

## NUWAY friends

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**Date:** Tue, 09 Apr 2019 15:08:51 +0000  
**Attachments:** Circle of Excellence Award 2019 Nomination.docx (22.77 kB); 4.27.18-RISE-brochure.pdf (4.45 MB)

Good morning friends,

I received confirmation this morning that the nomination of NUWAY for the Circle of Excellence Awards has been received by DHS. Please find attached the text used in the nomination submission. The online form did not lend itself to printing a final copy. Additionally, I included that attached brochure on RISE.

The coordinator for the Circle of Excellence Awards is Amy Barrett. She may get in contact with you in the future. In terms of timing they tend to announce awardees in August. Typically they won't assemble their review committee until after the legislative session has concluded. I would anticipate if you were going to get questions it will be in June or July. The review committee is a group of about seven people from across DHS representing the various policy areas.

We appreciate your support and thank you for your strong partnership and the work that you do.

With gratitude,

NUWAY team

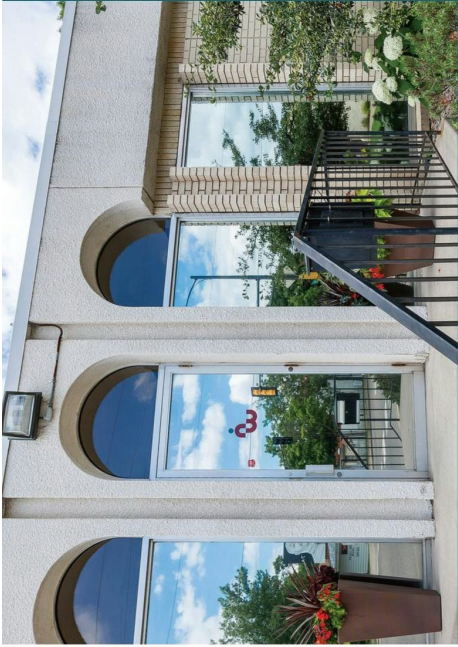
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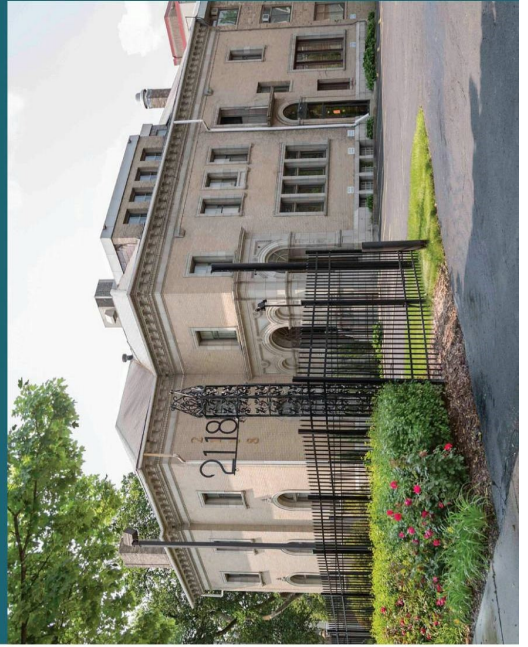
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## Defining R.I.S.E.

Recovery in Supportive Environments (R.I.S.E.) utilizes evidence based models of care connecting substance use disorder treatment with (subsidized) recovery residence support.

NUWAY's nonprofit mission has always been to provide extended care treatment for individuals in supportive environments. The R.I.S.E. model continues that tradition by linking outpatient treatment and recovery residence support.



