

Sober living houses

Substance Use Disorders: Treatment for Adults

Benefit-cost estimates updated December 2023. Literature review updated October 2016.

Current estimates replace old estimates. Numbers will change over time as a result of model inputs and monetization methods.

The WSIPP benefit-cost analysis examines, on an apples-to-apples basis, the monetary value of programs or policies to determine whether the benefits from the program exceed its costs. WSIPP's research approach to identifying evidence-based programs and policies has three main steps. First, we determine "what works" (and what does not work) to improve outcomes using a statistical technique called meta-analysis. Second, we calculate whether the benefits of a program exceed its costs. Third, we estimate the risk of investing in a program by testing the sensitivity of our results. For more detail on our methods, see our [Technical Documentation](#).

Program Description: Sober living houses (or recovery houses) are voluntary residential arrangements in which unrelated adults agree to live together under a set of shared rules. They are commonly utilized by persons with substance abuse history in their effort to maintain sobriety. They are resident-supported and not staffed by a caseworker or house manager.

This meta-analysis includes studies on Oxford Houses as well as other unspecified models of sober living houses and recovery houses. It includes studies on formerly incarcerated individuals as well as studies in which individuals may have had no prior criminal involvement. Individuals in these studies spent between three and eight months in sober living houses. They were compared to similar individuals who were not placed in sober living houses.

Benefit-Cost Summary Statistics Per Participant

Benefits to:

Taxpayers	\$392	Benefit to cost ratio	\$6.50
Participants	\$566	Benefits minus costs	\$1,861
Others	\$173	Chance the program will produce	
Indirect	\$1,068	benefits greater than the costs	53%
Total benefits	\$2,199		
Net program cost	(\$339)		
Benefits minus cost	\$1,861		

The estimates shown are present value, life cycle benefits and costs. All dollars are expressed in the base year chosen for this analysis (2022). The chance the benefits exceed the costs are derived from a Monte Carlo risk analysis. The details on this, as well as the economic discount rates and other relevant parameters are described in our [Technical Documentation](#).

Meta-Analysis of Program Effects

Outcomes measured	Treatment age	No. of effect sizes	Treatment N	Adjusted effect sizes and standard errors used in the benefit-cost analysis						Unadjusted effect size (random effects model)	
				First time ES is estimated			Second time ES is estimated			ES	p-value
				ES	SE	Age	ES	SE	Age		
Crime	38	5	396	-0.048	0.087	39	0.000	0.187	49	-0.108	0.223
Illicit drug use disorder	38	3	253	-0.094	0.131	38	0.000	0.187	41	-0.274	0.027
Substance use disorder [^]	38	2	143	-0.324	0.149	38	n/a	n/a	n/a	-0.886	0.001
Employment ^{^^}	38	4	306	0.235	0.091	38	n/a	n/a	n/a	0.641	0.001
Hours worked [^]	38	1	90	0.140	0.149	40	n/a	n/a	n/a	0.383	0.011

[^]WSIPP's benefit-cost model does not monetize this outcome.

^{^^}WSIPP does not include this outcome when conducting benefit-cost analysis for this program.

Meta-analysis is a statistical method to combine the results from separate studies on a program, policy, or topic in order to estimate its effect on an outcome. WSIPP systematically evaluates all credible evaluations we can locate on each topic. The outcomes measured are the types of program impacts that were measured in the research literature (for example, crime or educational attainment). Treatment N represents the total number of individuals or units in the treatment group across the included studies.

An effect size (ES) is a standard metric that summarizes the degree to which a program or policy affects a measured outcome. If the effect size is positive, the outcome increases. If the effect size is negative, the outcome decreases.

Adjusted effect sizes are used to calculate the benefits from our benefit cost model. WSIPP may adjust effect sizes based on methodological characteristics of the study. For example, we may adjust effect sizes when a study has a weak research design or when the program developer is involved in the research. The magnitude of these adjustments varies depending on the topic area.

WSIPP may also adjust the second ES measurement. Research shows the magnitude of some effect sizes decrease over time. For those effect sizes, we estimate outcome-based adjustments which we apply between the first time ES is estimated and the second time ES is estimated. We also report the unadjusted effect size to show the effect sizes before any adjustments have been made. More details about these adjustments can be found in our [Technical Documentation](#).

