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Does Stable Housing Predict Extended Sobriety?

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Stable Housing and Extended Sobriety



Hannah Boardman, Megan Crawford, Creslyn Van Dyck

Abstract

This study will examine adults in the Miami Valley area who have been treated for substance abuse. Using an explanatory quasi-experimental posttest design, we will explore participants' length of housing and sobriety through a one page survey. Data will be imputed and assessed through SPSS. We will use frequency distributions and measures of central tendency to describe the sample. We will also run an independent t test to determine differences between stable housing and length of sobriety. We anticipate findings will indicate adults who attain stable housing with have extended sobriety. Implications, limitations, and suggestions for future research will be discussed.

Key Words: housing, sobriety, stability, homelessness

Research Question

Does stable housing predict extended sobriety?

Literature Review

- Homelessness and Substance Abuse
 - A study conducted among women found that homeless women are at an increased risk for substance use disorders (Upshur et. al, 2017).
 - Oftentimes the homeless population gets overlooked when they participate in recovery programs. Their needs and abilities are different than a member with stable housing, which discourages a member to continue attending meetings. (Rayburn et. al, 2009).
- Housing
 - Access to housing has been shown to prolong sobriety and integrate people back into mainstream society (Collard, Lewinson, & Watkins, 2014)
 - In a study of homeless individuals living with HIV, results show that less than half of the patients with wrap around services experience housing improvement and many do not see improvement or degradation (Marcus et. al, 2018).

Literature Review (continued)

- Mental Health

- It is important to recognize that within the homeless population, comorbidity of substance abuse and mental health often occurs (Collard, Lewinson, & Watkins, 2014, Foster et. al, 2010). Substance abuse and homelessness rarely are isolated.
- Studies were conducted among individuals with substance use disorder and mental illness. These studies showed that while one sample group received intense social services, when compared to the treatment as usual group there was no change in substance use (Somers et. al, 2015).

- Sobriety

- Very few studies have examined the efficacy of supportive housing with adults in recovery from substance addiction (Collard, Lewinson, & Watkins, 2014).

Research Design

This study will use an explanatory quasi-experimental ex post facto design

Research Question:
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extended sobriety?

Population Selection Criteria and Sample

- Non-probability sample
- Comparison groups will consist of respondents who received treatment for a substance abuse disorder that:
 - DO have stable housing
 - Do NOT have stable housing

Research Question:
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Data Collection Procedures

- We will hand out 250 surveys to participants who have been treated for substance abuse in the Miami Valley Area
- In order to find participants for these surveys we will go to recovery meetings in Cedarville, Springfield and Xenia
- Participants will sign an informed consent form before they begin to complete the survey
- We will guarantee anonymity in any publications of research findings

Research Question:
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Data Collection Procedures (continued)

- The survey will ask questions pertaining to demographics
- It will also ask questions about current living situation and length of sobriety
- We will remain present at the location surveys are handed out in order to collect completed surveys
- We will use surveys and peer reviewed journal articles to increase believability, transferability and trustworthiness

Research Question:
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Variables/Measures

- For the purpose of this study, we have chosen to define our variables as such:
 - Independent variable stable housing
 - 0 – staying in current living situation LESS than 6 months
 - 1 – staying in current living situation MORE than 6 months
 - Dependent variable extended sobriety
 - Number of days since the last time participants used alcohol or other substances

Research Question:
Does stable housing predict
extended sobriety?

Data Analysis Procedures

- The data will be imputed and assessed through SPSS
- Frequency distributions and measures of central tendency will be run to describe the sample
- An independent ttest will be run to determine if there is a relationship between stable housing and length of sobriety

Research Question:
Does stable housing predict
extended sobriety?

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