MSCL HOUSE STATISTICS ANALYSIS FOR 2019

Since its inception in November of 2018, MSCL House had 26 applications of which 69% were accepted (N=17) and successfully integrated into the program while 8% were rejected and 12% changed their mind after having gone through the admission process. The remaining 12% are on a waitlist pending bed availability.

In 2019, MSCL House had 17 men in residence of which 71% were single, 25% were married or had partners, and 6% divorced. Regardless of civic status, almost half the residents (46%) had children. The mean age was 31 years, with the youngest being 19 and the oldest 51 years of age. The demographic was 82% white, 12% Latino and 6% African American. Most residents had some high school, had completed high school or GED (69%) while 31% had some college.

The average length of stay was 125 days or 4.4 months, excluding the shortest stay of 11 days and the longest of 366 days. 35% of them reported they had one family member with alcohol abuse, 18% had one family member with drug abuse and, 24% had more than one family member with both drug and alcohol abuse.

The most common referral source was the criminal justice system (53%), followed by self, family and friends (35%) and inpatient treatment (12%). A significant number (41%) indicated that jail had been their usual housing situation with 65% doing less that a year of jail time and 24% being convicted of a violent crime. Due to MSCL house residents being recipients of IDOC and BPA Funding, we anticipate a greater number of referrals from the criminal justice system in 2020.

Over a third (35%) reported renting an apartment or a room as their housing prior to incarceration or inpatient treatment program, while 18% reported staying with family or friends and (12%) homeless as their primary living situation—mainly living out of their cars.

Substance abuse history indicated alcohol (59%) being the drug of choice, followed by meth (47%), THC (41%), cocaine (24%), amphetamine (12%) and MDMA (6%). The average age they began using was 16. A significant number (41%) relapsed more than three times. 65% of them had participated in inpatient treatment and 12% in outpatient treatment.

Over one third (35%) received treatment for a psychiatric condition and are currently taking psychiatric medication. Only one of our residents had contemplated suicide.

At the time that residents joined MSCL House, 41% were employed. Of those employed, 71% earned between $1,000-$1,500 a month, just at the poverty threshold of a single person under 65 which is $11,770 annually, while 29% earned over $2,000 a month which was just at the poverty threshold for a family of 4 with an annual income of $24,250. While 59% were unemployed primarily because of incarceration or inpatient treatment stays, 100% were able to find work within the first week of their stay at MSCL House. And four residents supplementing their income with two jobs.
Upon entering MSCL House, their top goals were: to remain abstinent (65%), personal growth (41%), gainful employment (35%), complete probation/drug court (29%), continued education, improving finance and improving relationships with family came in at (24%) each.

Of the men that exited the program, 35% exited in good standing, 12% were incarcerated, 12% were terminated due to Ø tolerance violations, and 6% went AWOL during residency. Of those who exited, 3 were eventually re-admitted after having completed the requirements for readmission. Of those three, two are current residents at MSCL house.

Bed night statistics show a total of 2,128 bed nights from the moment that MSCL House opened its doors, an estimated stay of 4.4 months or 122 days and an average of 6 persons a month for the year.

In Conclusion:

We need to do a better job of educating our criminal justice referral sources on the service that we offer and who is a good fit at MSCL House. I believe that in desperation for housing, they recommend MSCL House even if the applicant is not desirable or may not meet the basic criteria. Residents who self-refer and those recently out of inpatient treatment programs seem to be more committed to the process and eager for the continued sobriety. Those that come to us through the criminal justice system seem to go through the motions of filling the requirements. It is not certain whether they actually are committed to lasting sobriety.

Retention of residents at the sober house is excellent. Studies show that maximum benefit is gained when stays are longer than 90 days minimum. MSCL House average of 125 days or 4.4 months far exceeds the recommended minimum stay.

There is quite a gap in age between residents which brings another dimension to shared living in a sober home.

Follow up surveys have been a challenge to collect. To address the issue of individuals we are not able to locate for follow up interviews, we asked John to first be mindful of completing exit surveys before the resident leaves MSCL House and to try his best to keep in touch and get a forwarding address or phone number to maintain relationships with them for the first year. Of the residents who exited MSCL in good standing, only one filled out the exit survey, one has it sitting on his desk without having been filled out. Another has filled out a 6-month post exit survey and yet another long staying resident has filled out an extended stay survey. It was more difficult to follow up with residents who had shorter stays at MSCL House.

No matter their age, legal status, recovery challenges or personal history, our residents are just regular people with pretty much the same goals and aspirations in life. Regular people who ended up with a substance use disorder that just takes a little more time and attention to continue healing. Most choose to be in sober living, and most are at a point in their life when they are focused on creating a positive future for themselves and their families.