

Judiciary Committee

JOINT FAVORABLE REPORT

Bill No: HB-5490 / [Bill Status](#) / [Public Hearing Testimony](#)

AN ACT CONCERNING REQUIREMENTS FOR SOBER LIVING HOMES

Title: OPERATING IN THE STATE.

Vote Date: 3/24/2026

Vote Action: Joint Favorable

PH Date: 3/16/2026

File No.:

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SPONSORS OF BILL:

Judiciary Committee

CO-SPONSORS:

Rep. Patricia A. Dillon, 92nd District
Sen. Gary A. Winfield, 10th Dist.

REASONS FOR BILL:

The purpose of this bill is to establish reporting and operational requirements for sober living homes operating in the state. Sober living homes currently operate as voluntary housing environments rather than licensed treatment facilities, meaning that limited information is available to the state regarding their operations and capacity. Consequently, lawmakers and communities have expressed concerns about the level of transparency and oversight surrounding these residences. The bill seeks to address these issues by requiring operators to report information about capacity, staffing, safety measures, and ownership to state and local officials. This would allow policymakers to better understand the scope and operation of sober living homes and assess whether additional policy responses are needed.

RESPONSE FROM ADMINISTRATION/AGENCY:

Nancy Navarretta, Commissioner, Connecticut Department of Mental Health and Addiction Services (DMHAS): Nancy Navarretta opposes this bill because it would create a new state oversight framework for sober living homes, which are voluntary housing environments rather than licensed treatment providers. The proposal would effectively require DMHAS to regulate housing arrangements the Department does not currently license or oversee. She expresses concern that the bill imposes reporting requirements without clearly defined enforcement or compliance mechanisms. The Department lacks the resources to

implement such requirements, which would create a significant fiscal and administrative burden not included in the Governor's budget.

NATURE AND SOURCES OF SUPPORT:

Edward Zelinsky: Edward Zelinsky supports this bill because he believes greater transparency and information about sober living homes is necessary. He argues that while some operators act responsibly, others neglect the well-being of residents and the surrounding neighborhoods, making effective oversight important. Requiring sober homes to report their addresses and bed occupancy to the state would provide the public with better information about the industry and help policymakers assess whether further regulation is needed.

NATURE AND SOURCES OF OPPOSITION:

Monika Nugent, Manager of Public Policy and Advocacy for the Connecticut Community Nonprofit Alliance: Monika Nugent opposes this bill because its provisions could create barriers for individuals seeking housing during the early stages of recovery. She raises concerns about establishing a municipal registry of sober living homes, as such a registry could stigmatize people in recovery and infringe on their right to live freely in the community. She believes the bill could have unintended consequences for housing access, and any legislation involving private living arrangements explicitly exclude nonprofit providers that are already licensed or regulated by state agencies. Community nonprofits already operate under extensive oversight and have a strong record of supporting individuals in recovery.

Reported by: Justin Lamoureux

Date: March 31, 2026