### Outpatient Locations

#### 3R's NUWAY

#### Counseling Center

1404 Central Avenue North East  
Minneapolis, MN 55413  
Phone: 612-789-8030  
Fax: 612-789-8087

#### 2118 NUWAY

#### Counseling Center

2118 Blaisdell Avenue South  
Minneapolis, MN 55404  
Phone: 612-235-4677  
Fax: 612-872-8855

#### St. Paul NUWAY

#### Counseling Center

545 West Seventh Street  
St. Paul, MN 55102  
Phone: 651-309-0399  
Fax: 651-666-2914

[www.NUWAY.org](http://www.NUWAY.org)



# Recovery In Supportive Environments

Extending care with  
safe, sober living support

Since 1966

# HOW

# IT

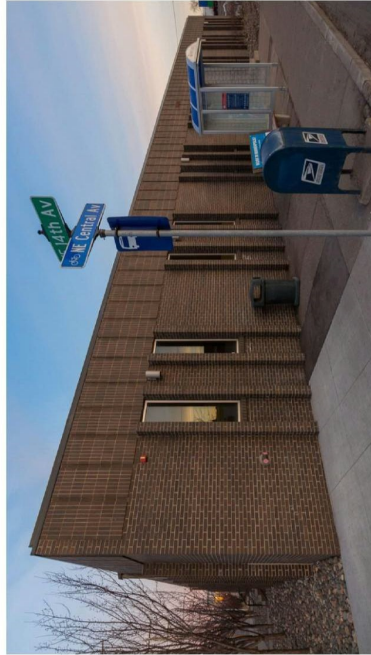
# WORKS

## Outpatient Services

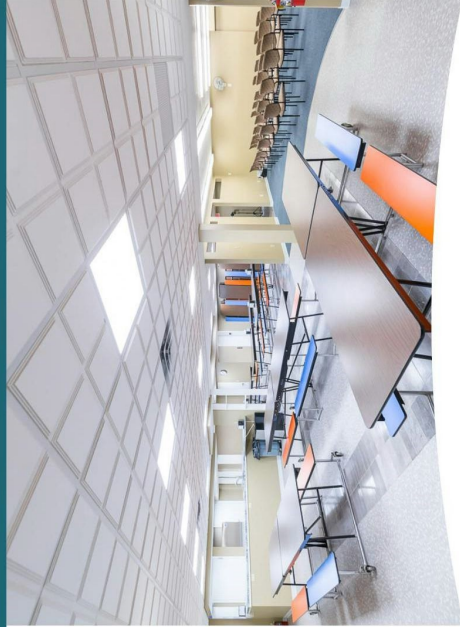
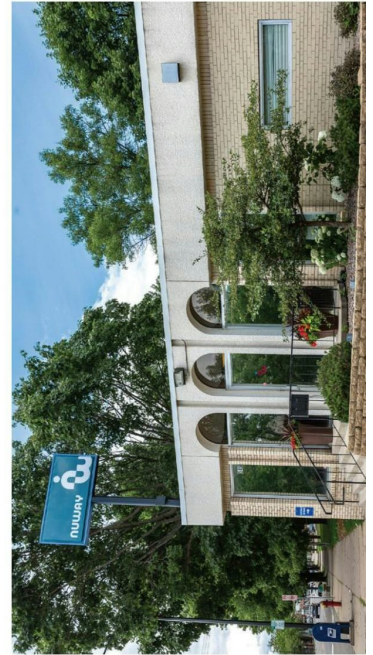
NUWAY outpatient clients have the option to live in independently run recovery residences, located in the community of their choice, and have their housing program fees subsidized while they attend treatment. Additionally, clients receive:

- Twenty hours of licensed co-occurring treatment per week
- One meal during each day of service
- Transportation assistance
- No cost drug testing
- Evidence based modalities

3R's NUWAY Counseling Center



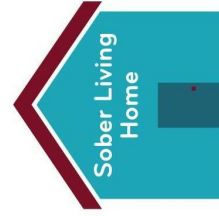
St. Paul NUWAY Counseling Center



## Recovery Residence Support

NUWAY utilizes 50+ independent providers of sober living throughout the Twin Cities. Recovery residence support:

- Provides a choice in sober living
- Offers safe, supportive sober environment
- Is community based
- Is ASAM (dimension six) focused
- Is an evidence based practice
- Is available for the duration of treatment