Detailed Monetary Benefit Estimates Per Participant

Affected outcome:	Resulting benefits: ¹	Benefits accrue to:				
		Taxpayers	Participants	Others ²	Indirect ³	Total
Crime	Criminal justice system	\$4	\$0	\$10	\$2	\$15
Illicit drug use disorder	Labor market earnings associated with illicit drug abuse or dependence	\$173	\$407	\$0	\$0	\$579
Illicit drug use disorder	Health care associated with illicit drug abuse or dependence	\$159	\$25	\$163	\$80	\$427
Illicit drug use disorder	Mortality associated with illicit drugs	\$57	\$134	\$0	\$1,156	\$1,348
Program cost	Adjustment for deadweight cost of program	\$0	\$0	\$0	(\$169)	(\$169)
Totals		\$392	\$566	\$173	\$1,068	\$2,199

¹In addition to the outcomes measured in the meta-analysis table, WSIPP measures benefits and costs estimated from other outcomes associated with those reported in the evaluation literature. For example, empirical research demonstrates that high school graduation leads to reduced crime. These associated measures provide a more complete picture of the detailed costs and benefits of the program.

²"Others" includes benefits to people other than taxpayers and participants. Depending on the program, it could include reductions in crime victimization, the economic benefits from a more educated workforce, and the benefits from employer-paid health insurance.

³"Indirect benefits" includes estimates of the net changes in the value of a statistical life and net changes in the deadweight costs of taxation.

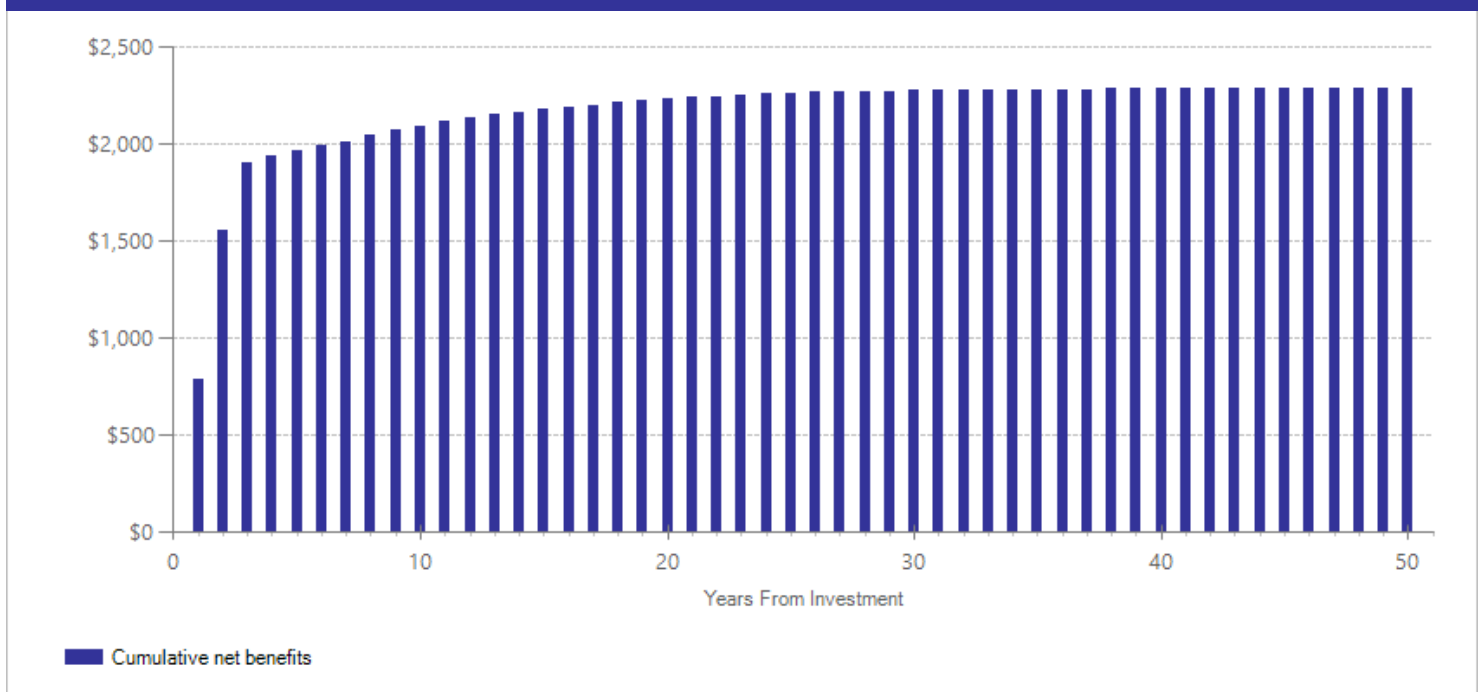
Detailed Annual Cost Estimates Per Participant

	Annual cost	Year dollars	Summary	
Program costs	\$287	2016	Present value of net program costs (in 2022 dollars)	(\$339)
Comparison costs	\$0	2016	Cost range (+ or -)	10%

Costs were estimated based on the organizational costs of the Oxford House organization in fiscal year 2016 2016 (<http://www.oxfordhouse.org/userfiles/file/finances.php>). During that year Oxford House started 226 new houses and maintained 2,100 existing houses through outreach, publications, monitoring, organization of chapters and state associations, workshops and the annual convention. Per participant costs were based on a total of 2326 houses with an average of 10 residents each. The cost estimate does not include expenses paid by residents such as rent, utilities, and household items.

