MSCL HOUSE STATISTICS ANALYSIS FOR 2021

2021 AT A GLANCE

Men's Second Chance Living is a safe and sober living environment for men seeking to maintain sobriety from alcohol and drugs. Currently, MSCL House has one sober living home in Hailey, accommodating a maximum of eight men at one time. MSCL House has served 47 men in early recovery from substance use disorder in its three years of operating.

Residents

MSCL House offers several programs to support its residents. The Safe and Sober Living Program encompasses the majority of what we do to ensure positive outcomes for those we serve. Operating the sober house involves daily engagement with residents, accountability practices, and coordination of services. In 2021, MSCL House had 14 men in residence, three of which were holdovers from the year prior. Nineteen applications were submitted during the year, 150% more than in prior years. Of those that applied, all were eligible for services. Yet, MSCL House could not serve all those that applied due to limited space available, leaving 69% without sober housing in the community. MSCL House accepted 31% (N=6) of those that applied, while 37% (N=7) found alternative housing, and 31% (N=6) were waitlisted.

Demographics

Of the 14 men in residence, 86% were single, 7% were married or had partners, and 14% were divorced. 14% had children; none of the men in residence had full custody of their children, and none of the residents' children were in child protective custody.

The average age of residents was 37 years old, with 36% in the 25-34 age range and 36% in the 35-50 age range. 21% were 50+. The average age of the residents is slightly below the average age of those in Blaine County (Blaine County, ID).

Residents reported their race and ethnicity, 71% white and 21% Latino or Hispanic. 74% of Blaine County residents identify as "White," while 20% identify as "Hispanic" (Blaine County, ID). Regarding ethnic and racial diversity, MSCL House mirrors the area's demographics.

Regarding education, 21% had some high school, 79% had completed high school or obtained their GED, and of those that graduated high school, 35% had some college or had received a degree.

Length of Stay & Referrals

The average length of stay was 198 days or 6.6 months, including the shortest stay of 28 days and the most extended stays of 365 days. Bed night statistics show 2,768 sober nights in 2021, 437 more than in 2020, with a 95% occupancy rate.

36% of residents were self-referred, and probation officers or the judicial system referred 29%. Other referral sources include treatment centers at 21% and friends and family at 14%. Due to the impact of COVID19 on the judicial system, we saw a 12% decrease in referrals from this source. As individuals became increasingly isolated during the pandemic, self-referrals have
increased substantially, with only 6% of referrals coming from individuals in 2020 to 36% in 2021. Treatment center referrals doubled from 2020 to 2021 as MSCL House staff focused on collaboration and communication between levels of care during 2021.

MSCL House serves the 5th Judicial District of Idaho, including Blaine County, Camas County, Cassia County, and others. 71% of those residing at MSCL House in 2021 were from Blaine County. The remaining 29% had familial ties to the area.

History

Regarding their family substance use history, 57% reported having one or more family members with alcohol abuse, 35% had one or more family members with drug abuse, and 35% had one or more family members with both drug and alcohol abuse.

Residents' substance abuse history indicated alcohol (50%) being the drug of choice, followed by meth (43%), THC (36%), cocaine (14%), opiates (21%), and amphetamine (7%). 50% of MSCL House residents report being polysubstance users.

Half of the residents rented a house or apartment before living at MSCL House, a 12% increase from 2020. One-third cited jail as their primary residence. 7% had lived at a halfway house, and 7% had owned their own home. 14% reported experiencing homelessness during their life.

57% of residents reported doing more than 12 months of jail time before admittance into MSCL House. 21% did 0-3 months of jail time, and 7% did three to six months.

Addiction can begin at any age. The average age the residents began using was 20, with some beginning at age 13 and others age 50. A third relapsed more than three times, another third, 1 to 3 times, while the remaining men had not relapsed in their lifetime.

Treatment

79% of them had participated in treatment before admittance into MSCL, a 10% increase from the year prior. Participating in treatment signals that many coming through our doors have already been exposed to the tools and skills needed to succeed in recovery. A third (29%) received treatment for a psychiatric condition, which decreased by 20% from 2020. Only one of our residents reported contemplating suicide in their lifetime.

At the time residents moved into MSCL House, 36% were employed. Of those employed, 28% made below the poverty threshold of a single person under 65, $11,770 annually. 28% made over the poverty threshold, between $12,000 and $24,000. No one made over $24,000. While 44% were unemployed primarily because of incarceration or inpatient treatment stays, 93% were able to find work within the first month of their stay at MSCL House.

