



Bristol Lifestyle Recovery Executive Summary

Fairview Housing Management Corporation
100 East Millard Street | PO Box 5746 | Johnson City, TN 37601
423.612.2995 | www.FairviewHousing.org
www.BristolLifestyleRecovery.org

Bob Garrett, Executive Director

Executive Summary

Bristol Lifestyle Recovery delivers the answer for one of the greatest needs in our region – affordable long-term residential housing with on-site case management and other supportive services for men and women coming out of homelessness, incarceration and addiction, including detoxed pregnant women. There will also be a residential program for young adults aging out of foster care who need a safe, structured environment with case management for goal setting and mentoring so they will not develop destructive lifestyles.

There is an undeniable crisis of drug abuse and addiction in our community and the lack of meaningful treatment that is currently available. It is commonly known that short-term detox and recovery programs have an extremely high recidivism rate due to the lack of supportive residential housing, which drives the recovering addict back into the same environment that he or she came out of. At some point, many with addiction issues become homeless, creating many additional problems for city, state and federal governments, not to mention the burdening of hospitals and police departments.

Bristol Lifestyle Recovery is a program of Fairview Housing Management Corporation (Fairview). Fairview has an 18-year history as an experienced operator of long-term, affordable recovery housing and has one of the most successful programs in the state of Tennessee. Fairview has assembled an experienced team to assist in the acquisition and program development for the Bristol Lifestyle Recovery facility. This facility had previously been purposed as a 240-bed nursing home and splits the state lines of Bristol, TN and Bristol, VA.

Common program objectives will be sober living, job placement, family reintegration, transportation, money management, life skills and healthy eating. Additional components will include 12 step programs, group sessions, after care and mentorship.

During the development process for the facility and program operated therein, Fairview has been approached or made aware of dozens of agencies and organizations that desperately need long term recovery housing for their clients. It has quickly become apparent that this facility can save hundreds of lives from overdose and offer assistance and lasting change for a large area population on several fronts. Several of those identified fronts include veterans, addicted pregnant women, the general addiction population, drug court diversion, offender re-entry and young adults aging out of foster care. Long term, safe, affordable housing with access to community services is crucial for successful recovery. This program is designed to be self-sufficient without local, state or federal funding, although, receiving such funding or assistance would help lower the cost to residents.

Bristol Lifestyle Recovery, working with many community partners, has the ability to provide critical long term services at a low cost. As an example, local colleges and universities have offered to provide all needed case manager interns, with MSW oversight, to Bristol Lifestyle Recovery at no cost. The local food bank and grocery stores will provide food at discounted prices. Detox and short-term recovery agencies will refer clients to Bristol Lifestyle Recovery as will local correctional facilities and probation and parole offices. Each resident, in addition to paying rent, will be required to provide certain

community services for the operation of the facility, which gives a feeling of ownership, satisfaction and self-worth.

The building is structured with four wings on two floors which equates to 8 separate wings. The floorplan can easily accommodate separate living environments, or “communities”, for various sub populations. The various communities will not be allowed to interact with other communities, creating personal bonds and trust among the 24 to 28 people in each community.

Fairview is a committee member of the ETSU Department of Health’s “Center for Prescription Drug Abuse Prevention and Treatment” (www.etsu.edu/cph/pdam/about/team.php). The ETSU Department of Health has a substantial grant to research the regional effects of drug abuse and misuse. A portion of that research includes pregnant women. The ETSU Department of Health and The Nisewonger Children’s Hospital are working together to assist addicted pregnant women in order to prevent their babies from being born with addiction issues (Neonatal Abstinence Syndrome or NAS). As is the case with most addicts, detox and abstinence will not work if the person returns to the dysfunctional environment that caused the initial problem. The treating physicians see a huge need in East Tennessee and Southwest Virginia for a long term recovery facility for their addicted pregnant women clients. Bristol Lifestyle Recovery will provide one of its communities for pregnant women. Dr. Stephen Loyd (www.etsu.edu/com/intmed/people/facultyloydstephen.aspx), a nationally recognized addiction specialist, a leading member of the ETSU research group and current Chief of Medicine at the Mountain Home VA Medical Center, has agreed to assist in the program design and provide continued oversight of this special residential program at Bristol Lifestyle Recovery.

A national consulting firm for HUD and SAMHSA (Substance Abuse And Mental Health Services Administration) has stated the following regarding Bristol Lifestyle Recovery;

The Substance Abuse and Mental Health Services Administration, [SAMHSA] has established a working definition of recovery that defines recovery as a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. Recovery is built on access to evidence-based clinical treatment and recovery support services for all populations.

SAMHSA has delineated four major dimensions that support a life in recovery:

- 1. Health—overcoming or managing one’s disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and, for everyone in recovery, making informed, healthy choices that support physical and emotional well-being***
- 2. Home—having a stable and safe place to live***
- 3. Purpose—conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society***
- 4. Community—having relationships and social networks that provide support, friendship, love, and hope***

Bristol Lifestyle Recovery will address all four of these major dimensions for a life in recovery and will help the Bristol region begin to change the culture of addiction that has invaded their world by providing a beacon of hope for citizens struggling with addiction.

My work with National level affordable housing and health related issues makes it possible for me to say that Bristol Lifestyle Recovery will make the Bristol Region a national leader in recovery living support.

Bristol Lifestyle Recovery will have a significant economic impact to the community. In addition to creating approximately 30 health related middle income full-time positions, the program will also provide approximately 200 drug free employees to the area employment base.

Fairview has received Certificates of Occupancy from both cities of Bristol and the building is move-in ready, including furniture.

In order to accomplish this undertaking, Bristol Lifestyle Recovery needs many community partners and stakeholders. A combination of donations, financing and/or investments will be necessary to purchase the facility and cover initial operating expenses. To jumpstart initial funding requirements, the current building owner is making a \$900,000 donation to this project through a reduction in purchase price. An additional \$400,000 matching donation has recently been received, which doubles the remaining donation needs of \$400,000.

Each day Bristol Lifestyle Recovery remains unopened, lives will be lost to drug overdose in South West Virginia and East Tennessee.