

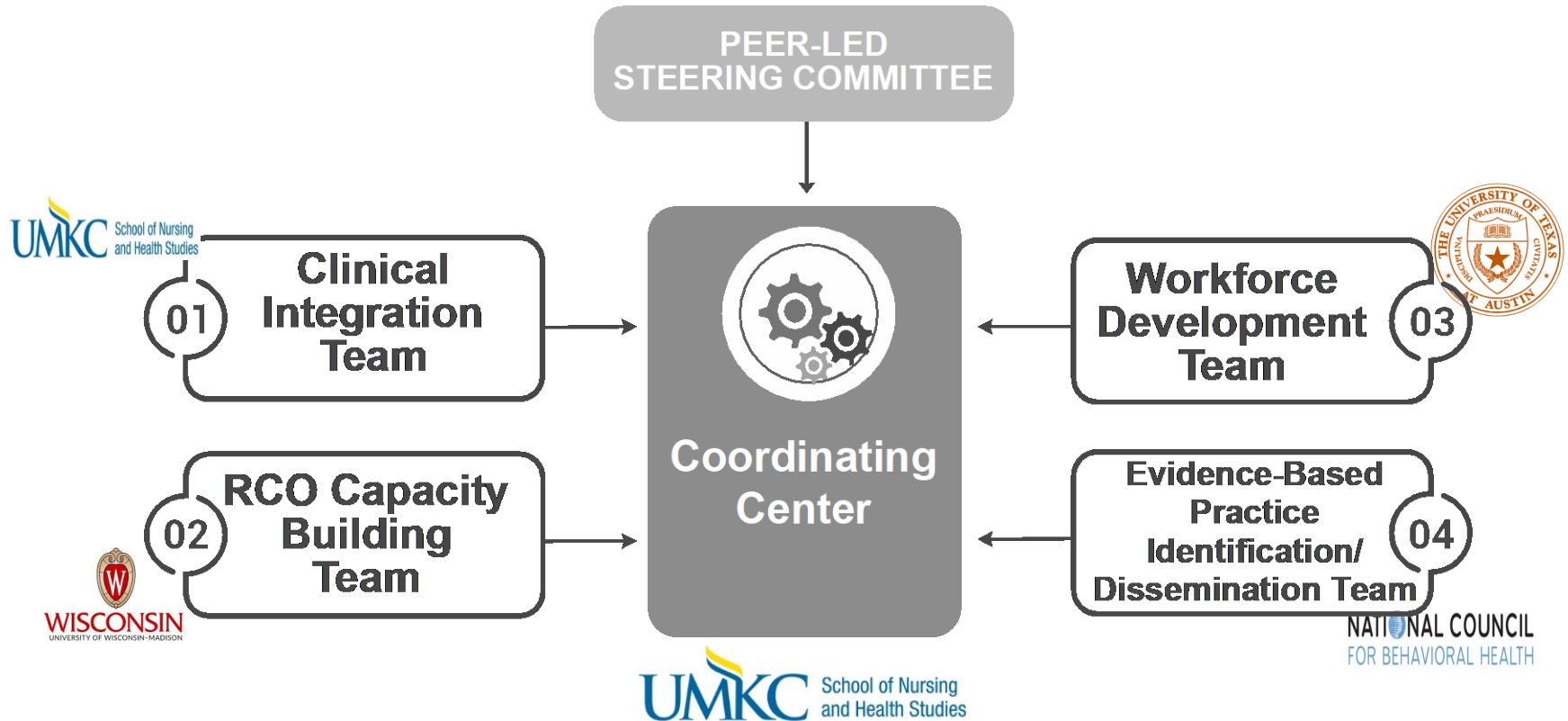


Strengthening the Field of Recovery Support Services

Guiding Principles of Recovery

December 08, 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

Housekeeping Details

- Technology
- Questions and Comments
- Post Event
 - Slides
 - Participant Feedback Evaluation
 - Continuing Education

Guiding Principles of Recovery

Presented by
Joseph Hogan-Sanchez, RSPS/ PR
Faces & Voices of Recovery

Learning Objectives

Participants will be able to:

- Identify guiding principles in action in their work and communities
- Advance recovery opportunities by applying the concepts of guiding principles and four major dimensions that support recovery
- Understand the importance of key practices to inform program and service delivery to meet guiding principles of recovery

