Creating a Recovery-Ready Community

October 26, 2020
3:00-4:00pm Eastern
(2pm Central, 1pm Mountain, 12pm Pacific)
Introduction to the APR CoE

Technical Assistance Requests will be accepted early 2021 at:

[www.PeerRecoveryNow.org]
Creating a Recovery-Ready Community
Strategies to Enhance Community Recovery Capital

Presented by
Keegan Wicks, NCPRSS
Faces & Voices of Recovery
Housekeeping Details

- Technology
- Polls
- Questions or Comments
- Participant Feedback - evaluation
Learning Objectives

Participants will gain knowledge about:

- A recovery-ready ecosystem model
- Models of peer-delivered recovery support services including
  - recovery community organizations
  - recovery housing
  - recovery high schools
  - employment and education
  - and re-entry support services.
- Strategies to enhance community recovery capital
What is recovery?

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

- Substance Abuse and Mental Health Services Administration (SAMHSA)
More than 23 million adults living in the US once had a drug or alcohol problem, but no longer do.

2012 Survey conducted by the New York Office of Alcohol and Substance Abuse Services
Focus on Long-term Recovery
Long-term Recovery is the Goal

Individuals and Families
• Less than 15% of those who reach 5-years of sustained recovery will experience a recurrence of use

Communities
• Recovery happens in communities
• A compassionate response reduces the social, economic and health impact of substance use at the community level
Recovery-Oriented Systems of Care (ROSC)

- A coordinated network of community-based services and supports
- Person-centered
- Builds on the strengths and resilience of individuals, families and communities
- Improves health, wellness and quality of life for those with or at risk for alcohol and other drug problems
Figure 1: Conceptual Framework of a Recovery-Oriented System of Care
Recovery Capital and Recovery-Ready Communities
Recovery Capital (RC)

- The sum of internal and external resources that can be drawn upon to initiate and sustain recovery from SUD
- There are five parts of recovery capital; social, physical, human, community, and cultural capital

(Granfield & Cloud, 1999; Cloud & Granfield, 2004)
Personal Recovery Capital

Physical recovery capital - tangible resources that can provide additional opportunities to people in recovery

- Ex. financial resources to move to a residence more conducive to recovery or afford a better treatment center, health insurance, safe and recovery-conducive shelter, clothing, food, access to transportation

Human recovery capital - resources a person has such as skills, health, aspirations, hopes and dreams

- Ex. knowledge, educational/vocational skills and credentials, problem solving capacities, self-awareness, self-esteem, purpose in life, and interpersonal skills.
Family/Social Recovery Capital - resources a person has from their relationships with other people. This could mean support from, and commitments to, groups of people.

- Ex. family and kinship relationships (defined here non-traditionally, i.e., family of choice), and social relationships that are supportive of recovery efforts, the willingness of intimate partners and family members to participate in treatment
Community/Cultural Recovery Capital

**Community Recovery Capital** - attitudes, policies, and resources related to addiction and recovery that promote the resolution of substance use disorder.

**Cultural Recovery Capital** – local availability of culturally-prescribed pathways of recovery that resonate with particular individuals and families.
Community Recovery is a voluntary process through which a community uses the assertive resolution of alcohol and other drug-related problems as a vehicle for collective healing, community renewal, and enhanced intergenerational resilience.

A compassionate response in a recovery-ready community will greatly reduce the social, economic and health burden of substance use disorders on the community level.
Local, State, Federal Policy

- Recovery Informed Institutional Services
- Recovery Community Centers
- Collegiate Recovery Programs
- Recovery / Drug Courts
- Mutual-Aid Organizations
- Recovery Community Organizations
- Prevention Organizations
- Peer Recovery Services
- Harm Reduction Organizations
- Re-entry Services Organizations
- Recovery Residences
- Medical Treatment Services
- Advocacy Organizations
- Recovery High Schools

Individual in Recovery

Figure 1 – Recovery Ready Ecosystems Model

Definition of Peer Support Workers

• People who have been successful in the recovery process who help others experiencing similar situations

