

2025



ANNUAL REPORT

NATIONAL SOBER LIVING
ASSOCIATION

Annual Compliance & Impact Report

Reporting Year: 2025

Prepared in alignment with Montana Administrative Rules (ARM) governing recovery residences

Executive Summary

In 2025, the National Sober Living Association (NSLA) ensured that certified sober living homes across Montana operated in alignment with state law, national best practices, and ethical recovery housing standards. NSLA-certified homes served 581 residents, providing safe, structured, recovery-oriented housing that supports stability, accountability, and long-term recovery.

Statutory & Regulatory Alignment

NSLA certification aligns with the intent and requirements of Montana
Administrative Rules (ARM) Title

37, Chapter 106, including ARM 37.106.1101–37.106.1115, which address resident
rights, safety



**NATIONAL SOBER LIVING
ASSOCIATION**

2025

Compliance & Certification Oversight

All NSLA-certified homes in Montana met required standards in 2025, including:

- Current liability insurance policies on file
- Signed adherence to NSLA Code of Ethics
- Written drug testing policies with testing records available
- In-person inspections completed
- Formal grievance processes in place
- Manager and leadership training held twice statewide in 2025
- Safety training and Narcan administration certification

Each home participated in annual recertification, policy review, and individualized technical assistance to ensure continuous compliance and quality improvement.

Resident Services & Access Structure

NSLA-certified homes provide structured sober living environments proven to support long-term recovery, particularly for individuals transitioning from incarceration, homelessness, or treatment.

Common Core Elements Across Most Homes

- Mandatory random drug screening
- Weekly house meetings and peer accountability
- Structured curfews and controlled visitor access
- Assigned chores and community responsibility
- 24/7 house manager or peer mentor oversight
- Recovery and relapse prevention education
- Employment readiness and life-skills development
- Ready-to-Rent housing education
- Faith-based and secular recovery pathways available

Highlights by Member (2025)

Hope Center Ministries – Butte & Helena

Achievements

- Helena women's program graduated 15 women
- Men's program graduated 6 men
- One graduate from each program was hired as an intern, strengthening peer leadership
- Completed a remodel at the men's center, adding 12 new beds
- Holiday programming included families and volunteers traveling to centers to celebrate with residents
- All resident children nationwide received Christmas gifts

Improvement

- Hope Center discontinued admission exceptions and implemented a thorough pre-admission interview process, improving safety and program alignment.

Innovative Practice

- In 2025, Hope Center implemented a required Exit Plan prior to admission, helping residents, families, and communities prepare if a participant leaves early and reducing crisis-driven outcomes.

Hannah House – Billings

- 30 women served in 2025
- 4 women successfully graduated and transitioned to independent living
- 6 residents graduated from The Genesis Process, a structured transformation program

Success Stories

- Paula – 2.5 years sober, transitioned to independent housing, nearing completion of Medical Assistance certification
- Jess – Over 3 years sober, living independently, completing Medical Assistance certification
- Lori – 2 years sober, transitioned to independent housing and preparing to take Genesis Change Groups into correctional facilities



2025

Ignatia's House (Gratitude in Action) – Billings

- 301 residents served across 6 homes
- Completed full NSLA certification, including inspections and policy verification

Includes access

- PROSPER Program (Life, Health, Home, Work model)
- Individual and family therapy
- Peer support groups and alumni mentorship
- Career readiness and employment training
- Community recovery capital events
- Launch of an Alumni Advisory Board to mentor residents and guide program growth

Road to Damascus / Joy's Haven / Women at the Well

- 74 residents served
- Houses men with children and women
- Weekly community dinners and house meetings
- Active alumni association
- Volunteerism and peer mentorship
- Curriculum participation: Fatherhood Is Sacred and Motherhood Is Sacred

Hannon House – Helena

- 24 residents served
- Operates structured 3.1 sober living in partnership with local recovery networks

Aggregate Impact (Montana, 2025)

- Total Residents Served: 581
- Access Provided Include:
 - Drug screening and relapse prevention education
 - Recidivism reduction programming
 - MAT education and integration support
 - Alumni and peer recovery networks
 - Employment readiness and life-skills training
 - Family reunification support
 - Faith-based and secular recovery programming

Note: Serenity House, Stephens House, Alternatives, Passages, Alderson House and Royal Manor joined fall 2025 and did not file a full report of yearly numbers served.

