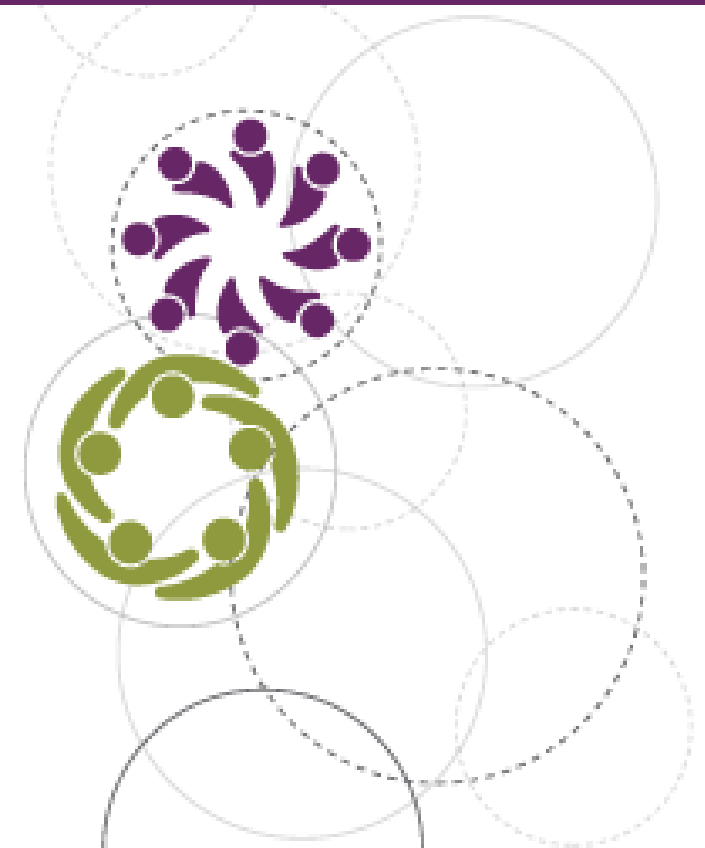# The Intersection of Prevention and Recovery

A Collaborative Webinar Series between:

Peer Recovery Center of Excellence

Great Lakes Prevention Technology Transfer Center

Prevention Technology Transfer Center Network

Core Areas of Focus:

Clinical integration of peer support workers into non-traditional settings;

Building and strengthening capacity of Recovery Community Organizations;

Enhancing the professionalization of peers through workforce development;

Providing evidence-based toolkit and resource information to diverse stakeholders.

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If we want addiction destigmatized,
we need a language that's unified.

The words we use matter. Caution needs to be taken, especially when the disorders concerned are heavily stigmatized as substance use disorders are.

In The Chat, Tell Us……..

Your Name

Where You Live or Work

Our Collective Experience Poll

Our Roadmap

Over the course of our two sessions together:

- Beginning the conversation
- Focus on prevention
- Focus on recovery
- Recovery Capital
- Exploring collaboration
- Closing

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Group Guidelines:
What do we need to create a safe Prevention and Recovery conducive space moving forward?

- RESPECT
- OPENNESS
- CONFIDENTIALITY
- STRETCH RULE
- ASSUME GOOD INTENTIONS
- BE STRENGTH-BASED

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General Suggestions and Tips:

1. Come ready to participate fully and critically in online learning.

2. Do your best to engage with the technology and make sure you attend to your needs.

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Chat Etiquette

- Ask Questions!

- Keep private conversations to a minimum to avoid distractions

- We expect a respectful, professional etiquette over chat. If you would not say it to someone standing right in front of you, you should not say it over chat.

Our Destination: Learning Objectives

- Describe the intersections between prevention and recovery approaches
- Define common terms used in prevention and recovery
- Apply a more holistic approach to the continuum of care

Framing Our Discussion

- Prevention and Recovery share common goals.

- Recovery and Prevention have distinct sets of services, funded through separate sources.

- Prevention and Recovery are both under the umbrella of Behavioral Health.

- Recovery and Prevention address issues of racial and health inequity.

