

# Characteristics and Quality of Life of People Living with Comorbid Disorders in Substance Use Recovery Residences



## WHAT IS HEALTH-RELATED QUALITY OF LIFE (HRQoL)?

HRQoL is how someone feels about their physical, mental, and social well-being.

People with opioid use disorder (OUD) often have other health problems too—these can make their recovery treatment harder and lower their HRQoL.

## HOW CAN RECOVERY HOMES HELP?

Recovery homes give people community support and better access to recovery care.

But how do other health problems affect people taking medications for opioid use disorder (MOUD)?

## WHAT DID WE DO?

We analyzed data from 358 people living in one of Project Homes' 14 recovery residences across Texas. We looked at:

- Health-Related Quality of Life (HRQoL)
- Co-occurring health conditions
- Substance use
- Time on MOUD
- Age, job status, and other factors

## WHAT DID WE LEARN?

Over 73% of people with OUD had at least one other health condition.

- Mental health (27%)
- Breathing issues (26%)
- Brain/nervous system issues (19%)
- Heart problems (18%)
- Muscle/joint problems (17%)

## These Health Problems Affected HRQoL

- Anxiety or depression (76%)
- Pain or discomfort (53%)
- Trouble moving around (18%)
- Trouble with daily tasks (14%)
- Trouble with self-care (5%)

## WHAT'S NEXT?

### For Policy Makers

- Integrate primary care into recovery support.
- Encourage medical and mental health providers to work together to treat people in recovery.

### For Researchers

- Develop interventions to improve healthcare for other health conditions.

### For Recovery Homes

- Focus on person-centered, holistic care and recovery support.
- Include screening and treatment for co-occurring health problems.
- Train staff to evaluate HRQoL and check for other health problems.
- Treat both substance use and other health conditions at the same time.

Project HOMES:



### Reference:

Obekpa EO, McCurdy SA, Gallardo KR, et al. Characteristics and quality of life of people living with comorbid disorders in substance use recovery residences. *Front Public Health*. 2024;12:1412934. Published 2024 Nov 19. doi:10.3389/fpubh.2024.1412934