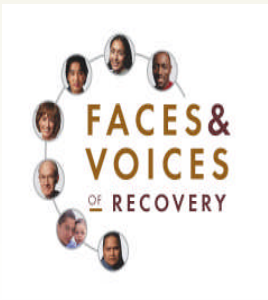


Peer Recovery Coaches Promote Long-term Recovery from Addiction

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...

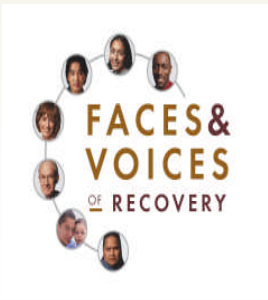
- Active addiction
- Treatment
- Jails and prison
- Military duty
- Other





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:

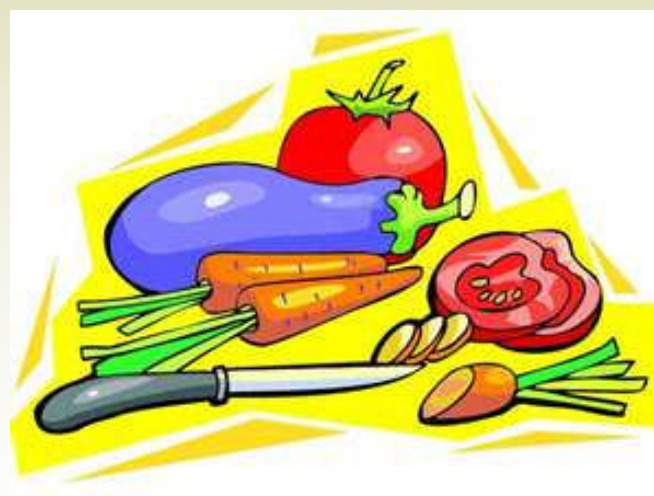


- Safe and affordable place to live
- Steady employment and job readiness
- Education and vocational skills
- Life and recovery skills
- Health and wellness
- Sober social support networks
- Sense of belonging and purpose
- Other



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

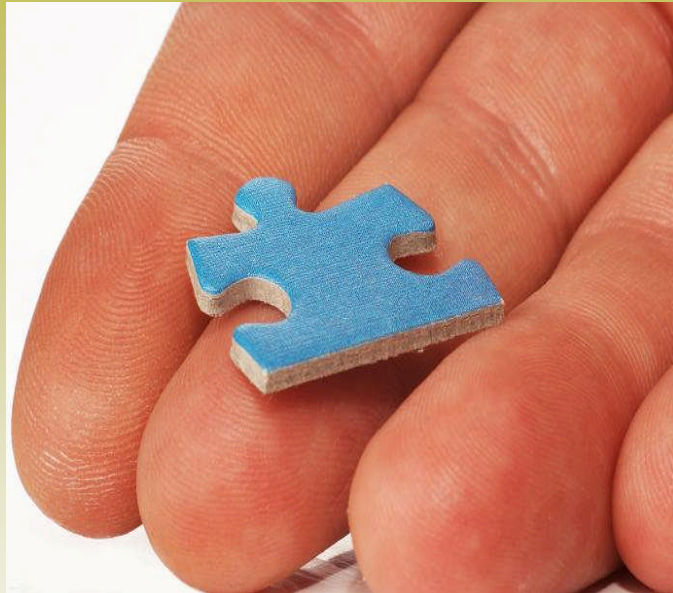
Communities Rich with Resources



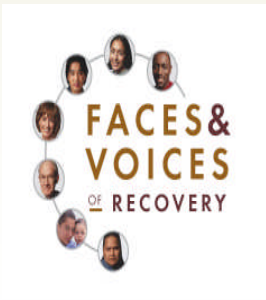
- Returning to communities that support individuals and families in recovery
- Need for community education on the reality of recovery
- Mapping of indigenous community supports and resources
- Role of recovery community centers