Training & Education (2025)

NSLA provided specialized education and technical assistance focused on:

- Recidivism reduction and breaking cycles of addiction
- Ethical integration of Medication-Assisted Treatment (MAT) within sober living
- Strengthening recovery outcomes while maintaining abstinence-based community standards

Future Initiatives

In 2025, NSLA began collaboration with GOMo Health to design and implement a statewide system for data collection, crisis response coordination, and recovery capital measurement.

Projected Launch: Early Summer 2026

This initiative will enhance statewide accountability, improve outcomes, and support long-term recovery system planning in Montana.

Conclusion

In 2025, NSLA-certified sober living homes across Montana demonstrated the effectiveness of ethical, structured recovery housing in supporting individual stability, family reunification, workforce participation, and reduced recidivism.

The National Sober Living Association remains committed to expanding access to quality recovery housing while maintaining full compliance with Montana law and national best practices.

Note: Serenity House, Stephens House, Alternatives, Passages, Alderson House and Royal Manor joined fall 2025 and did not file a full report of yearly numbers served.



2025

All NSLA-certified homes are operated in alignment with Montana law governing recovery residences, including requirements administered through the Montana Department of Public Health & Human Services (DPHHS) and applicable administrative rules.

Table 2. Compliance Verification Checklist

Compliance Requirement	Status
Current liability insurance on file	✓ Verified
Written drug & alcohol testing policy	✓ On file
Documented testing records available	✓ Verified
Code of Ethics signed by staff	✓ Verified
Formal grievance procedure	✓ Verified
In-person inspection completed	✓ Verified
Manager training completed (2025)	✓ 2 statewide trainings
Safety & Narcan training completed	✓ Verified
Resident rights clearly posted	✓ Verified
Admission criteria documented	✓ Verified
Discharge & exit procedures documented	✓ Verified

NSLA – Regulator Appendix: Inspection & Corrective Action (2025)

Inspection Cadence: All NSLA-certified homes undergo annual in-person inspections, with additional reviews triggered by complaints, material incidents, or changes in leadership.

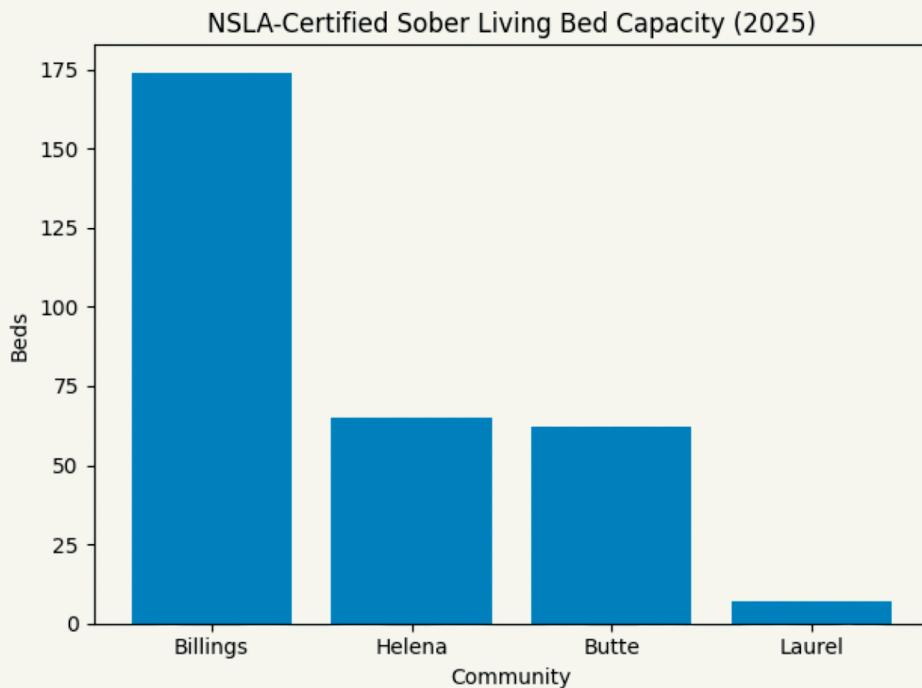
Corrective Action Process:

1. Issue identification (inspection, report, or complaint)
2. Written corrective action plan required
3. Technical assistance and timeline established
4. Verification of corrective action completion
5. Escalation or decertification if unresolved

This process ensures resident safety, transparency, and continuous quality improvement in alignment with ARM Title 37, Chapter 106.



Bed Capacity by Community



Role of Sober Living in Montana's Behavioral Health Continuum

NSLA-certified sober living homes operate as non-clinical recovery residences that complement, but do not replace, licensed treatment, corrections, or clinical services. These homes provide a structured, accountable living environment for individuals transitioning from treatment, incarceration, homelessness, or unstable housing.

