

Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover



SUPPORTING PATHWAYS TO RECOVERY

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U.S. Department of Health & Human Services

**2015 NASADAD/NPN/NTN/WSN
Annual Meeting
Charleston, SC • June 2, 2015**



Recovery Touches Us All

“Every day, millions of Americans with substance use disorders commit to managing their health by maintaining their recovery from drug or alcohol addiction. People in recovery are not strangers: they are our family members, friends, colleagues, and neighbors.”



People Recover Every Day

“Heroin overdose deaths are big news in Maine these days, and most of the stories focus on the horrors of heroin addiction...But this news coverage only tells part of the story...”

People recover every day, quietly and without media coverage. They get well and go on to do incredible things in our communities. The power of possibility of people in recovery is immense. It needs to see the light of day.”

Portland Press Herald May 13, 2015

Millions of Americans in Recovery Are Living Healthy & Productive Lives



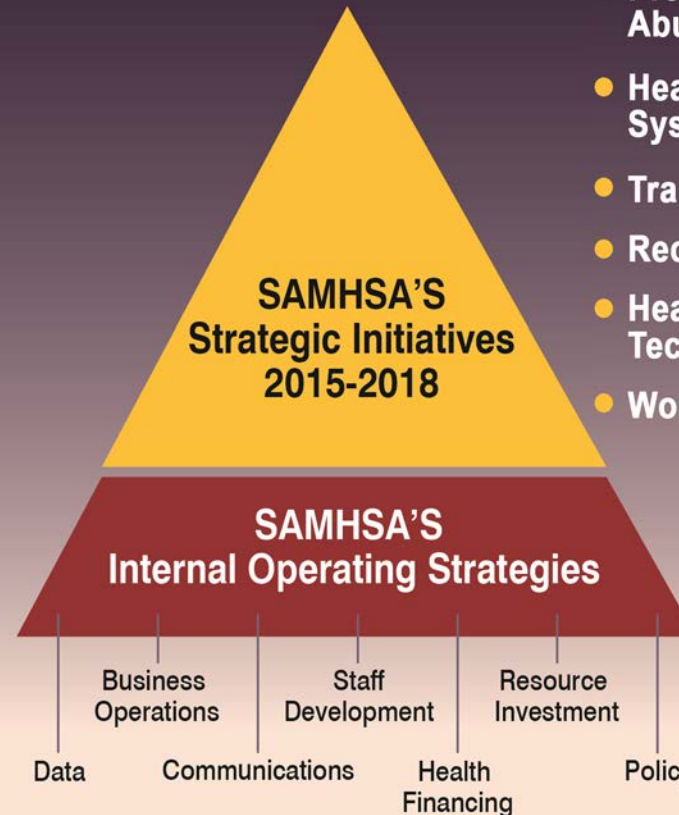
- An estimated 23.5 Million Americans are in long term recovery
- We are living healthy and productive lives, supporting our families, building our communities, and contributing to society.
- Supporting Recovery makes sense:
 - Improves public health and safety
 - Reduces costs, increases productivity, and bolsters business

SAMHSA's LEADING CHANGE 2.0: ADVANCING THE HEALTH OF THE NATION

Overarching goals:

- ➔ Increase awareness and understanding about mental and substance use disorders
- ➔ Promote emotional health and wellness
- ➔ Prevent addiction and mental illness
- ➔ Increase access to effective treatment
- ➔ **Support recovery**

LINK BETWEEN SAMHSA'S STRATEGIC INITIATIVES AND INTERNAL OPERATING STRATEGIES

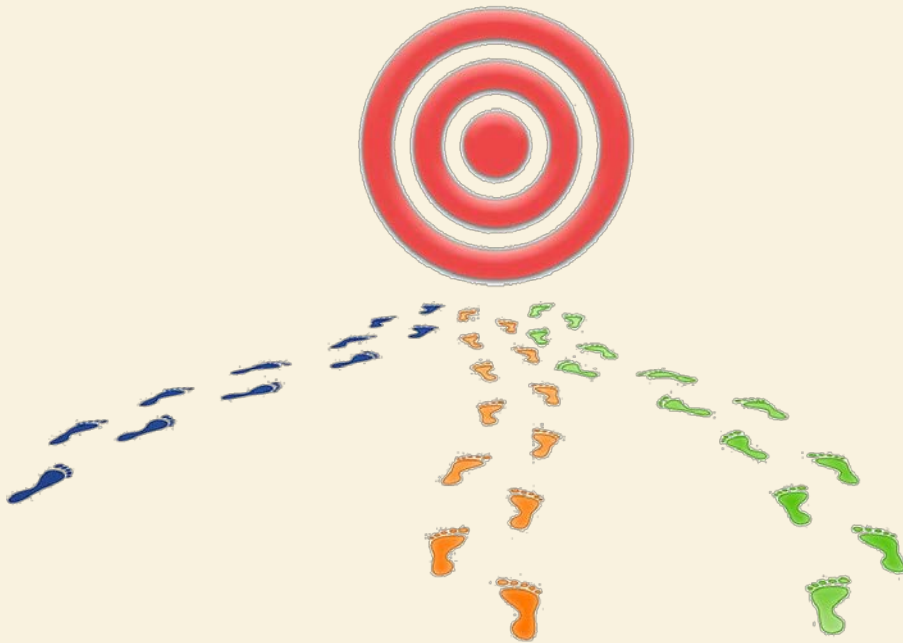


- **Prevention of Substance Abuse and Mental Illness**
- **Health Care and Health Systems Integration**
- **Trauma and Justice**
- **Recovery Support**
- **Health Information Technology**
- **Workforce Development**