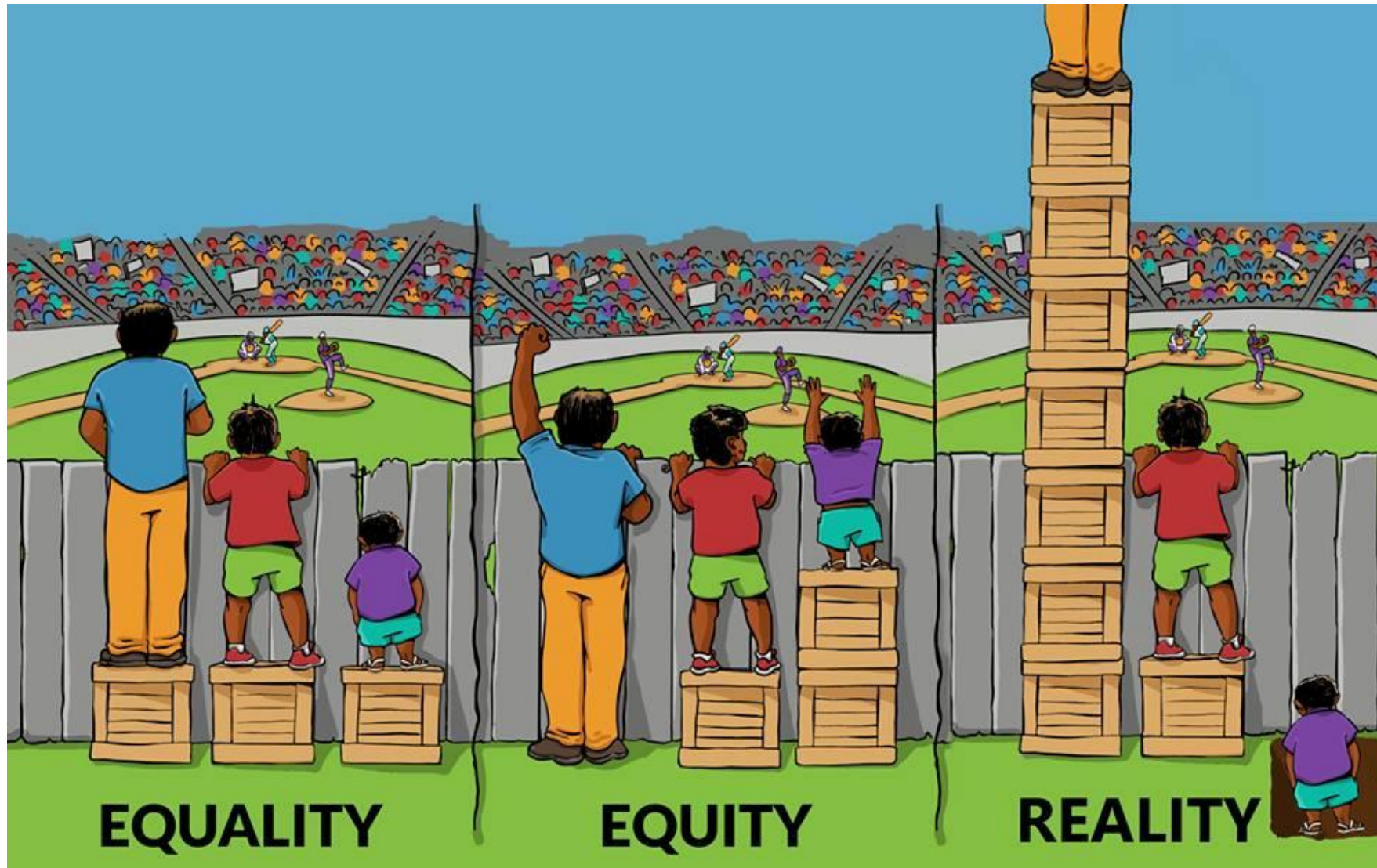# Defining Behavioral Health

Behavioral health can be considered a state of mental/emotional being and/or choices and actions that affect wellness.[1]

Defining Health Inequity

EQUALITY   EQUITY   REALITY

Beginning the Conversation

Exploring Concepts: A Large Group Activity

Words that describe Prevention

Words that describe Recovery

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Exploring Concepts

Prevention

- What are we preventing?
- What is the goal/focus of prevention?
- In what environment(s) does prevention take place?
- What models/frameworks are used?

Recovery

- From what are we recovering?
- What is the goal/focus of recovery?
- In what environment(s) does recovery happen?
- What models/frameworks are used?

Focus on Prevention

Visit https://pttcnetwork.org/ for more information.

Visit https://pttcnetwork.org/centers/great-lakes-pttc/home for more information

The Institute of Medicine Continuum of Care
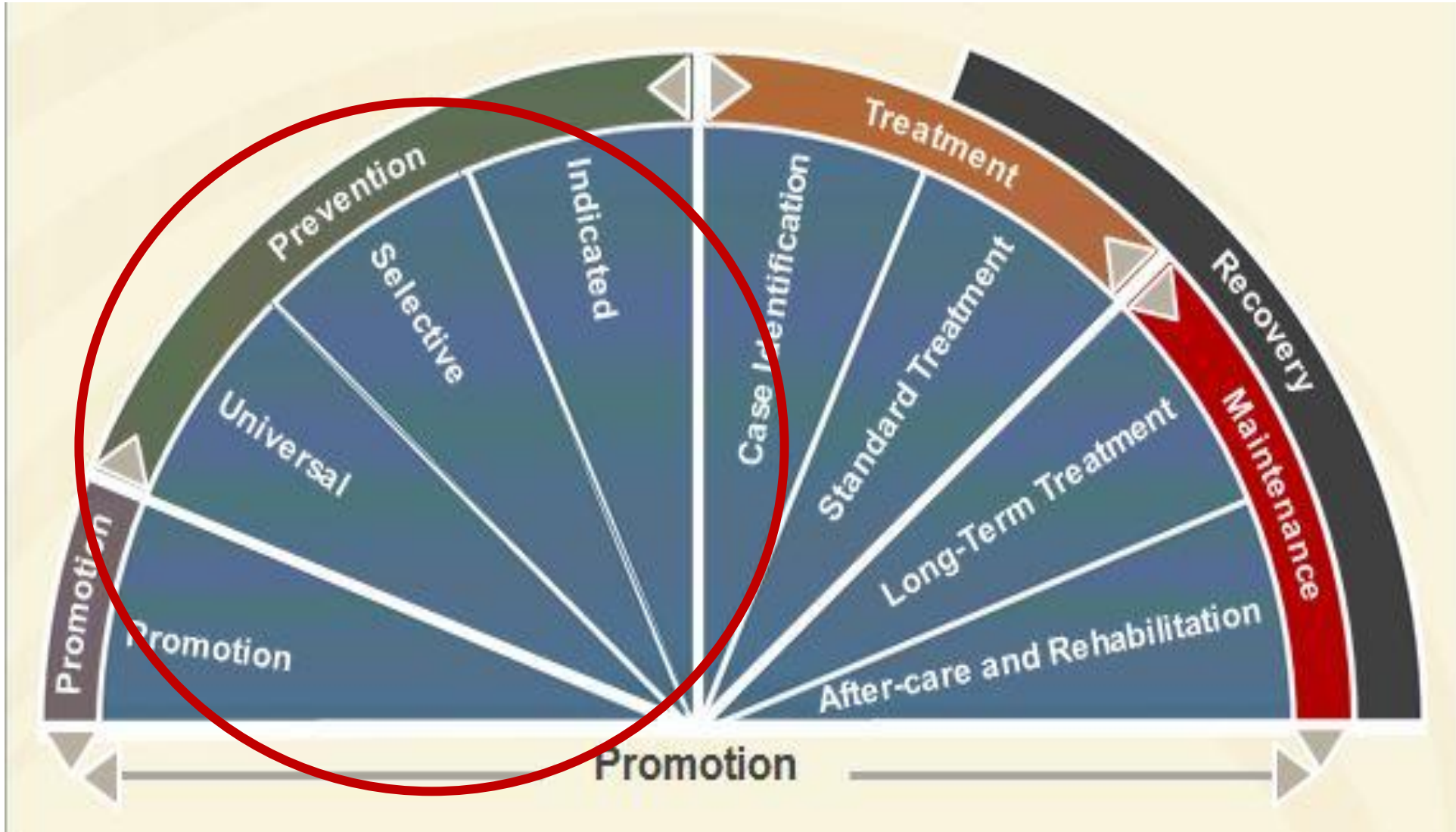
Health Promotion

Health promotion is the process of enabling people to increase control over, and to improve, their health. It moves beyond a focus on individual behavior towards a wide range of social and environmental interventions.[3]

Prevention

- Interventions that occur prior to the onset of a disorder and are intended to reduce the risk of the disorder

