Peer Recovery Coaches Promote Long-term Recovery from Addiction

Tom Hill
Director of Programs
Faces & Voices of Recovery
September 26, 2011
Setting the Context
Individuals in or seeking recovery are returning to families and communities from... 

- Active addiction
- Treatment
- Jails and prison
- Military duty
- Other
Individuals in Addiction Recovery Follow Many Pathways:

- Mutual aid
- Faith-based
- Medication-assisted
- Treatment-assisted
- On their own
- Combination of any of the above
What do people need to get on their feet?

Recovery-supportive environments:

- Safe and affordable place to live
- Steady employment and job readiness
- Education and vocational skills
- Life and recovery skills
- Health and wellness
- Sober social support networks
- Sense of belonging and purpose
- Other
Many People in Recovery from Addiction Have Other Health Issues

- Oral health
- Reproductive health
- HIV, Hepatitis C
- Other chronic health conditions
- Mental health
- Physical fitness
- Nutrition
- History of lack of preventative medicine
They Need a Place to Live

• Safe and affordable recovery housing (substance free)
• Some need sober group living situations
• Recovery housing for single mothers and children
• Housing discrimination against people in recovery with criminal justice history
• Recovery housing: NIMBY issues
A Job and a Sense of Purpose

- “Recovery Jobs:” Recovery-oriented employers and employment programs
- Job readiness and preparation
- Opportunities to volunteer and build work histories
- Leadership development: volunteer and career ladders
- Recovery GED programs, high schools and colleges
- Community college programs for people in recovery
- Employment discrimination against people in recovery with criminal justice history
- Restrictions on voting rights for people with criminal justice history
Communities Rich with Resources

- Returning to communities that support individuals and families in recovery
- Need for community education on the reality of recovery
- Mapping of indigenous community supports and resources
- Role of recovery community centers
Completing the Picture

• Legal assistance
• Expunging criminal records
• Financial assistance: debt, taxes, basic budgeting, etc.
• Obtaining driver’s licenses
• Dealing with revoked professional and business licenses
• Regaining custody of children
• Relationship and parenting skills
• Other
What Are Peer Recovery Support Services?

• Services to help individuals and families initiate, stabilize, and sustain recovery
• Non-professional and non-clinical
• Provide links to professional treatment and indigenous communities of support

They are not:

• Professional addiction treatment services
• Mutual-aid support
Peer Service Roles and Definitions

In 2011, Faces & Voices assisted SAMHSA in developing new peer service roles and definitions:

- Peer Recovery Support Coaching
- Relapse Prevention/Wellness Recovery Support
- Behavioral Health Peer Navigator
- Self-Directed Care
- Peer-Operated Recovery Community Center
Peer Recovery Support Services Encompass Four Types of Social Support

- Emotional
- Informational
- Instrumental
- Affiliational
Examples of Peer Recovery Support Services

- Peer recovery coaching
- Peer-facilitated groups
- Resource connectors
- Peer-operated recovery community centers
Peer Recovery Coach

- **Personal guide and mentor** for individuals seeking to achieve or sustain long-term recovery from addiction, regardless of pathway to recovery

- **Connector** to instrumental recovery-supportive resources, including housing, employment, and other professional and nonprofessional services

- **Liaison** to formal and informal community supports, resources, and recovery-supporting activities
Peer Coaches Assess Recovery Capital

- Builds on individual’s strengths and capacities
- Responsibility for recovery shared by individual, family, and community
- Identification and location of recovery-supportive resources
- Challenges to address high severity addiction and low recovery capital
- Strategies to address hierarchy of needs
Recovery Capital Informs Recovery Planning

- Recovery Capital Assessment
- Recovery goals mutually agreed upon by recovery coach and peer
- Identified areas of support and challenge
- Achievement strategies and milestones
- Tiered and built-upon goals
- Re-visitation and modification
Who Is Delivering Peer Recovery Support Services?