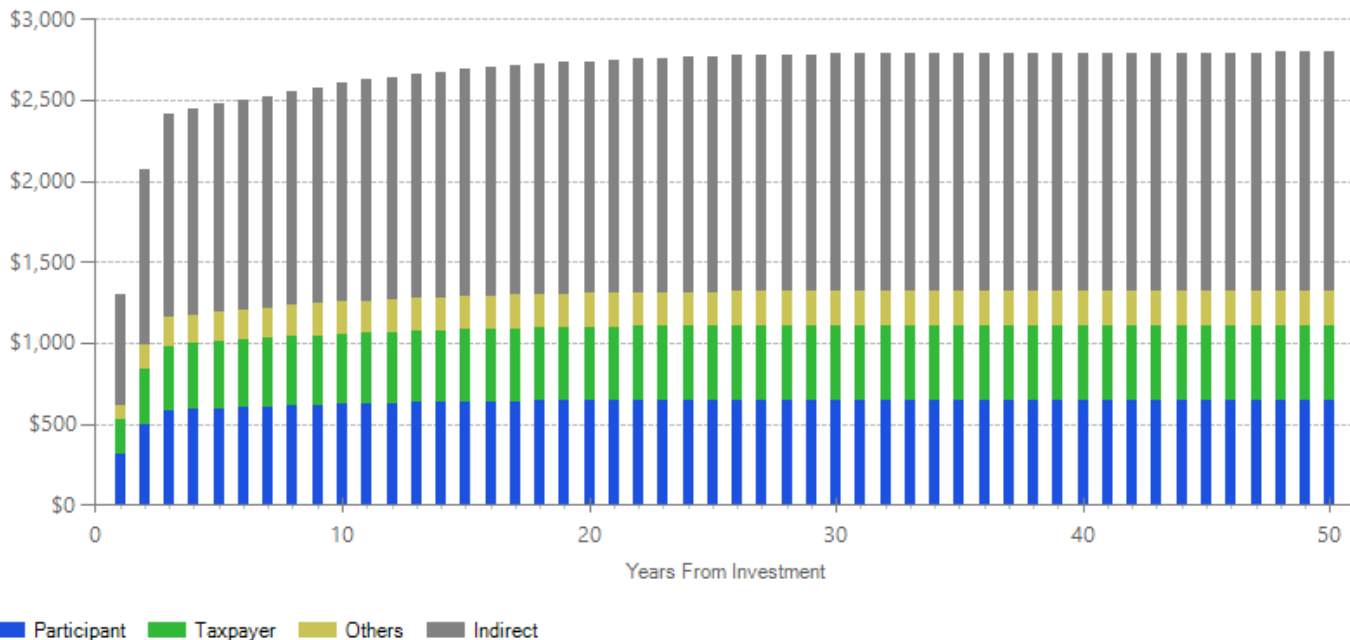
The figures shown are estimates of the costs to implement programs in Washington. The comparison group costs reflect either no treatment or treatment as usual, depending on how effect sizes were calculated in the meta-analysis. The cost range reported above reflects potential variation or uncertainty in the cost estimate; more detail can be found in our [Technical Documentation](#).

Benefits Minus Costs Over Time (Cumulative Discounted Dollars)