• Help people
  o become and stay engaged in the recovery process
  o reduce the likelihood of recurrence of use

• Extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a recovery process.
Role of Peer Support

- Supporting and advocating for people in recovery
- Sharing resources and building skills
- Building community and relationships
- Leading recovery groups
- Mentoring, coaching and setting goals
- Providing services and/or training
- Supervising other peer workers
- Developing resources
- Administering programs or agencies
- Educating the public and policymakers
The Case for Peer Support

- Decreases use of crisis and emergency services
- Provides more face time with client (for clinicians)
- Facilitates similar or better outcomes at lower cost
- Brings different insights, attitudes and motivations to treatment encounters
- Associated with reduced depression and negative health behaviors
- Promotes mastery of self-care behaviors
- Supports adherence to medication, diet, and exercise
- Escalates social support
- Supports chronic disease management
Recovery Community Organizations
Recovery Community Organizations

- Independent
- Non-profit organizations
- Led and run by representatives of local communities of recovery on behalf of the recovery community.
- The sole mission of an RCO
  - to mobilize resources to increase the prevalence and quality of long-term recovery from substance use
Recovery Community Organizations

Core Strategies
- Public education and awareness
- Policy advocacy
- Peer recovery support services

Scope and Representation
- Local
- Statewide
- National
RCO Values and Principles

• Authenticity of recovery experience and voice
• Recovery visibility and accountability
• Leadership development
• Cultural diversity and inclusion
• All pathways to recovery
• Participatory process
• Strength-based perspectives
• Volunteerism and service
Laying the Groundwork

• Building on recovery culture
• Develop a shared mission and vision
• Maintain authority of recovery voice and representation
• Develop advocacy agenda
• Cultivate leadership
• Build stakeholder relationships
• Build alliances with other movements
• Diversify funding streams
Recovery Community Centers
Recovery Community Center

- A recovery-oriented sanctuary anchored in the heart of the community
- Offers local networks of non-medical, recovery support services
- Peer-operated
- Serve as locatable resources of community-based recovery support
Recovery Community Center

Provide a variety of services including:

- Recovery coaching
- Medication assisted treatment (MAT) support
- Skills-building
- Mutual-help groups
- Employment linkages
Recovery Housing
What is Recovery Housing?

• Safe, healthy, and substance-free living environments that support individuals in recovery from addiction.

• Vary widely in structure

• Centered on peer support and a connection to services that promote long-term recovery

• Benefits individuals in recovery by providing direct connections to other peers in recovery and recovery services and supports.

Residences Cover A Wide Service Spectrum

Level 1
- Alcohol and drug-free living environments

Level 2
- Social model recovery support

Level 3
- Recovery support services
- Life skills development

Level 4
- Clinical services

Developed by NARR
Adopted by SAMHSA
NARR Services and Programs

- Best practice standards for residences
- Code of Ethics
- Levels of recovery support
- Protocol for residence certification
- Model for state, community support
- Training, technical assistance
- Work in partnership with our state affiliate organizations
- Technical assistance to state agencies, other organizations
- Policy development, advocacy
- Research collaboration

For more information visit narronline.org
Collegiate Recovery
Collegiate Recovery Basics

- University-provided addiction recovery support services
- Similar to collegiate athletes receiving specialized accommodations
- Most developed programs are Texas Tech, Augsburg University, Rutgers University, and Kennesaw State University
- Typical components include meeting space for students, dedicated staff, supportive services, housing accommodations, etc.
- Housed in a variety of areas (sometimes academic, sometimes health and wellness, etc.)
Collegiate Recovery Research

First National Collegiate Recovery Survey
  • Dr. Alexandre Laudet

Key finding that Collegiate Recovery Programs (CRPs) reduce addiction cycle by an average of 15 years
  • Average age of first treatment episode is 10 years earlier
  • Average age of stable recovery is 15 years earlier

For more information on Collegiate Recovery:
What is a Recovery High School?

- The primary purpose is to educate students in recovery from substance use and co-occurring disorders.
- The school meets state requirements for granting a diploma.
- Students in recovery are committed to working a recovery/wellness program.
- The school is available to any student in recovery.
Why Do Recovery High Schools Work?

