

# 4 Ways Nursing Homes Can Promote Substance Use Recovery

**Nursing facilities are admitting an increasing number of residents with Substance Use Disorders (SUD).<sup>1</sup> Facility staff can support residents and promote their recovery in the following ways:**

## OPTION 1

Provide space in the nursing facility for peer-led support group meetings. Peer-run groups are widely recognized as a valuable resource for individuals with a SUD or a history of substance use and can help with their recovery. Peer leaders can be identified through local support groups such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA).

Having space in nursing facilities for these groups eliminates transportation barriers and provides an opportunity for residents with SUDs to obtain support without leaving the facility.

## OPTION 2

Coordinate with a resident's family member or friend to provide transportation to a local [recovery support group meeting](#).



## OPTION 3

Provide access to online virtual recovery support group meetings. [Virtual meetings](#) eliminate the need for transportation and allow residents flexibility in participation.

## OPTION 4

Coordinate with activity services to provide leisure outlets that support wellness in the recovery process, such as meditation, yoga, exercise, reading, journaling, and/or art activities. These activities provide meaningful outlets for residents.

**Nursing facilities have an opportunity to provide a safe space for residents as they continue their recovery process.**

**Source:**

1. *Barriers to Care for Nursing Home Residents With Substance Use Disorders: A Qualitative Study*