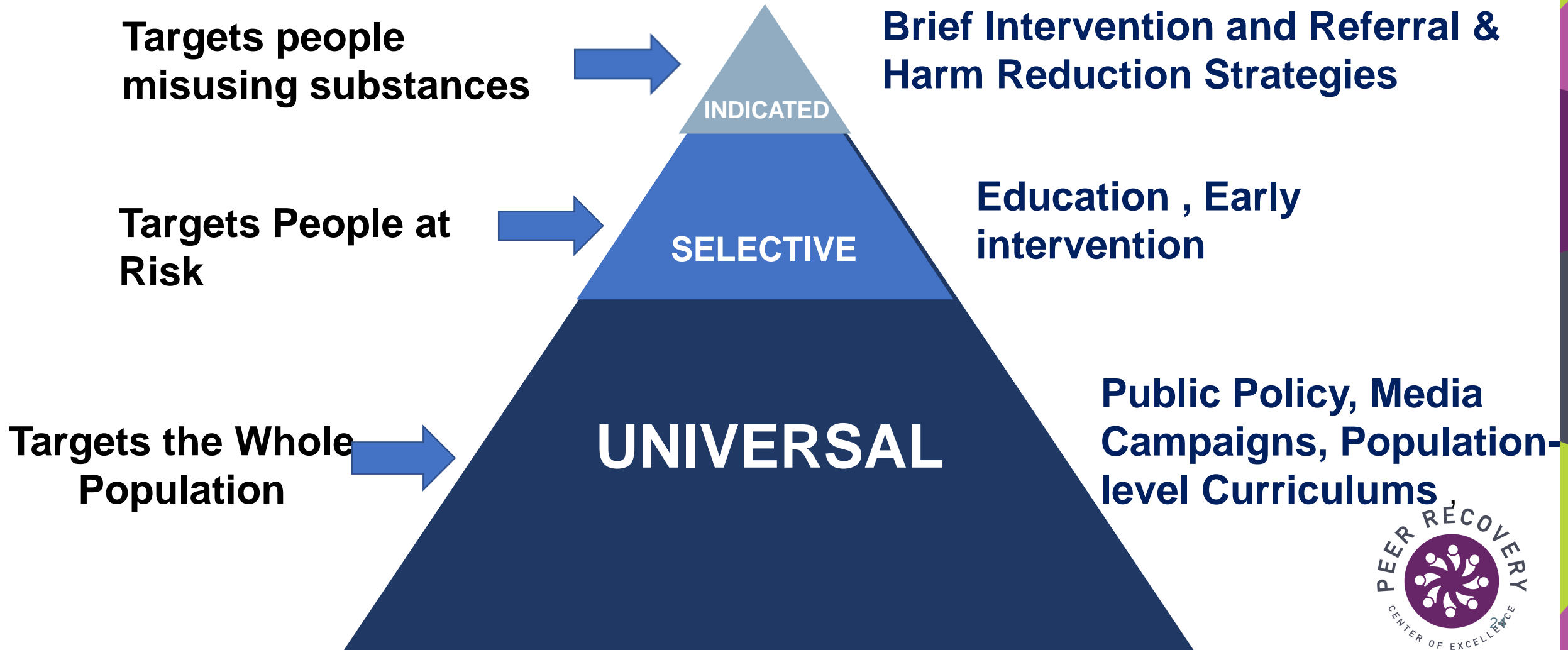- Promotes emotional health and wellness, prevents or delays the onset of and complications from substance misuse disorders and mental illness, and identifies and responds to emerging behavioral health issues

- Creates conditions and fosters attitudes that promote well-being[4]

Prevention Targets Multiple Populations

Targets people misusing substances → **INDICATED** — **Brief Intervention and Referral & Harm Reduction Strategies**

Targets People at Risk → **SELECTIVE** — **Education , Early intervention**

Targets the Whole Population → **UNIVERSAL** — **Public Policy, Media Campaigns, Population-level Curriculums**