Sober living fills a critical systems gap by:

- Reducing returns to homelessness following treatment discharge
- Supporting reentry for justice-involved individuals
- Stabilizing individuals before, during, and after outpatient services
- Extending the effectiveness of state-funded treatment investments

Legislative Oversight Clarity (Very Important)

What NSLA Does

- Certifies recovery residences to national best practices
- Conducts annual in-person inspections
- Verifies policies, insurance, grievance processes, and safety protocols
- Requires corrective action when standards are not met
- Decertifies homes that fail to comply

What NSLA Does NOT Do

- Does not license clinical services
- Does not provide medical or behavioral health treatment
- Does not replace DPHHS authority
- Does not exercise law enforcement or regulatory enforcement powers



ARM Title 37, Chapter 106 (37.106.1101–1115) reflects legislative intent to ensure:

- Resident safety
- Ethical operations
- Transparency and grievance access
- Community accountability

NSLA certification operationalizes this intent by:

- Translating rule language into day-to-day housing practices
- Providing consistent statewide oversight
- Offering a clear mechanism for quality assurance without clinical overreach

Fiscal & Systems Impact (Legislative Framing)

While sober living homes do not directly receive large-scale state funding, they:

- Protect state investment in treatment services
- Reduce repeat utilization of crisis systems
- Decrease pressure on emergency shelter capacity
- Support workforce reentry and tax participation

Legislative takeaway:

Recovery housing is a force multiplier – it increases the return on existing state investments without requiring new clinical infrastructure.

Methodology Note

- Evidence Base: Cost-benefit ranges derive from peer-reviewed recovery housing economic outcomes research and systematic reviews indicating cost-effectiveness and net societal benefit relative to usual care. [PMC+1](#)
- Assumptions: Estimates assume stable sober living residence stays, typical community service utilization, and positive employment/criminal justice outcomes as reported in longitudinal and comparative studies.
- Caveats: Net benefits can vary with population served, duration of stable housing, and integration with clinical services.



Purpose: This summary highlights how NSLA-certified sober living homes (aligned with Montana Administrative Rules ARM Title 37, Chapter 106) deliver measurable public benefit and net economic gain through improved recovery outcomes, reduced societal costs, and compliance with statutory requirements.

Statutory Compliance

NSLA certification aligns with ARM Title 37, Chapter 106 standards regarding:

- Resident safety & rights
- Grievance procedures
- Ethical operations
- Liability insurance

• Policy transparency and enforcement protocols

This compliance framework supports safe, accountable recovery housing statewide.

Verified 2025 Compliance Areas:

- Liability insurance coverage – Verified
- Written drug testing policy & records – Verified
- In-person inspections – Completed
- Grievance procedures – Verified
- Manager + safety (including Narcan) training – Completed

Fiscal & Economic Net Gain Ranges

Studies of recovery housing and related SUD supportive environments indicate substantial net societal benefits, even in conservative scenarios:

Economic Benefits Per Person (Literature Examples):

- Net benefit ~ \$17,830–\$29,000 per person from recovery housing vs usual care (income, reduced criminal activity, reduced substance use, fewer incarcerations) in peer-reviewed research. [PMC](#)
- Systematic research finds recovery housing has moderate evidence of cost-effectiveness relative to usual care, with benefits often outweighing costs.

Net Gain Range Examples (Model Estimates):

- Low-end: Conservatively \$15,000+ net benefit per adult served.
- Mid-range: \$25,000–\$30,000 net benefit per adult served (peer-reviewed estimates).
- High-end: Potentially higher when accounting for reduced healthcare utilization, productivity gains, and criminal justice cost avoidance. [PMC](#)

These figures provide a range suitable for fiscal analysis modeling given Montana's individuals served in NSLA-certified homes in 2025.

Key Fiscal Impact Bullets

1) Reduced Public Costs:

Recovery housing is associated with reduced substance use, improved employment outcomes and lower criminal justice involvement – outcomes that drive decreased public expenditures over time compared to “usual care.” [PMC](#)

2) Increased Productivity & Stability:

Housing stability and sober living support mechanisms correlate with improved employment and income stability, contributing to local economic activity and reduced social service reliance. [PMC](#)

3) Alignment with Best Practices:

Montana's certification and oversight framework ensures recovery housing is structured, transparent, and protective, amplifying efficacy outcomes that underpin net economic benefit estimates.

