

**IMPACT OF LENGTH OF STAY ON RECOVERY MEASURES AMONG HOMELESS MEN IN FAITH BASED  
ADDICTION TREATMENT**

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Faith based programs are an integral part of recovery support systems and play a key role in serving the homeless and disenfranchised. The purpose of this study was to determine the impact of length of stay among homeless men in faith-based residential addictions recovery programs on physical activity, depression, self-esteem, and nicotine dependence. The sample consisted of 175 homeless residents enrolled in a large gospel rescue mission's faith based addiction recovery program. A time series design was utilized to measure changes in four quality of life measures at program entry, and again at three, six, and nine months following admission. Paired t-tests were used to determine the change in average instrument response from admission to each follow-up period. Analysis of variance and Tukey posthoc tests were used to assess for differences in length of stay between demographic variables.

Statistically significant improvements were noted in self-esteem and depressive symptoms at three and six months following admission and in physical activity levels at three months following admission. Nicotine dependence scores declined at three and six months, but were not statistically significant. Time spent in this faith-based recovery program had a significant impact on depression, self-esteem, and physical activity. Recommendations for future study include expanding the scope of quality of life indicators, conducting research to analyze the relationship between distinct program elements and quality indicators, and comparing faith-based programs to other similar programs and to publicly funded secular recovery programs. Finally, studies are needed to assess whether improvements in outcomes remains or continues long-term following graduation.