

TO: Senate Committee on Housing and Development
RE: SB 1530
FROM: 4D Recovery
DATE: February 13th, 2024

Dear Chair Jama, Vice-Chair Anderson, and Senate Committee members

My name is Sara Barger, I'm Executive Manager and Policy Liaison at 4D Recovery, I'm also a person in long term recovery and I urge you to support the Recovery Housing investment in SB 1530.

As a person that was drug addicted, chronically homeless, and going in and out of jail I lost the ability to be a functional member of society. In 2012 I accessed VOA inpatient treatment via my probation. My willingness and the treatment saved my life. I support recovery housing because I know first hand the benefits of living in recovery housingWhat I now know today- to be part of the Substance Use Disorder Continuum of Care. After completing treatment I lived in a recovery home where I continued to receive support in a drug free environment. There I was able to take concrete steps to become self-sufficient, build my confidence, attend college, and cultivate a strong recovery foundation. My rent was affordable which gave me the flexibility to focus on personal growth and not just worrying about how to make ends meet. Fast forward to today, I have a master degree, work in the recovery field, and have a meaningful relationship with my family.

I support Recovery Housing because it is a low barrier entry and low cost move-in and monthly rent. It provides people seeking recovery a supportive environment with a community of like minded people- which can make the difference in someone's success. Additionally, Recovery Housing can fit into the larger effort of Deflection and Diversion programs- because Recovery Homes are more accessible with less red tape than a SRO or rental property, for people seeking change or someone being compelled. People can enter a recovery home in some cases immediately and it can then be coupled with outpatient services OR someone finishing inpatient could move into a recovery home as a stepping stone- and begin to build their lives. Recovery homes options are vital to those who need a drug free environment in order to recover.

Respectfully,
Sara Barger
Executive Manager and Policy Liaison
4D Recovery