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Revisiting the Definition of Prevention
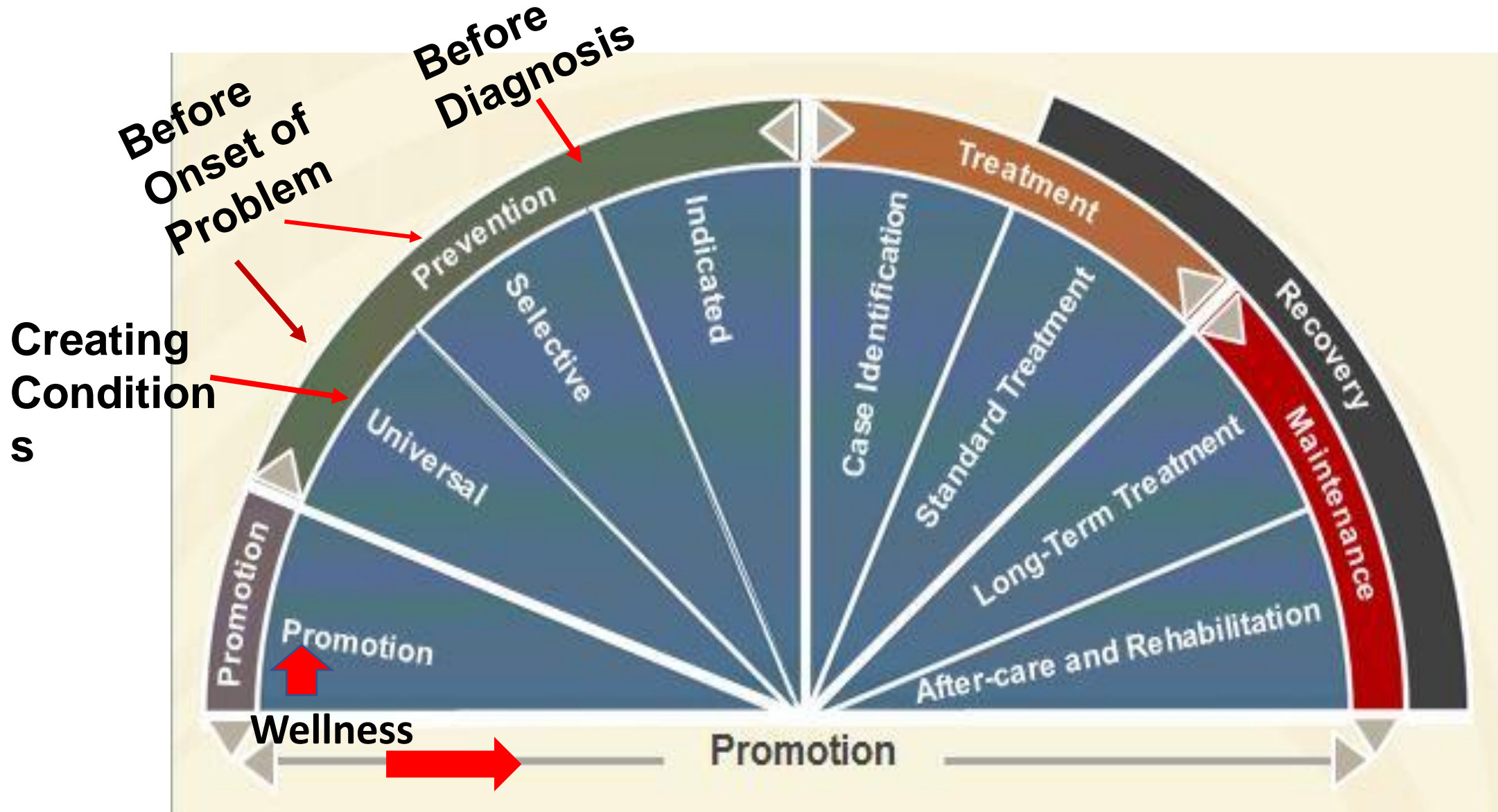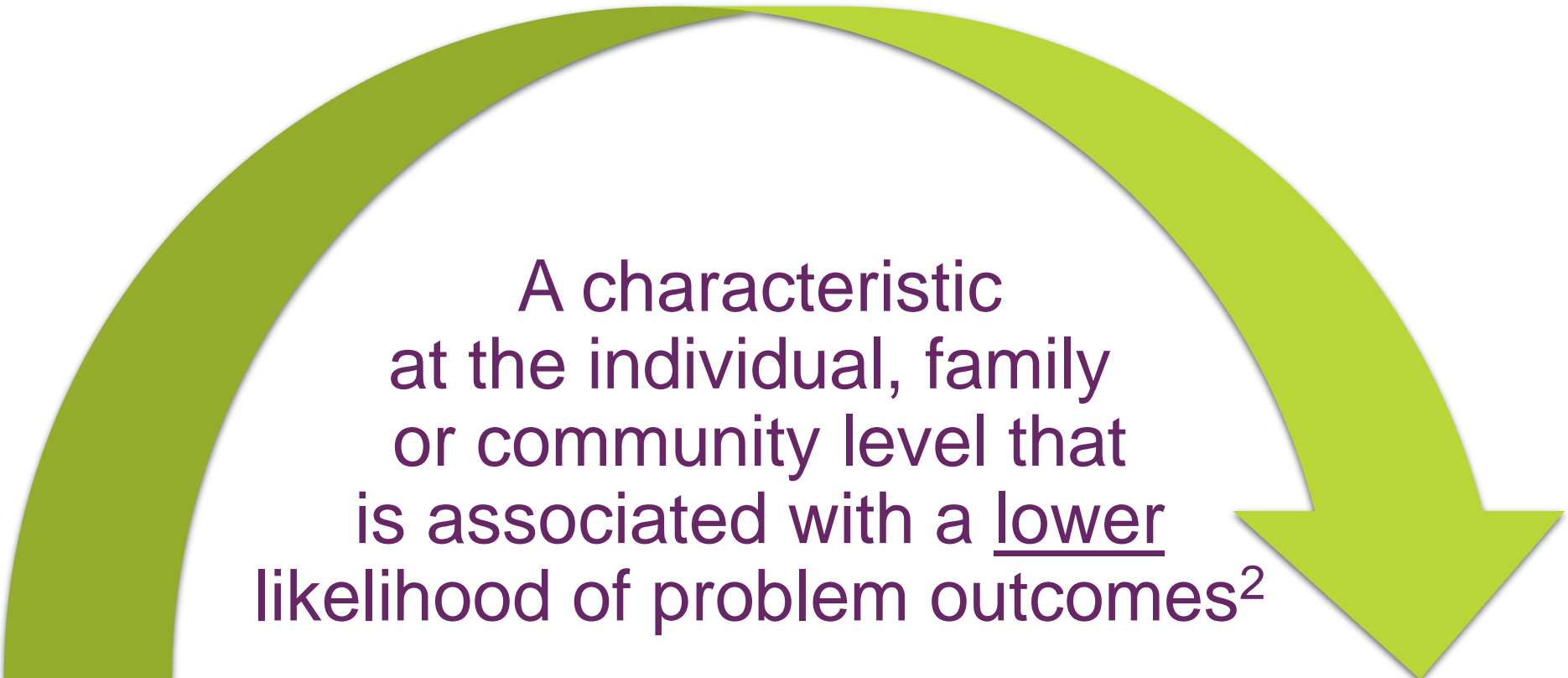
Prevention Strategies Reduce Risk Factor

A characteristic at the
biological, psychological, family, community, or cultural level
that precedes and is associated
with a <u>higher</u> likelihood of
problem outcomes[2]
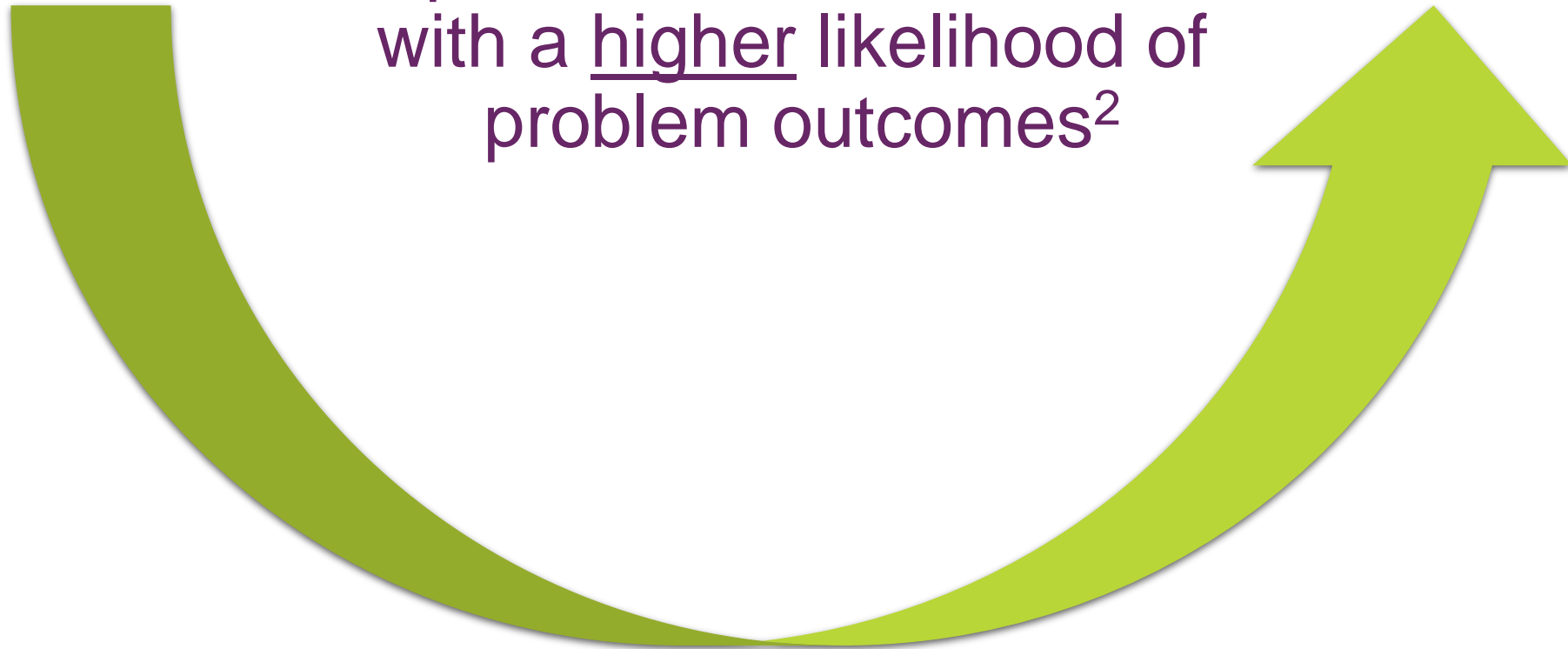
Prevention Approaches Increase Protective Factor