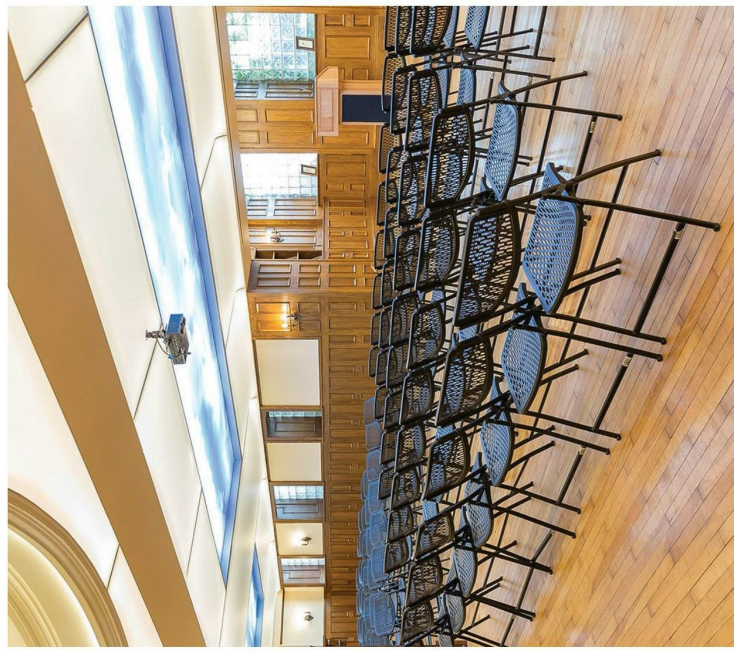


*"Johns Hopkins University School of Medicine reports...that those who attend day treatment and live in a sober living facility or drug-free housing are 10 times more likely to avoid relapse."*

## Client Benefits & Outcomes

- Removes housing barrier early in recovery
- Clients can remain in sober living regardless of receiving services
- Empowers client self-efficacy and choice
- Designed to use fewer hours over a longer period of time allowing clients the extended time needed to establish recovery in their community
- Allows clients to work and/or go to school
- Follows best practice

2118 NUWAY Counseling Center



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*Circle of Excellence Award – DHS Commissioner*

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Annual DHS Commissioner Circle of Excellence Awards

*Background information*

The Commissioner's Circle of Excellence Awards recognize excellence among human services providers, counties, tribes, advocacy groups and other organizations that work in partnership with the Minnesota Department of Human Services to help people meet their basic needs so they can live in dignity and achieve their highest potential.

Organizations recognized with Commissioner's Circle of Excellence Awards demonstrate significant initiative and/or innovation in serving human services program clients. See below for additional criteria. While individuals also make marked differences in the lives of Minnesotans, these awards celebrate organizations. Please do not nominate an individual.

Award criteria:

- ✓ Supports the DHS mission to help people meet their basic needs so they can live in dignity and achieve their highest potential
- ✓ Contributes to current DHS goals and priority projects
- ✓ Demonstrates best practices
- ✓ Achieves results that impact clients
- ✓ Partners with others in the human services system

Nominations are due by 5 p.m. Monday, April 15, 2019.

Barb Madigan – Spirit House

David Wellstone – Safe Haven

**PROVIDE A BRIEF DESCRIPTION OF THE ORGANIZATION'S OVERALL WORK:**

*Incorporated in 1966, NUWAY began as a grass roots effort within the recovery community to provide extended care treatment services. Over the past 50 years, NUWAY has served more than 45,000 men and women in recovery by providing individualized lengths of stay in residential and intensive outpatient co-occurring substance use and mental health disorder treatment programs.*

Their clients often experience co-occurring substance use and mental health disorders; lack supportive recovery environments, following episodes of short-term, high intensity treatment and need extended care to establish their recovery in the community.

