

“Being here is saving my life”

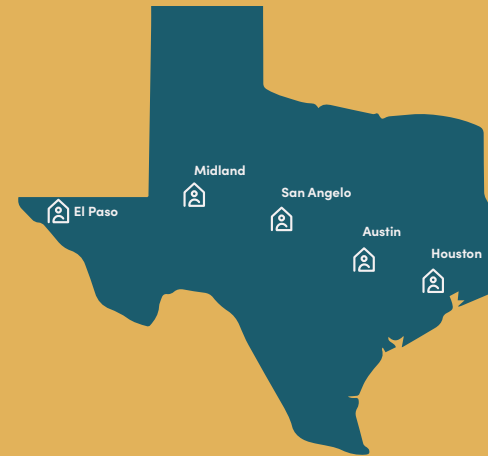
Experiences of people living in recovery residences for those taking medication for opioid use disorder (MOUD)

Reference:
Gallardo, K. R., Wilkerson, J. M., Stewart, H. L. N., Zoschke, I. N., Fredriksen Isaacs, C., & McCurdy, S. A. (2023). "Being here is saving my life": Resident experiences of living in recovery residences for people taking medication for an opioid use disorder. *Journal of Substance Use and Addiction Treatment*, 158, 209242. Advance online publication. <https://doi.org/10.1016/j.josat.2023.209242>

“This place has helped more than anything else in my life. Being here [at this recovery residence] is saving my life. Because I’ve been given the opportunity to be where I’m not stigmatized because of my use of opioids or my treatment with medication.”

— Study participant

Location of Recovery Homes:



1. Our study

We talked to individuals living in recovery residences that serve people taking MOUD to understand the impact that these homes had on their recovery journeys.

2. Why is this important?

People taking MOUD often do not have access to recovery housing services and can face discrimination from service providers and their peers. They may leave recovery and treatment settings because of stigma, feelings of shame, and feelings that their recovery is “less than” compared to others who do not take MOUD.

3. Findings

Recovery residents serving people taking MOUD provide inclusive, non-judgmental recovery environments where residents develop supportive relationships with others. Residents felt empowered to embrace their recovery journey that included MOUD.

4. Next Steps

Recovery residences that include people taking MOUD are important and needed to ensure everyone feels supported in their recovery journey.