A characteristic
at the individual, family
or community level that
is associated with a <u>lower</u>
likelihood of problem outcomes[2]

Risk and Protective Factors Occur in Multiple Settings

Individual

Family

Community

Society
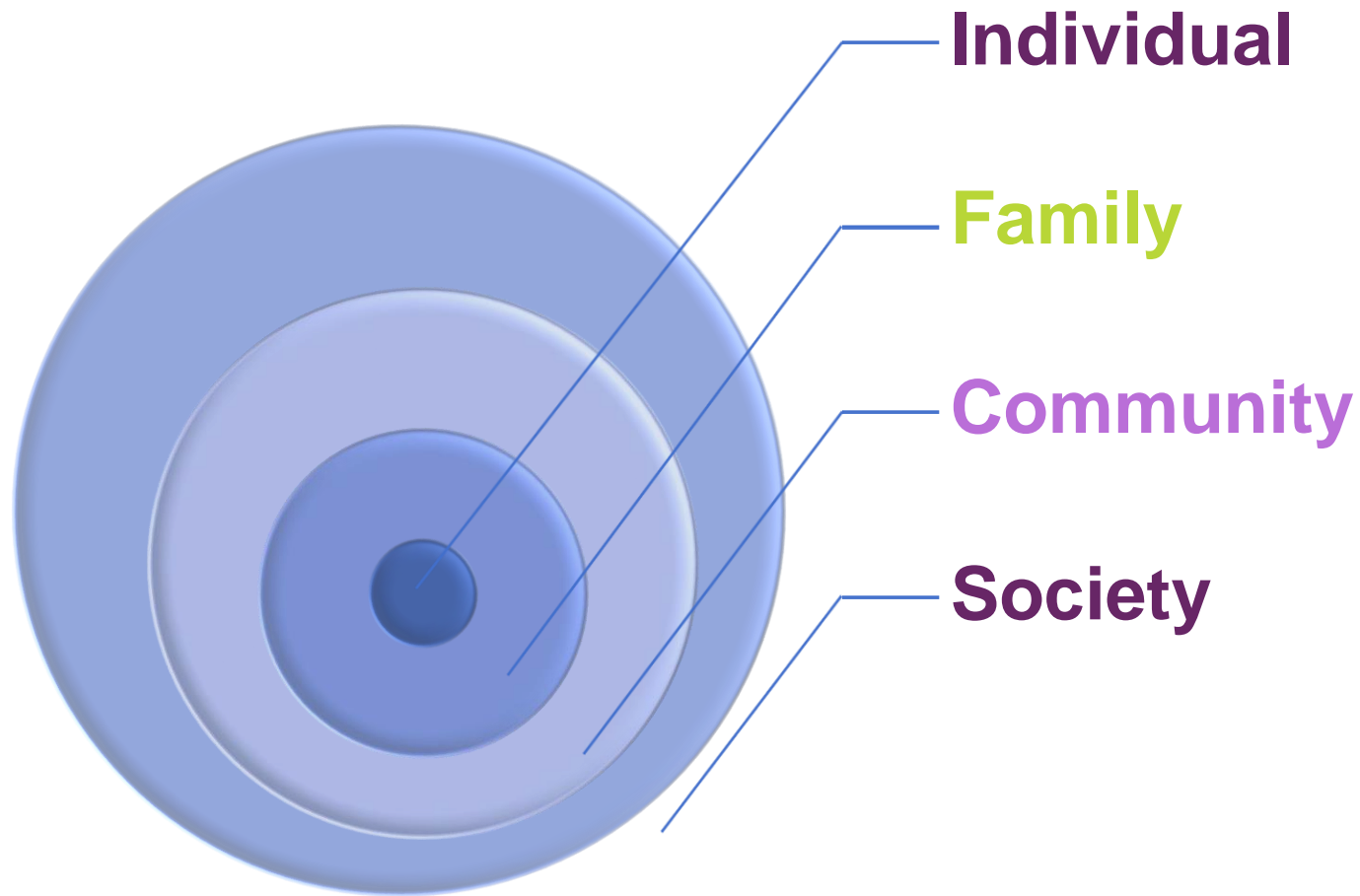
Targeting Risk and Protective Factors

- Determine the risk and protective factors appropriate for the specific substance and focus population

- Assess and select the risk and protective factors using data

- Determine evidence base strategies that will target the risk and protective factors