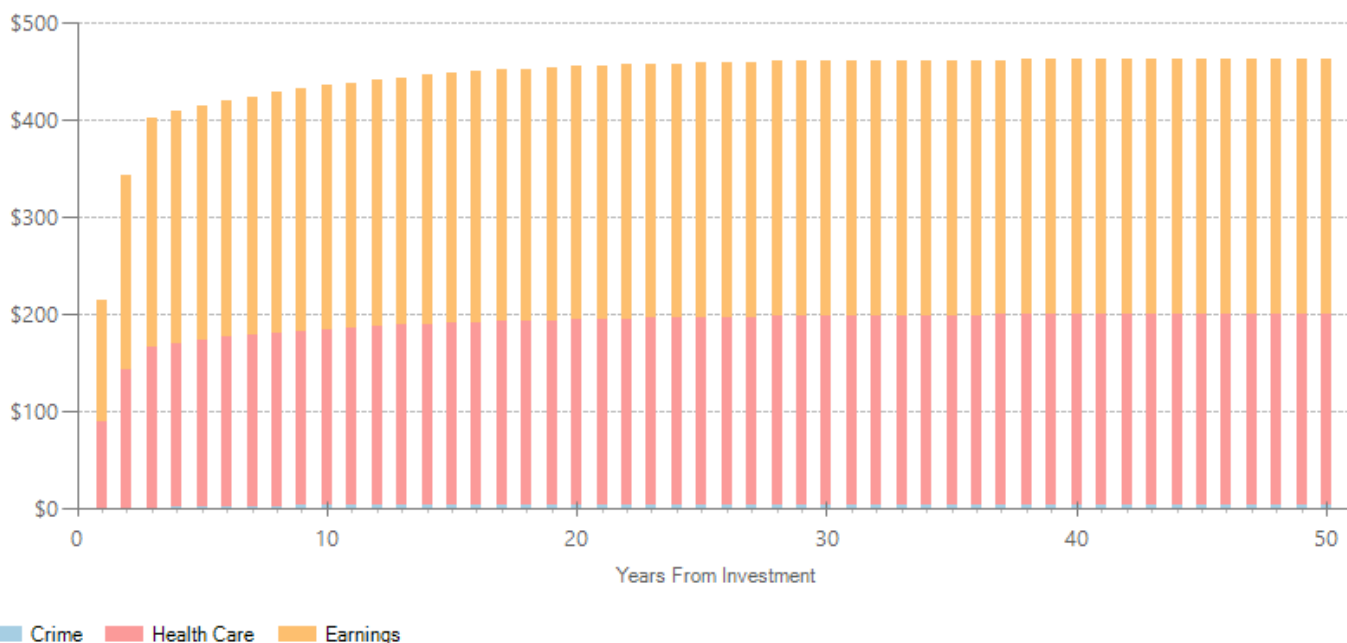
The graph above illustrates the estimated cumulative net benefits per-participant for the first fifty years beyond the initial investment in the program. We present these cash flows in discounted dollars. If the dollars are negative (bars below \$0 line), the cumulative benefits do not outweigh the cost of the program up to that point in time. The program breaks even when the dollars reach \$0. At this point, the total benefits to participants, taxpayers, and others, are equal to the cost of the program. If the dollars are above \$0, the benefits of the program exceed the initial investment.

Benefits by Perspective Over Time (Cumulative Discounted Dollars)



The graph above illustrates the breakdown of the estimated cumulative benefits (not including program costs) per-participant for the first fifty years beyond the initial investment in the program. These cash flows provide a breakdown of the classification of dollars over time into four perspectives: taxpayer, participant, others, and indirect. "Taxpayers" includes expected savings to government and expected increases in tax revenue. "Participants" includes expected increases in earnings and expenditures for items such as health care and college tuition. "Others" includes benefits to people other than taxpayers and participants. Depending on the program, it could include reductions in crime victimization, the economic benefits from a more educated workforce, and the benefits from employer-paid health insurance. "Indirect benefits" includes estimates of the changes in the value of a statistical life and changes in the deadweight costs of taxation. If a section of the bar is below the \$0 line, the program is creating a negative benefit, meaning a loss of value from that perspective.

Taxpayer Benefits by Source of Value Over Time (Cumulative Discounted Dollars)



The graph above focuses on the subset of estimated cumulative benefits that accrue to taxpayers. The cash flows are divided into the source of the value.

Citations Used in the Meta-Analysis

- Jason, L.A., & Ferrari, J.R. (2010). Oxford House recovery homes: Characteristics and effectiveness. *Psychological Services, 7*(2), 92-102.
- Jason, L.A., Olson, B.D., Ferrari, J.R., & Lo Sasso, A.T. (2006). Communal housing settings enhance substance abuse recovery. *American Journal of Public Health, 96*(10), 1727.
- Jason, L.A., Olson, B.D., & Harvey, R. (2015). Evaluating alternative aftercare models for ex-offenders. *Journal of Drug Issues, 45*(1), 53-68.
- Lo Sasso, A.T., Byro, E., Jason, L.A., Ferrari, J.R., & Olson, B. (2012). Benefits and costs associated with mutual-help community-based recovery homes: The Oxford House model. *Evaluation and Program Planning, 35*(1), 47-53.
- Tuten, M., Defulio, A., Jones, H.E., & Stitzer, M. (2012). Abstinence-contingent recovery housing and reinforcement-based treatment following opioid detoxification. *Addiction, 107*(5), 973-982.

For further information, contact:
(360) 664-9800, institute@wsipp.wa.gov

Printed on 03-21-2024



Washington State Institute for Public Policy

The Washington State Legislature created the Washington State Institute for Public Policy in 1983. A Board of Directors—representing the legislature, the governor, and public universities—governs WSIPP and guides the development of all activities. WSIPP's mission is to carry out practical research, at legislative direction, on issues of importance to Washington State.