**PROVIDE A DETAILED DESCRIPTION OF THE SPECIFIC INITIATIVE OR INNOVATION THAT SHOULD BE CONSIDERED FOR RECOGNITION:**

NUWAY has uniquely integrated recovery housing resources with evidence-based clinical treatment to create an effective recovery management system. The R.I.S.E. (Recovery In Supportive Environments) model supports a positive recovery environment for clients during their engagement with NUWAY's Intensive Outpatient Programs (IOP). The IOP service delivery is person-centered and stage matched to support client choice. All NUWAY clients are eligible to receive recovery residence subsidization contingent upon weekly treatment compliance reflecting outcome-based goals (sobriety, attendance, behavior, etc.). Clients have a choice whether they would like to participate in the R.I.S.E. program and 85 percent of the time they elect to do so. Those who do utilize R.I.S.E. have a choice between 60 different independent community partner providers yielding more than 180 addresses to choose from. NUWAY is committed to helping clients be successful in recovery and provides \$550 per month towards the program fee at a recovery residence home so they have a safe and sober residence to come home to while in treatment with NUWAY. NUWAY offers this subsidization from their own resources and there is no additional cost to the client or third-party payor. In addition to safe housing NUWAY provides the following to their clients: 20 hours of outpatient treatment, one meal each day of service, no cost drug testing, transportation assistance, care coordination, peer support, family support and recovery management skills. Please find the attached brochure for reference.

**EXPLAIN WHY THE NOMINEE SHOULD BE SELECTED BASED ON THE AWARD CRITERIA LISTED ABOVE, PAYING SPECIAL ATTENTION TO ITS IMPACT ON CLIENTS:**

DHS recently conducted an evaluation and the data shows many individuals receiving behavioral health treatment are cycling in and out of residential treatment and homelessness. During state fiscal year 2018, 10,117 people exited residential mental health or substance use disorder treatment. Of those, nearly 1 out of every 8 people exited directly into homelessness. Of those that exited into homelessness, nearly 1 out of every 4 people re-entered a residential treatment facility within the same year. To address this the 2019 Governor's budget (page 90) includes a proposal to assist people leaving residential services by allowing for presumptive eligibility for housing supports.

NUWAY, in 2014, also recognized the vulnerability many clients face when newly in recovery. Simply put a person cannot focus effectively on their recovery work if they are housing insecure. At NUWAY, they are working to change the paradigm of how substance use disorder treatment is being delivered. They serve clients in the same communities where they live while encouraging them to develop new healthy support systems in their community and manage their recovery long-term. Dave Wellstone shares, "Safe Haven provides both men's and women's sober housing to NUWAY clients and have seen firsthand many lives that have been changed by their program."

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and 85 percent of the time they elect to do so. Those who do utilize R.I.S.E. have a choice between 60 different independent community partner providers yielding more than 180 addresses to choose from.

All NUWAY clients are eligible to receive recovery residence subsidization (\$550 paid to an independent recovery residence by NUWAY) contingent upon weekly treatment compliance reflecting outcome-based goals (sobriety, attendance, behavior.) NUWAY has been tracking client progress and more than 60 percent of their clients are fully engaged and compliant with 20 hours of treatment weekly. By NUWAY combining intensive outpatient and recovery residence support they have created a unique continuum which addresses the dimensions identified by SAMHSA as promoting a life in recovery (community, home, health, and purpose).

Additionally, once a client reaches completion of treatment at NUWAY, they have the option to remain in their recovery residence if they choose and pay the program fee, further reducing barriers to long-term recovery. Saint Paul Spirit House (an independent recovery residence) has been in operation for over 15 years and started a partnership with NUWAY in 2016. Barb Madigan, owner of Spirit House, recounts, "When I was first approached by NUWAY to be a provider partner I was reluctant to accept the partnership because I was afraid that we would have to adopt NUWAY's rules and lose our identity. That has not happened, Spirit House remains independent." Ms. Madigan states, "I have experienced NUWAY's clients who have had a chance to live in community and use the tools that they are learning at NUWAY. Their clients are thriving in my residences. The NUWAY counselors do a great job in communicating with our residences to give the client the best chance at a successful outcome."