Goals

Upon entering MSCL House, their top goals were to remain abstinent (43%), build savings and improve finances (36%), increase employability (36%), get and stay healthy (36%), personal growth (29%), find ways to use skills (29%), improve relationships with family (21), and
continue their education (21%). Upon exiting, all residents noted their progress toward achieving their goals. 46% had achieved the goals laid out for themselves.

**Exiting**

Of the men that exited the program, **74% exited in good standing, a 24% increase from 2020.** Of the remaining exited residents, 13% had rule violations and were asked to leave, and 13% returned to incarceration due to charges before admittance into MSCL House.

From the information obtained through continued contact with residents who have moved on from MSCL House, **half have continued to live in the Wood River Valley and are sober.** Two former residents moved out of the area. One is continuing his education, and the other moved closer to family. One former resident is currently in jail for unrelated charges (not drug or alcohol charges) before residing at MSCL House.

**Programs**

The Compassion Fund helped two residents take advantage of MSCL education funds, **attending the College of Southern Idaho in the Associates of Applied Science Welding Technology program.** One resident is in his final year, and the other resident is starting his second year of a three-year program. Upon graduating, one resident would like to open their own business in the trade. **Three residents received rental assistance due to COVID-19 funding disruptions. One resident was able to rely on the Compassion Fund to support him through a medical emergency.** All residents were employed or attending school full-time.

Utilizing the Wellness Fund, **eight residents received counseling, seven were able to get their dental needs taken care of, eight engaged in daily physical health programs, and all 14 participated in nutrition assistance.**

**Eight residents participated in the Matched Savings Program, a 12-month, dollar-for-dollar savings program paired with a financial literacy course available to all residents.** The men used their savings to pay first and last month's rent on housing and bought reliable cars to transport them to work and school.

**In Conclusion**

In conclusion, MSCL House works diligently to serve those struggling with substance use disorder in our community. We collaborate with other organizations, governmental agencies, and the private sector to meet the needs of our residents. When coordinating services, we focus on interconnectedness, mirroring the pathway to sobriety as a personal and relational process.

In 2021, we saw resident length-of-stay increase by one month to an average of six months per individual. This is due to the rise in housing prices and lack of housing availability since the pandemic. We expect the length of stay to hold at six months in 2022. With an eight-bed sober living home, MSCL House serves an average of 15 men annually. We expect this trend to continue into 2022.
MSCL House received above-average referral and application rates in 2021, which we expect to continue into 2022. This is due to increased substance use rates nationwide and locally, economic uncertainty and rising housing prices, and the ongoing opioid crisis. Those who applied with an immediate need, but left without sober living due to 100% occupancy, found other housing options. Others continue to wait for an opening into MSCL House, often left unsupported in the community. To address this, MSCL House has begun the Building a Better Tomorrow Capital Campaign to purchase a second residence to serve the community's needs.

Since the pandemic, we see a demographic shift with decreased referrals from courts or prisons to self-referrals. We also know the number of men with a history of renting before admittance is increasing, while jail and prison before admittance are decreasing. We continue to have many residents who have served time in jail during their lifetime, 64%. These are the remnants of the war on drugs. Regarding substance use history, we see that half of the residents are polysubstance users, meaning they use multiple methods. This trend is represented nationally, as polysubstance use is common (Centers for Disease Control and Prevention, 2021). At MSCL House, we understand the dangers of polysubstance use and coordinate services for residents to address their substance use disorders with professional, clinical treatment.

Residents of MSCL House continue to have generational ties to substance use, abuse, and addiction, as evident from the statistics. These men work to break the cycle by getting sober, learning new ways of coping and handling life situations, and working toward creating a better future for themselves. They receive treatment before, during, and sometimes after staying at MSCL House. This year we have seen an increase in referrals from treatment centers. As men enter MSCL House, we see many of them have some of the tools and skills needed to maintain sobriety. The house is a place for them to practice those skills. We expect referrals to continue from three primary sources: self-referral, treatment centers, and the judicial system.

The men's goals shifted from personal growth to abstinence, financial, employability, and physical health and wellness. Our programs are well matched to the men's goals and have developed and evolved over three years. We now see those programs as the foundation of services offered to our men. By helping them address their mental and physical wellbeing, get financially stable, and connect to the recovery community, we see them reintegrating and succeeding in the community.

References