Recovery: Hope & Hard Work

Many Paths, One Future

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.”

STRATEGIC INITIATIVE #4

RECOVERY SUPPORTS



- **Health** – Improve physical and BH of individuals with M/SUDs and their families (e.g., wellness, Million Hearts – w/ CDC, OASH).
- **Home** – Increase access to permanent housing (w/ USICH, HUD, ASPE, CMS and Olmstead w/ OCR).
- **Purpose** – Increase competitive employment and educational attainment (e.g., supported employment).
- **Community** – Promote community living and social inclusion/acceptance/support (e.g., patient engagement; Science of Changing Social Norms).

Home

“The ache for home lives in all of us, the safe place where we can go as we are and not be questioned.”

— Maya Angelou



Purpose



“The mystery of human existence lies not in just staying alive, but in finding something to live for.”

- Fyodor Dostoyevsky

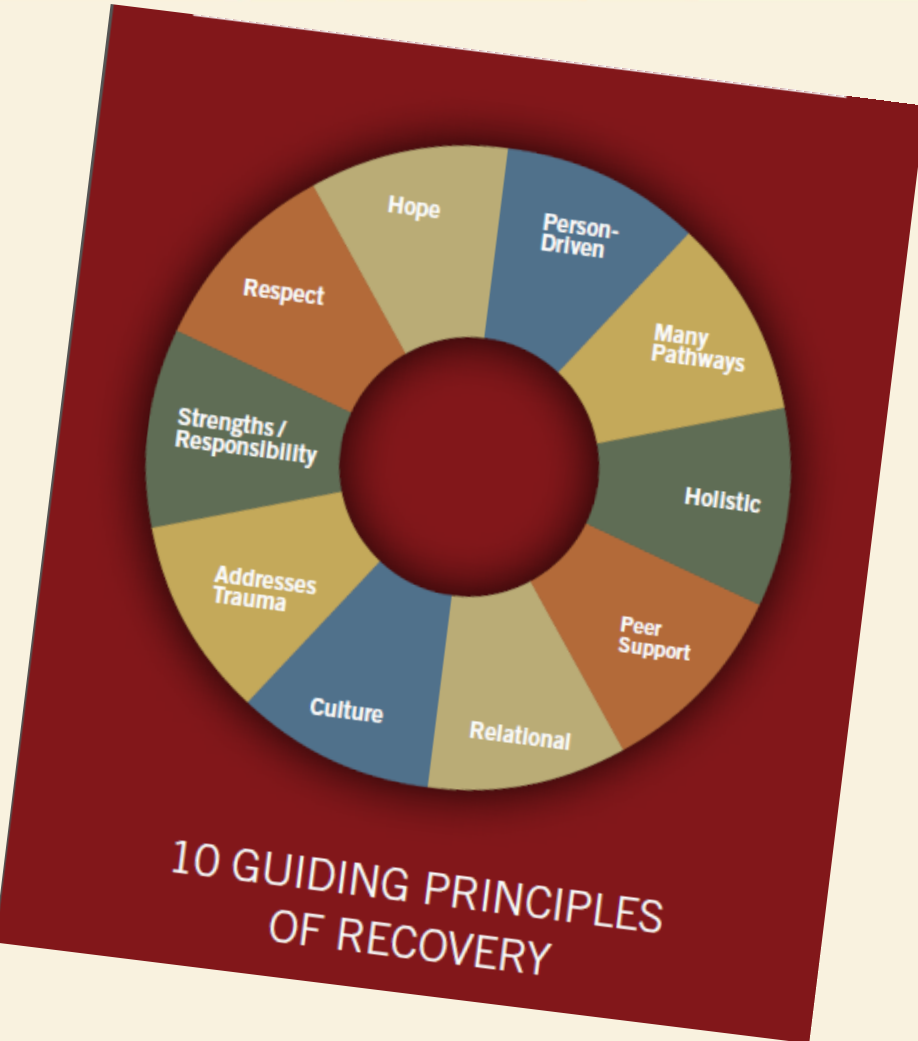
Community

“ We are eminently equipped to enrich this world. We write poetry, we paint pictures, we compose music. We build bridges, we head corporations, we win the coveted prizes for the world’s great literature.”