Addressing The Social Determinates of Health

Adverse Living Conditions

Discrimination

Access to Healthcare

Quality Housing

Poor Schools

Poverty

Quality Schools

Institutional Racism

Adequate Income

Access to Healthy Food

Unemployment

Environmental Toxins

Clean Environment
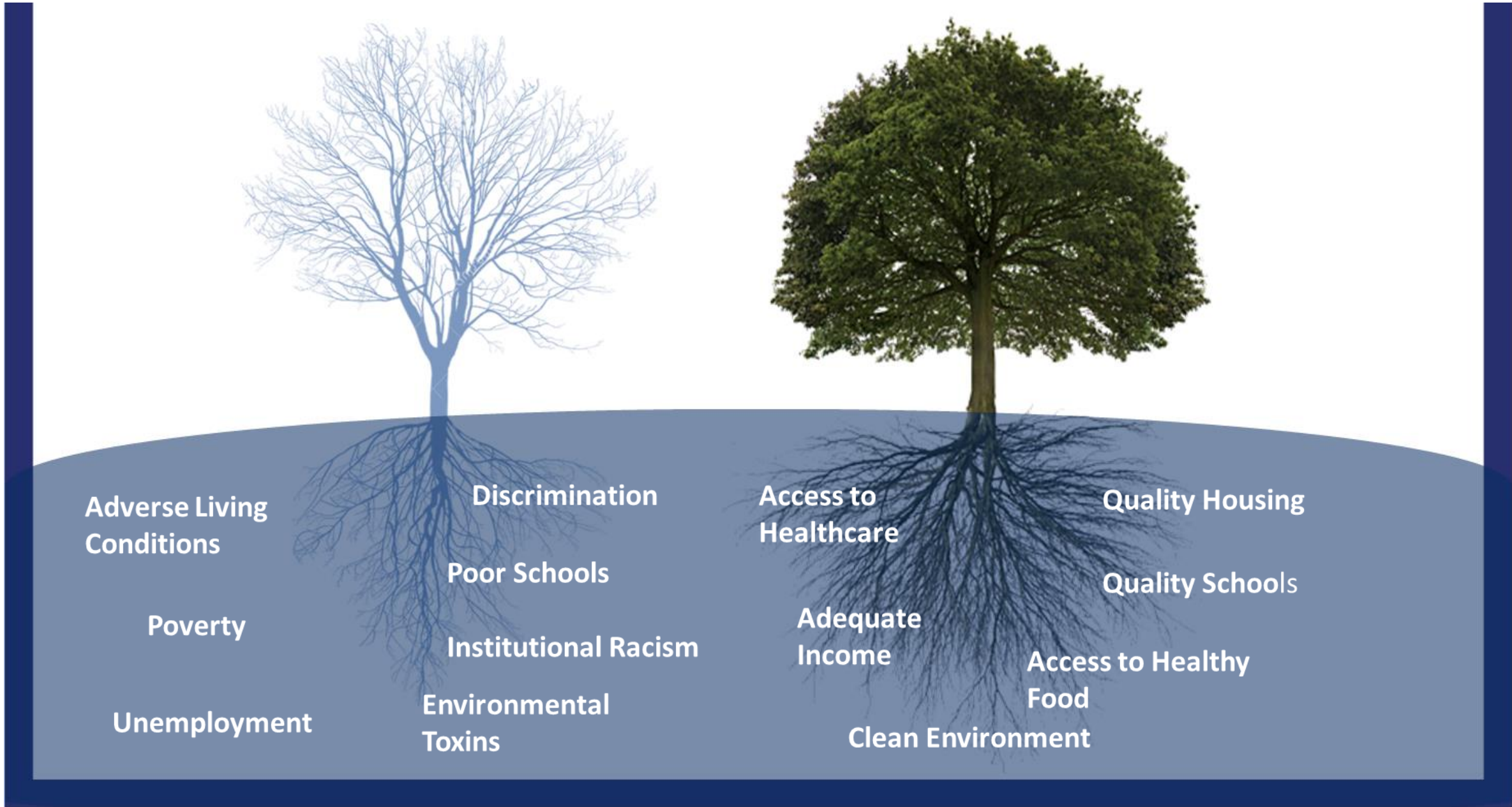
Approaches to Addressing Social Determinants of Health

Upstream Strategies

Improve Community Conditions

Down Stream Strategies

Address Individual Social Needs

Community Impact

Individual Impact

Social Determinates, Changing Condition

Fragmented System
Restricted Power
Disinvestment
Disconnected Members

Policy Change
Networks
Participation
Social Support
Sense of Community

Conditions

Poor Schools

Poverty

Institutional Racism

Unemployment

Environmental Toxins

Access to Healthcare

Jobs

Quality Housing

Adequate Income

Quality Schools

Access to Healthy Food

Clean Environment

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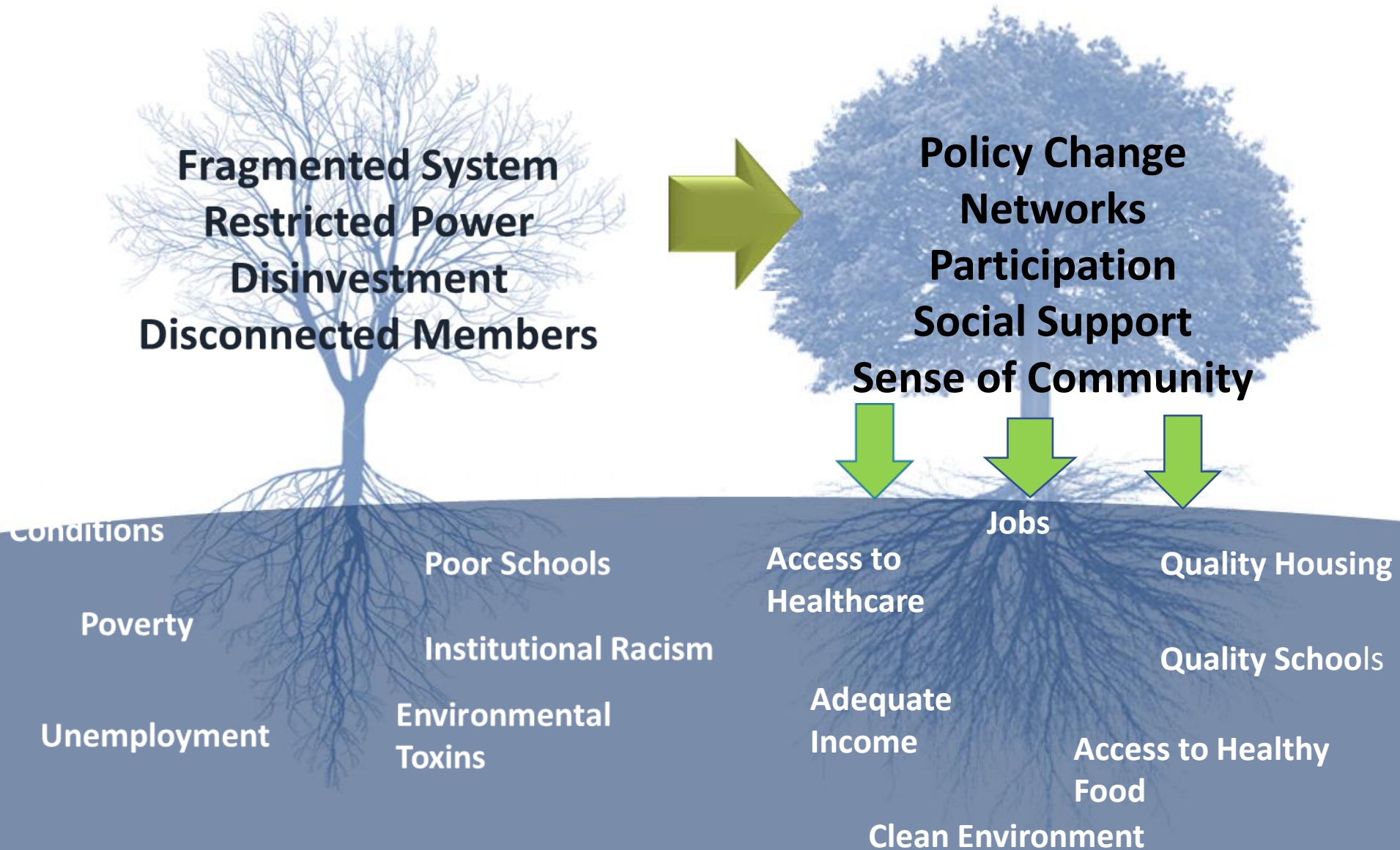
Questions, Insights Comments

