself, this paper is valuable as it discusses the methodological complexities and importance of conducting high-quality research on recovery residences to build a stronger evidence base.

Tracy, Kathlene, and Samantha P. Wallace. (2016). Benefits of peer support groups in the treatment of addiction.

- **Journal:** *Substance Abuse and Rehabilitation*
- **Summary:** This article reviews the benefits of peer support, a core component of many recovery residences, highlighting how it fosters social connection, reduces isolation, and serves as a powerful tool for maintaining long-term recovery.

Mericle, Amy A., and Jennifer Miles. (2017). Quality of life and the complex needs of recovery home residents.

- **Journal:** *Substance Abuse*
- **Summary:** This article examines the comprehensive needs of individuals in recovery housing, including physical health, employment, and social support. It argues that the efficacy of these residences lies in their ability to improve not only substance use outcomes but also a resident's overall quality of life.

de Andrade, Dominique, et al. (2019). The effectiveness of residential treatment services for individuals with substance use disorders: A systematic review.

- **Journal:** *Drug and Alcohol Dependence*
- **Summary:** This systematic review provides a comprehensive look at the evidence for various residential treatment services, including recovery residences, concluding that they are effective for improving a range of recovery outcomes.

Eddie, David, et al. (2019). Lived experience in new models of care for substance use disorder: a systematic review of peer recovery support services and recovery coaching.

- **Journal:** *Frontiers in Psychology*
- **Summary:** This systematic review highlights the crucial role of peer-based services, a cornerstone of many recovery residences. It finds that leveraging the lived experience of peers is an effective and essential component of modern, person-centered addiction care.

Mericle, A. A., Slaymaker, V., Gliske, K., Ngo, Q., & Subbaraman, M. S. (2022). The role of recovery housing during outpatient substance use treatment.

- **Journal:** *Journal of Substance Abuse Treatment*
- **Summary:** This article explores the benefits of combining recovery residence living with outpatient treatment. It found that residents who engaged in both showed higher rates of treatment completion and better outcomes than those who only participated in outpatient care, highlighting a symbiotic relationship between the two services.

Best, D., Sondhi, A., Hoffman, L., Best, J., Leidi, A., Grimes, A., ... & Hutchison, A. (2023). Bridging the gap: building and sustaining recovery capital in the transition from prison to recovery residences.

- **Journal:** *Journal of Offender Rehabilitation*
- **Summary:** This recent study focuses on a specific population: individuals transitioning from incarceration. It demonstrates that recovery residences play a crucial role in building "recovery capital" (the resources that support a person's recovery), leading to reduced rates of re-offending and improved social integration.

Subbaraman, Meenakshi S., et al. (2023). Six-month length of stay associated with better recovery outcomes among residents of sober living houses.

- **Journal:** *The American Journal of Drug and Alcohol Abuse*

Summary: This recent study provides concrete evidence on the importance of a longer stay, demonstrating that individuals who reside in a recovery house for six months or more experience more favorable recovery outcomes.

Day, Ed, et al. (2025). Recovery support services as part of the continuum of care for alcohol or drug use disorders.

- **Journal:** *Addiction*
- **Summary:** This forward-looking paper discusses the essential role of various recovery support services, including recovery housing, as a fundamental part of the modern continuum of care, moving beyond the traditional acute-care model.

Vilsaint, Corrie L., et al. (2025). Recovery housing for substance use disorder: A systematic review.

- **Journal:** *Frontiers in Public Health*
- **Summary:** This systematic review provides an updated synthesis of the literature on recovery housing, affirming its vital role in the continuum of care and highlighting key factors that contribute to positive outcomes.