Research shows that treatment engagement over a longer period produces the most positive life outcomes for individuals being treated for substance use disorders. After four years of implementing this model and serving nearly 7100 clients, NUWAY is improving outcomes for clients in a variety of areas and have commissioned an independent study through the University of Minnesota to objectively evaluate. NUWAY's work also models on a large scale, and over several years, what the 2019 Governor's budget contemplates with presumptive eligibility to housing supports.

**DESCRIBE THE ORGANIZATION OR PROJECT'S CONNECTION TO MINNESOTA DEPARTMENT OF HUMAN SERVICES, IF ANY:**

NUWAY is not simply in the business of treating addiction. NUWAY's practice in SUD recovery is about changing people's lives from the very center out to all aspects of their life. NUWAY assists its client in repairing relationship, expanding their connections in community, addressing the behaviors that inhibit success, creating a foundation for success in life through employment, housing, addressing the chronic disease that is addiction and achieving their highest potential.

In 2018 NUWAY was the provider of residential and outpatient services for 3,600 clients. Over 85% of the clients NUWAY serves are Medicaid eligible and many are housing insecure. Through the R.I.S.E program NUWAY provides clients with a safe and sober environment by subsidizing their program fee with one of their independent recovery residence community partners at no cost to the client or third-party payor. Additionally, NUWAY ensures all clients have access to a meal every day (again at no cost to the client or third-party payor.) NUWAY is attending to a client's basic needs for food and shelter while treating the client for addiction or a co-occurring disorder. While in treatment NUWAY staff work

with clients to seek employment and building a plan for sustaining long-term recovery in their community. The recovery residence partners deepen the client's health community connections through supportive connections with housemates and their network of community contacts. NUWAY, along with its partners, is serving the mission of the Department of Human Services on several levels.

**NOTE:**

On September 7, 2019 NUWAY is hosting its annual picnic. Invited to the picnic are current and past clients, NUWAY staff, recovery resident partners and any community friends and neighbors that would like to join us. The last couple years this event has drawn about 1000 people. If NUWAY is selected as an awardee this may be a great event/venue for the Commissioner to attend and join the celebration of recovery. In the past the Minneapolis Mayor has also attended.

**NOTE:**

We may want to provide a link to the NUWAY video.

**NOTE:**

Amy Barrett is the coordinator of the Circle of Excellence Awards this year. 651-431-4992 and [Amy.Barrett@state.mn.us](mailto:Amy.Barrett@state.mn.us)



ADDITIONAL INFORMATION TO DRAW FROM IF NEEDED.

We support additional time in treatment by substantially reducing treatment costs.

- Supports safety & stability
- Encourages social development
- Supports ability to access daily treatment services
- Enhances treatment compliance
- Offers opportunity to develop autonomy

Removes housing barrier early in recovery • Clients can remain in a recovery residence regardless of whether receiving services from NUWAY • Empowers client self-efficacy and choice • Designed to use fewer hours over a longer period allowing client the extended time needed to establish recovery in their community • Allows clients to work and/or go to school • Follows best practice

NUWAY outpatient clients have the option to live in independently run recovery residences, located in the community of their choice, and have their housing program fees subsidized while they attend treatment.

Additionally, clients receive:

- Twenty hours of licensed co-occurring treatment per week
- One meal during each day of service
- Transportation assistance
- No cost drug testing
- Evidenced based modalities

Recovery Residence Support is provided by over 60 independent providers of sober living throughout the Twin Cities. All recovery residence programs are subjected to formal screening prior to utilization with any client. NUWAY neither owns any recovery housing nor dictates any policy to recovery housing partners.

Recovery residence support:

- Provides a choice in sober living
- Offers safe, supportive sober environment
- Is community based
- Is ASAM (dimension six) focused
- Is an evidence-based practice
- Is available for the duration of treatment