BREAK

Focus on Recovery

Engagement Is…

- Identifying and contacting members of the focus population in their communities

- Establishing rapport with and among groups with related missions

- Enlisting a commitment to behavior change

- Providing information about risk behaviors and strategies to eliminate or reduce risk[7]

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."[5]
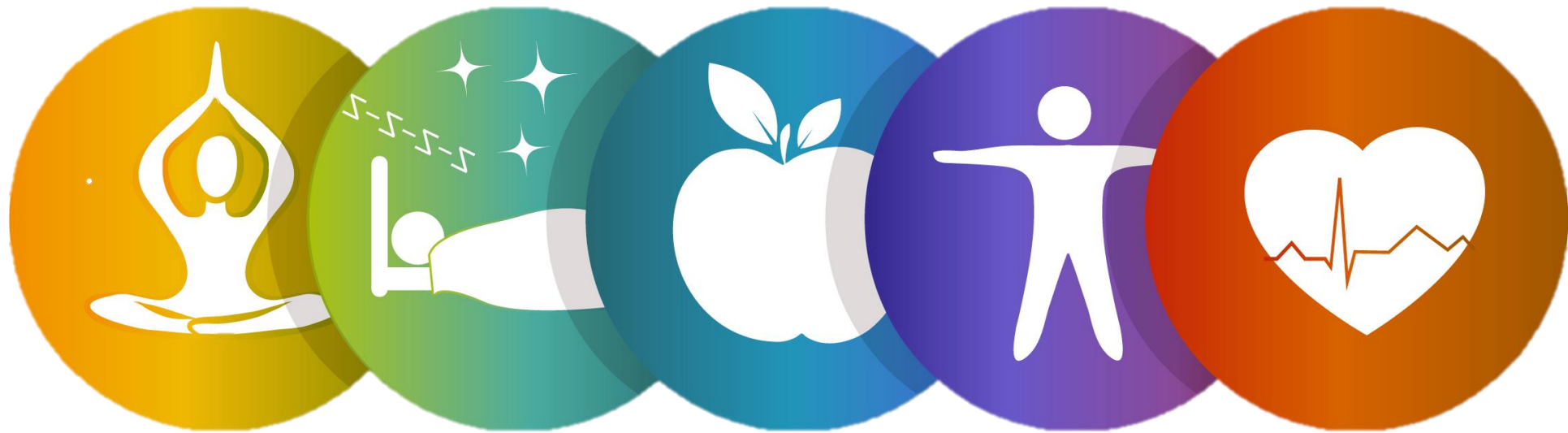
Recovery

- Is wellness[5]
- Is contagious[5]
- Differs from person to person
- Almost always involves connectedness
- Requires choice

Recovery: Points to Keep in Mind

- 75% of those who meet the criteria for an alcohol use disorder resolve that disorder without treatment or mutual aid[8] (this does not mean doing it alone).

- Exposure to the most acute 10% (i.e., those in treatment programs) can limit our understanding of recovery.[9]

Principles of Recovery Management[11]

- Emphasis on resilience and recovery processes
- Recognition of multiple long-term pathways and styles of recovery
- Empowerment of individuals and families
- Highly individualized and culturally nuanced services
- Heightened collaboration with diverse communities of recovery
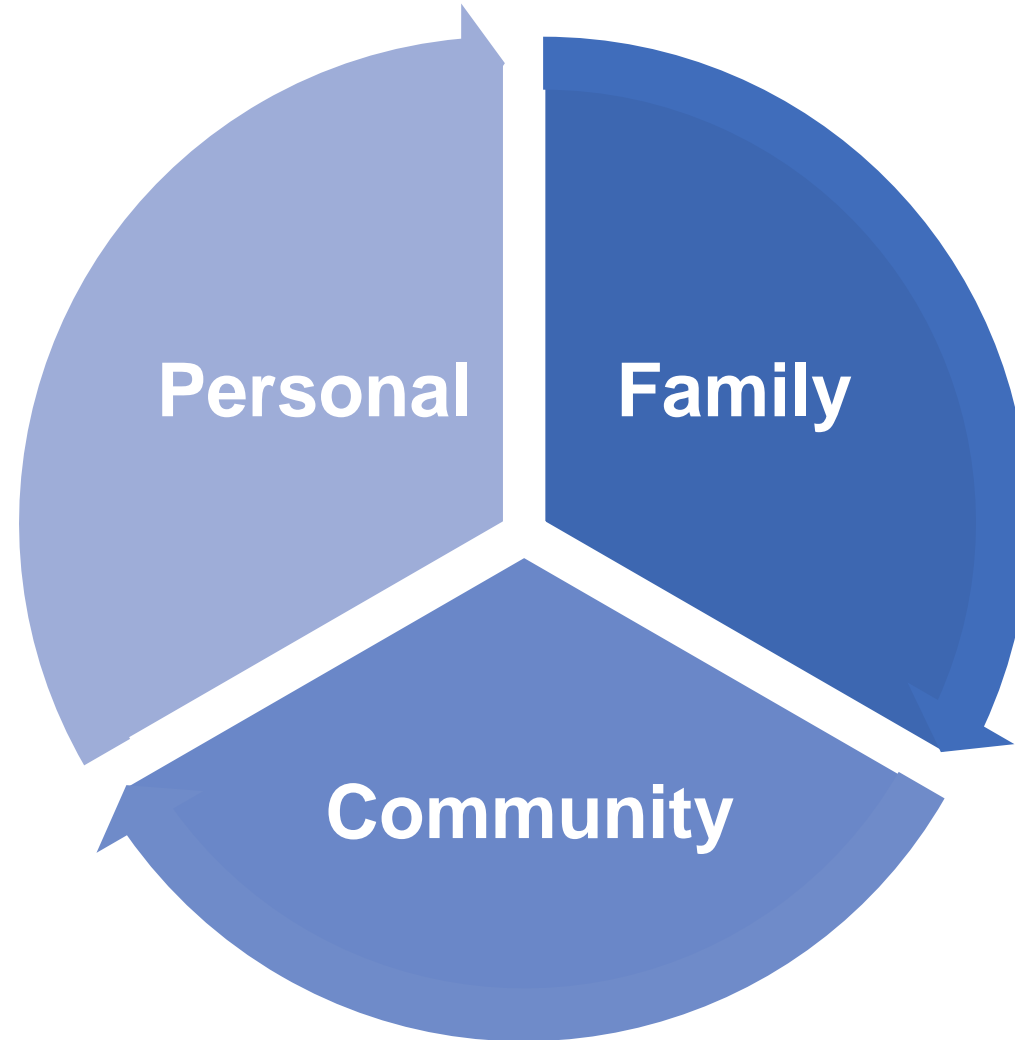- Commitment to best practices

What Is Recovery Capital?