• Change of environment – people, places, and things
• Focus on academics and recovery
• Coordinated clinical supports
• Positive peer pressure
Research Outcomes

• (2017) compared students who received treatment for SUDs and attended recovery high schools for at least 28 days vs. students who received treatment and did not attend a recovery high school

• After 6 months, students attending recovery high schools were significantly more likely than non-RHS students to
  o report complete abstinence from alcohol, marijuana, and other drugs
  o exhibit lower levels of marijuana use
  o have less absenteeism from school

• For more information on recovery high schools visit:
  • https://recoveryschools.org/

Alternative Peer Groups
Alternative Peer Groups

Alternative Peer Groups facilitate

- Twelve-step meetings
- After-school programming
- Pro-social activities
- Educational support
- Individual & family counseling (as a critical component)
- Parent support services
- Intensive outpatient therapy

Act as a liaison between residential treatment programs, psychiatrists, school counselors and other mental health professionals
Key Factors to the APG Model

The Fun Factor
• Encourages recovering young people to learn how to have as much sober fun as possible within healthy boundaries

Rewards System
• Rewards adolescents for sobriety, honesty, and integrity with fun, sober activities

Parent Involvement
• Parents are strongly encouraged to attend their own recovery meetings and create their own program of accountability to support their teen
So What Does It Take to Get This Tool?

• It can be as simple as finding use of a room for 2 hours a week and a talented person to learn the process.

• A phone call to the Association of Alternative Peer Group Programs (AAPG) to start

• www.aapg-recovery.com
Harm Reduction
Harm Reduction Programs

- Policies, programs, and practices that aim to reduce the harms associated with the use of alcohol or other drugs
- Practical strategies and ideas aimed at reducing negative consequences associated with drug use
- Movement for social justice built on a belief in, and respect for, the rights of people who use drugs
- [www.harmreduction.org](https://www.harmreduction.org)

Principles of Harm Reduction

• Establishes quality of individual and community life and well-being — not necessarily cessation of all drug use — as the criteria for successful interventions and policies

• Non-judgmental, non-coercive provision of services and resources to PWUD and the communities in which they live in to assist them in reducing harm

• Ensures that PWUD and those with a history of drug use routinely have a real voice in the creation of programs and policies designed to serve them

• Poverty, class, racism, social isolation, past trauma, sex-based discrimination, and other social inequalities affect both people’s vulnerability to and capacity for effectively dealing with drug-related harm
Other Elements of a Recovery Ready Community

- Re-entry programs
- Family support programs
- Recovery friendly employers
- Recovery ready workplaces
- Faith based programs
- Active recovery communities
- Substance free recreation
- Online recovery community
- Recovery celebrations
Recovery Focused Policies

- Breaking down barriers to long-term recovery
- Eliminating stigma
- Eliminating discriminatory practices and policies
- Good Samaritan law
- Ban the Box campaign

Advocacy

• Building a grassroots movement
• The voice of people with lived experience
• Nothing about us without us
• People in recovery on committees, councils
• We recover and we vote
• We are a constituency of consequence
What can you do right now?
10 concrete steps that local leaders can take to mobilize the recovery community

1. Bring people in recovery to the table early and often to create a shared vision of recovery.
2. Identify leaders in the recovery community
3. Identify recovery champions to support the effort and to be ambassadors for the cause.
4. Launch community visioning.
5. Assess community strengths. Where is recovery thriving?
10 concrete steps that local leaders can take to mobilize the recovery community

6. Conduct a community recovery capital assessment to identify areas where recovery support and recovery-friendly policies are most prevalent.

7. Get creative and innovative.

8. Encourage friends, family and colleagues to share their personal stories.

9. Create recovery community centers that make recovery visible on Main Street.

10. Celebrate recovery from addiction!
FACES & VOICES OF RECOVERY

ADVOCATE. ACT. ADVANCE.

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facesandvoicesofrecovery.org

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# Upcoming Trainings!

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Thank You