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

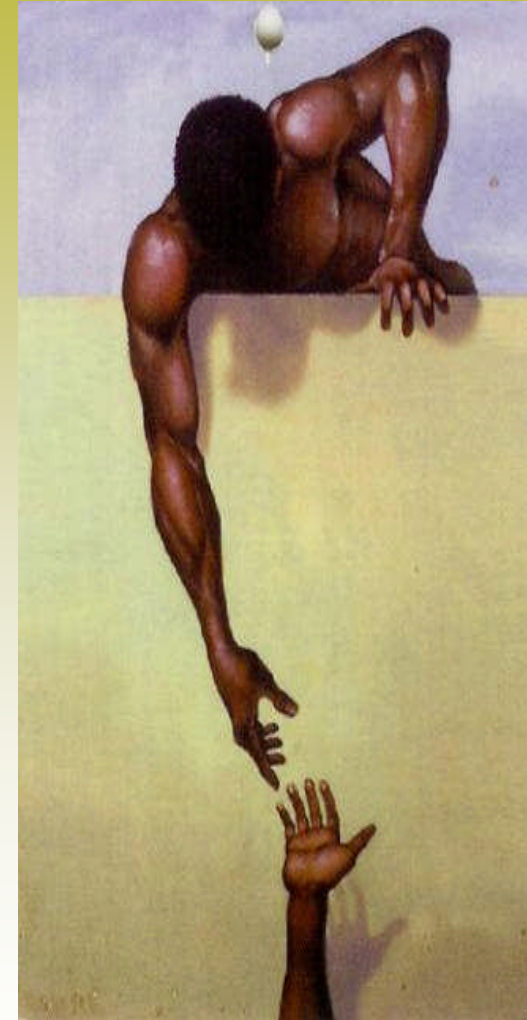


What Are Peer Recovery Support Services?

- 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

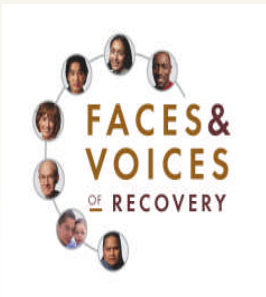


Peer Service Roles and Definitions



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

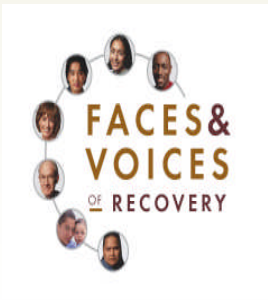
- [Peer Recovery Support Coaching](#)
- [Relapse Prevention/Wellness Recovery Support](#)
- [Behavioral Health Peer Navigator](#)
- [Self-Directed Care](#)
- [Peer-Operated Recovery Community Center](#)



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



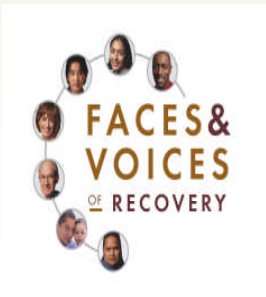
- Recovery Capital Assessment
- Recovery goals mutually agreed upon by recovery coach and peer
- Identified areas of support and challenge
- Achievement strategies and milestones
- Tiered and built-upon goals
- Re-visitation and modification



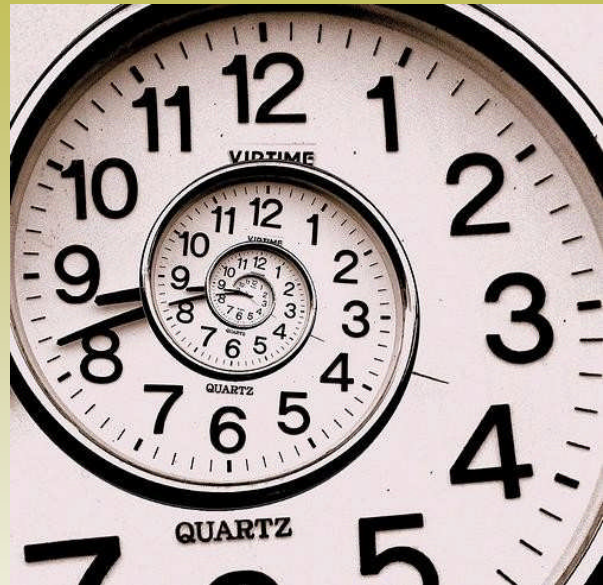
Who Is Delivering Peer Recovery Support Services?



- 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



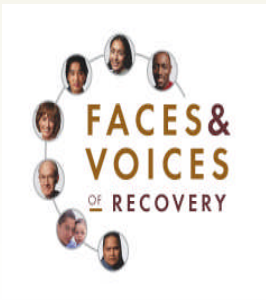
When Are Peer Recovery Support Services Delivered?



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.

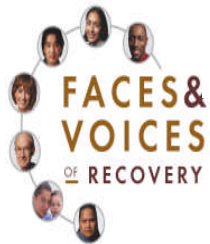


Where Are They Delivered Today?



- 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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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!

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](#)

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SPOTLIGHT



Victory is in sight on the Paul Wellstone and Pete

JOIN US!

in mobilizing and organizing the recovery community!