- Individuals with “lived experience” of addiction & recovery
- Paid staff and volunteers
- Peers are matched through shared experience, as appropriate (e.g. gender, culture, veteran status, felon status, etc.)
- A person who offers help also receives help from the interaction
- A few states reimburse for certified peer addiction recovery support professionals
When Are Peer Recovery Support Services Delivered?

Across the full continuum of the recovery process:
- Prior to treatment
- During treatment
- Post treatment
- In lieu of treatment

Peer services are designed and delivered to be responsive and appropriate to different stages of recovery.
Where Are They Delivered Today?

- Recovery community centers
- Faith and community-based organizations
- Recovery homes and sober housing
- Emergency departments
- Addiction and mental health service agencies
- Jails and prisons
- Probation and parole programs
- Drug courts
- HIV/AIDS and other health and social service centers
- Children, youth, and family service agencies
In What New Places Will They Be Delivered?

- Emergency departments
- Primary care practices
- Patient-centered health homes
- Federally Qualified Health Centers
- Accountable Care Organizations
- Community mental health centers
- Community-based alternatives to jails and prisons
- Schools & colleges
- Veterans’ centers
Why Are Peer Recovery Supports Critical in the Modern Health Care System?

- Vulnerable populations - newly enrolled and ensured
- Cultural understanding is essential
- Community education and public health component
- Provider and workforce shortages
- Peers provide navigation & advocacy to underserved & vulnerable populations in increasingly complex health systems
- Uninsured individuals despite greater access to benefits
  - In MA, average number of uninsured is 2%; average rate of uninsured with MH/SUDs is 16%
One Model: Certified Peer Recovery Support Specialist

- 2000: Established in Georgia as paraprofessional role in mental health workforce
- 2002: Arizona followed, adding individuals in addiction recovery as peer specialists
Another Model: Accreditation of Recovery Community Organizations

- Reimbursement strategy centered on organizations, rather than individuals, delivering services
- Supports capacity development of community-based organizations
- Creates service stability in organization, even as peers come and go
- Improves quality of services
- Allows those with criminal histories to enter the workforce as recovery coaches
- Faces & Voices is moving forward in the direction of accreditation; test standards in 2012, finalize in 2013
Developing Peer Recovery Support Service Guidelines

- Organizational and Practice Guidelines developed by SAMHSA’s Recovery Community Services Program (RCSP) grantees and stakeholders:
  - Five categories
    - Organizational capacity
    - Peer leader development
    - Ethical framework
    - Workforce management
    - Organizational governance
  - Three domains: Standards, Practices, Indicators
Evaluation of Peer Recovery Support Services

- Insufficient research on peer recovery support services and peer-run organizations
- Moving from promising to evidence-based practices
- RCSP: no cross-site evaluation, but 2011 GPRA data demonstrates positive outcomes at 6 month follow-up:
  - 75% abstinent (>16.8%)
  - 94.9% no arrests
  - 51% employed (<33.9%)
  - 51% housed (>31.8%)
  - <19-25% mental health symptoms
Future Considerations

- Ensuring the respect of peer recovery coaches in workplace settings and their value in diverse workplaces: professional, clinical, primary care, criminal justice, etc.
- What does it mean when people get help in the health system rather than the criminal justice system?
- Addressing multi-occurring conditions of vulnerable populations
- Developing evidence-based practices
- Developing secure funding streams for recovery community organizations, peer recovery coaches, and services.
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WHAT’S NEW

The Recovery Bill of Rights

The Recovery Bill of Rights is a statement of the principle that all Americans have a right to recover from addiction to alcohol and other drugs. Learn more

GET INVOLVED

- Take Action Online
- Register to Vote
- Campaigns
- Book Club
- Advocate

ACTIVITIES

September 20, 2008
Rally for Recovery! 2008
Find a Rally for Recovery event in your community!

Brooklyn Bridge Recovery Rally
on September 27, 2008. Learn more!

Recovery Advocacy Toolkit
Get the tools and resources you need to work on recovery advocacy campaigns

New book selected for online book club
Read "Rescued Lives: The Oxford House Approach to Substance Abuse" and participate in the discussion!

SPOTLIGHT

Victory is in sight on the Paul Wellstone and Pete...