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)

for Us, by Us

“In August 2010, leaders in the behavioral health field, consisting of people in recovery from mental health and substance use problems and SAMHSA, met to explore the development of a common, unified working definition of Recovery”

Substance Abuse and Mental Health Services Administration (SAMHSA)



Publications and Digital Products

Search SAMHSA Publications and Digital Products

recovery

Search

Publication Category

- Substance Abuse (226)
- Mental Health (225)

Publication Primary Audience

- Practitioner/Professional (256)
- General Public (105)

Issues, Conditions and Disorders

- Substance Abuse (89)
- Alcohol Abuse (47)

Sort by

View per page

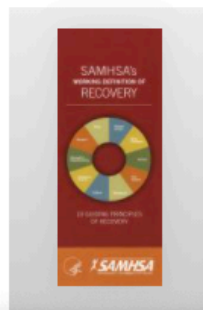
Displaying results 1 - 10 of 332



What Are Peer Recovery Support Services?

Published: October 2009

... What Are Peer **Recovery** Support Services? ii What Are Peer **Recovery** Support Services? iii Acknowledgments This ...



SAMHSA's Working Definition of Recovery

Published: February 2012

... SAMHSA's WORKING DEFINITION OF **RECOVERY** Strengths / Responsibility Hope Person- Driven Many ... Addresses Trauma Respect 10 GUIDING PRINCIPLES OF **RECOVERY** BACKGROUND **Recovery** has been identified as a primary ...

10 Guiding Principles of Recovery



1. Hope
2. Person-Driven
3. Many Pathways
4. Holistic
5. Peer Support
6. Relational
7. Culture
8. Addresses Trauma
9. Strengths /. Responsibility
10. Respect

Four Dimensions of Support




Health: Overcoming or managing one's disease(s) or symptoms

Home: A stable and safe place to live

Purpose: Meaningful daily activities

Community: Relationships and social networks that provide support, friendship, love, and hope



Guiding Principles of Recovery

Recovery Emerges From Hope

- Language
 - At work and in our community
- Peer Recovery Support Services (PRSS)
 - Using lived experience as testimony
- How we engage with those that we serve
 - Strengths based approach to empower

Person-Driven

- They Lead
 - What does recovery to look like for them
- Creating their own goals
 - Using autonomy and support to establish
- Choice and independence
 - What, who and how they receive services

Many Pathways

- Based on needs, preferences, goals culture
 - Our outreach and services should reflect these
- Do your homework on what's available
 - Treatment, medication support programs, fellowships, meet-ups, on-line platforms, faith-based, peer support
- Recognize bias and be aware of your impact
 - Be aware of how your bias shows up in body language and communication

Recovery is Holistic

- Mind
 - Continuing / returning to school, a new hobby, community, meditation or mindfulness practices
- Body
 - Creating healthy habits, getting physically active, setting major health goals
- Spirit
 - New/ renewed faith or religion practices, exploring spirituality
- Community
 - Supportive social networks, family of choice, community involvement

Supported by Peers and Allies

- Peers
 - Share similar experiences, skills, pathways, interests, or practices
- PEERS
 - Peer worker, Peer Recovery Coach, Peer Recovery Support Specialist, Peer Specialist
 - Recovery support provided by those with lived experience - Peer Recovery Support Services (PRSS)
 - Trained to utilize and share recovery experience
- Allies
 - “They get it”
 - Supportive

Relationship and Social Networks

- What does your cheerleader section look like?
 - Family members, mentors, peers, providers, faith groups, community members, allies
- Out with the old, in with the new
 - Trading in the unfulfilling, unsupportive network for something empowering, encouraging and supportive

Culturally-based and influenced

- Cultural components -
 - Values, traditions, beliefs, history, family dynamic
- Considerations
 - Community leaders / gate keepers
 - Barriers in communication
 - Barriers in outreach or reach in
- Ongoing evaluation & conversation
 - Who is leading in our organization?
 - Who is providing services?
 - Who is receiving services
 - How are our policies and procedures built out?
 - What training do we provide?