The internal and external assets required to prevent problems and initiate and sustain long-term recovery.[12]

Types of Recovery Capital[12,13]

Recovery Capital and Risk and Protective Factors
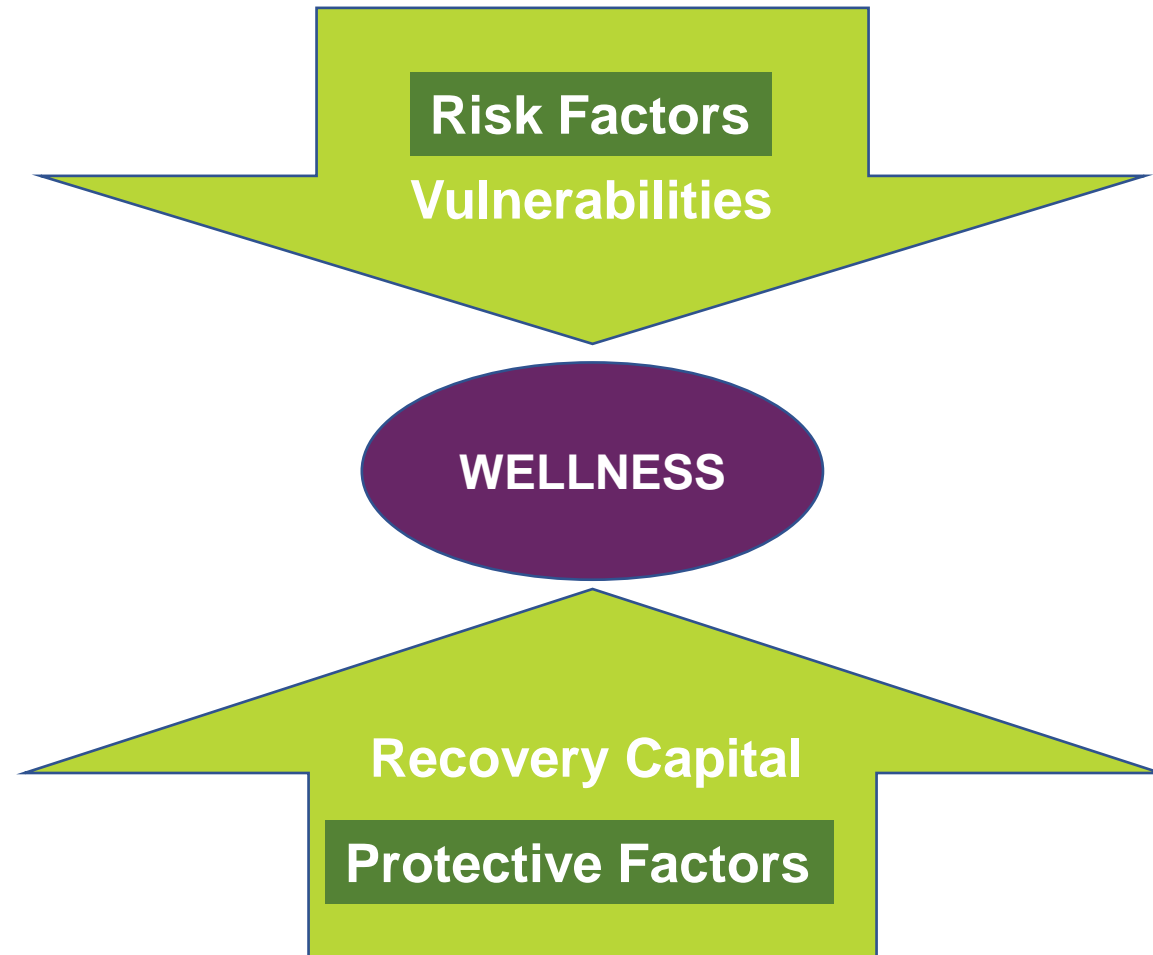
Recovery-Oriented System of Care (ROSC)

- Coordinated network of community-based services and supports

- Is person-centered

- Builds on the strengths and resiliencies of individuals, families, and communities

- Goal is to…improve health, wellness, and quality of life for those with or at risk of alcohol or other drug problems[14]

Handout: ROSC and RCO

Recovery Systems of Care and Prevention

- Promote leadership development
- Assess community strengths and needs assessments (including data collection)
- Educate the public and raise awareness
- Advocate for policy

Review of Learning Objectives

By the end of this training, participants will be able to describe:

- Intersections between prevention and recovery approaches

- Common terms used in prevention and recovery

- A more holistic approach to the continuum of care

Questions, Insights, Comments

Join us for Part 2 of the Intersection of Prevention and Recovery

Date: 6/29/21
Time: 10am-12pm EST / 9am CST/ 8am MST/ 7am PST

Register through the Peer Recovery Center of Excellence website:
Peerrecoverynow.org

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[4] SAMHSA, *Leading Change 2.0: Advancing the Behavioral Health of the Nation 2015-2018*. HHS Publication No. (PEP) 14-LEADCHANGE2. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014.

[5] Hogan, J.A., Gabrielson, K.R., Luna, N., & Grothaus. (2003). *Substance abuse prevention: The intersection of science and practice*. Boston, MA: Allyn and Bacon

[6] SAMHSA. (2012). *SAMHSA's Working Definition of Recovery*. Rockville, MD: Substance Abuse and Mental Health Services Administration. https://store.samhsa.gov/shin/content/PEP12-RECDEF/PEP12-RECDEF.pdf

[7] *Outreach Competencies: Minimum Standards for Conducting Street Outreach for Hard-to-Reach Populations*. www.attcnetwork.org/regcenters/productDocs/2/2009%20updated%20Outreach%20Compentencies.pdf

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[12] White, W.L.,& Cloud, W. (2008). Recovery capital: A primer for additions professionals. *Counselor, 9*(5), 22-27.

[13] Cloud, W., & Granfield, R. (2004). A life course perspective on existing addiction: The relevance of recovery capital in treatment. *NAD Publication (Nordic Council for Alcohol and Drug Research) 44*, 185-202.

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[15] Faces and Voice of Recovery. (2012). *Recovery Community Organization Toolkit.* Retrieved February 15, 2016: www.facesandvoicesofrecovery.org/sites/default/files/resources/7.13.15%20FINAL%20Recovery%20Community%20Organization%20Toolkit.pdf

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