Addressing Trauma

- Evaluation
 - Self and organizational assessment
 - Your impact on those you serve
 - Who are your partners
- Training
 - Initial and ongoing
 - Internal and external
- Implementation
 - Trauma-informed environments
 - Trauma-informed policies & procedures
 - Trauma-informed practices

Addressing Trauma

6 GUIDING PRINCIPLES TO A TRAUMA-INFORMED APPROACH

The CDC's [Office of Public Health Preparedness and Response \(OPHPR\)](#), in collaboration with SAMHSA's [National Center for Trauma-Informed Care \(NCTIC\)](#), developed and led a new training for OPHPR employees about the role of trauma-informed care during public health emergencies. The training aimed to increase responder awareness of the impact that trauma can have in the communities where they work. Participants learned SAMHSA'S six principles that guide a trauma-informed approach, including:



Adopting a trauma-informed approach is not accomplished through any single particular technique or checklist. It requires constant attention, caring awareness, sensitivity, and possibly a cultural change at an organizational level. On-going internal organizational assessment and quality improvement, as well as engagement with community stakeholders, will help to imbed this approach which can be augmented with organizational development and practice improvement. The training provided by [OPHPR](#) and [NCTIC](#) was the first step for CDC to view emergency preparedness and response through a trauma-informed lens.


Individual, Family, and Community

- Individual
 - Responsibility for self-care
 - Ownership of their recovery journey
 - Advocate for strengths, needs, wants, desires and aspirations
- Family
 - Support loved ones
 - Ownership of their recovery journey
- Community
 - Provide opportunities and resources
 - Address discrimination
 - Foster social inclusion and Recovery

Respect



Recovery requires:

- Courage
 - Self-acceptance
 - Developing a positive and meaningful sense of identity
 - Belief in one's self
- 

Q & A





FACES & VOICES OF RECOVERY

ADVOCATE. ACT. ADVANCE.



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Upcoming Trainings!

Training Focus	Date(s)
Words Matter: Language & Stigma Reduction	December 16 th , 2020
Ethics, Values & Boundaries in Peer Recovery Support Work	January 12 th & February 4 th , 2021
The Impact of Compassion Fatigue in Peer Support Work	January 26 th & February 18 th , 2021

For training information: Cindy Christy, Sr. Program Manager, christyc@umkc.edu

For general information: Callan Howton, Director, howtonc@umkc.edu

Post Event Reminders

- You will receive the slides and any materials within one week.
- Certificate link will be included.
- We value your feedback! Please share your thoughts on the ***Participant Feedback Evaluation***.

For training information: Cindy Christy, Sr. Program Manager, christyc@umkc.edu

For general information: Callan Howton, Director, howtonc@umkc.edu

Resources

Community

- [Association of Recovery Community Organizations](#)
- [Recovery Friendly Workplace](#)
- [Association of Alternative Peer Groups](#)
- [National Harm Reduction Coalition](#)
- Addiction Peer Recovery Center of Excellence webinar – Creating a Recovery-Ready Community

Diversity, Equity and Inclusion

- Community Catalyst –
[Best Practices for White-Led Organizations to Promote Health Equity and Racial Justice in Health Advocacy](#)
- Local and Regional Government Alliance on Race & Equity
[Racial Equity Toolkit: An Opportunity to Operationalize Equity](#)
- Amplifier-
[Creating a Brave Space for Dialogue](#)

Education

- [Association of Recovery in Higher Education](#)
- [Association of Recovery High Schools](#)

Resources

Home

- [National Alliance for Recovery Residences](#)
- [HUD Exchange](#)

Language Audit

- SAMHSA's Center for the Application of Prevention Technologies; Word Matter: How Language Choice Can Reduce Stigma, <https://facesandvoicesofrecovery.org/blog/resource/words-matter-how-language-choice-can-reduce-stigma/>

Peer Support

- SAMHSA – [Peers](#)
- SAMHSA – [Peers Supporting Recovery from Substance Use Disorders](#) - Infographic
- SAMHSA - [Peers Supporting Recovery from Mental Health Conditions](#) – Infographic

Trauma Resources:

- SAMHSA's National Center for Trauma-Informed Care (NCTIC): [Trauma-Informed Peer Support \(TIPS\) training](#)

References



Centers for Disease Control and Prevention. (n.d.). *Infographic: 6 guiding principles to a trauma-informed approach* [Infographic]. Retrieved November 13, 2020, from https://www.cdc.gov/cpr/infographics/6_principles_trauma_info.htm

Substance Abuse and Mental Health Services Administration. (2012). *SAMHSA's working definition of recovery*.
<https://store.samhsa.gov/sites/default/files/d7/priv/pep12-recdef.pdf>