– Mercedes McCambridge
Academy Award Winning Actress in Recovery



Guiding Principles of Recovery



- ✓ Holistic
- ✓ Person-driven
- ✓ Many pathways
- ✓ Peer support
- ✓ Relational/social
- ✓ Strengths/responsibility
- ✓ Respect
- ✓ Culturally based
- ✓ Addresses trauma
- ✓ Hope

SAMHSA has Championed & Funded Housing Programs & Resources (1)

- Works with the U.S. Interagency Council on Homelessness to support and implement *Opening Doors: The Federal Plan to Prevent and End Homelessness*.
- Olmstead Activities—SAMHSA provides TA and other opportunities for states to learn about federal rules, regulations, and available resources to promote community integration and support.
- Projects for Assistance in Transition from Homelessness

SAMHSA has Championed & Funded Housing Programs & Resources (2)

- Services in Supportive Housing
- Grants for the Benefit of Homeless Individuals
- Cooperative Agreements to Benefit Homeless Individuals for States (CABHI-States)
- Block Grant
- Permanent Supportive Housing Evidence-Based Practices KIT
- And more...

Snapshot: Recovery Residences in the U.S. (1)



- Recovery residences (RR) are designed to provide safe and healthy living environments to help individuals initiate and sustain recovery.
 - Work conducted with individuals at various stages of the treatment process has found that accessing suitable housing is identified as a key priority
 - For those contemplating recovery, unfavorable living environments may present insurmountable barriers to initiating & sustaining it

Snapshot: Recovery Residences in the U.S. (2)



- Individuals build recovery capital while living in RR that support their recovery as they transition to living independently and productively in their communities.
- The exact number of RR is unknown, but it is estimated that thousands are operating in nearly every state across the nation.
 - RR models operate with diverse policies & guidelines; and accreditation is disparate & variable

Snapshot: Oxford House



- Oxford Houses (OH) are one of the most studied RRs:
 - Democratically run
 - Self-supporting
 - Drug-free
 - Over 1800 OH
- Studies suggest that the OH model can be more effective than the usual after-care.
- Included in SAMHSA's National Registry of Evidence-based Programs and Practices.

Mericle et al. 2015. *Journal of Psychoactive Drugs*. Vol 47(1): 80-90.

Jason et al. 2015. *Journal of Drug Issues*. Vol. 45(1) 53–68

Oxford House FY2014 Annual Report

Snapshot: Sober Living Houses (SLH)



- SLH are similar to OHs but can differ in size, management, and governance, as well as in mandate of participation in 12-step meetings.
- Best studied SLH are in CA: Exact number is unknown but more than 24 agencies report offering clean and sober living services, and more than 300 individual houses are members of the Sober Living Network in Southern California.
- Research conducted on individuals in 20 SLHs noted improvements in substance use, psychiatric symptoms, employment, arrests, & other metrics.

Effectiveness of Recovery Residences



“There are still significant gaps in the research on recovery residences and how they may improve outcomes among their residents...”

Amy A. Mericle, Alcohol Research Group

Jennifer Miles, NIAAA Pre-doctoral Trainee

John Cacciola, TRI & University of Pennsylvania

Recovery Residences: Fighting Negative Public Attitudes

No regulations to keep Oxford House from Jackson neighborhood

Jimmie E. Gates, The Clarion-Ledger 8:09 p.m. CDT April 14, 2015

Some northeast Jackson residents say they worry about the safety of their families with recovering alcoholics and drug addicts living in a home in their neighborhood.



(Photo: Rick Guy/The Clarion-Ledger)

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CONN

Some northeast Jackson residents say they worry about the safety of their families with recovering alcoholics and drug addicts living in a home in their neighborhood.

The Oxford House opened April 14, 2015, and some northeast Jackson residents are complaining about the safety of their children and


concern about the upkeep of their neighborhood.

Residents of the Sherwood and Audubon neighborhoods have been collecting signatures on petitions in opposition to the Oxford House.

Some northeast Jackson residents say they worry about the safety of their families with recovering alcoholics and drug addicts living in a home in their neighborhood.

MORE STORIES

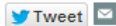
RR in the Future?

- 
- Florida HB0021: Establishes process for voluntary certification of RR & and RR administrators; & prohibits licensed SAT providers from referring patients to RR which are not certified or not owned and operated by a licensed SAT provider.
 - Ohio HB483: In 2014, OH passed unprecedented legislation on recovery housing:
 - Combined w/other OH funds, plan for \$10 million to flow through the OH Department of Mental Health and Addiction Services into OH communities for recovery housing in the next couple of years
 - State definition of recovery housing adopted

National Organizations

DATE & TIME: Jun 3 - 3, 2015
3:00pm - 4:00pm

ORGANIZATION: Faces & Voices of
Recovery



Having a Stable Place to Live

Housing, Homelessness and the Role of
Addiction Recovery Community Organizations

FREE Six-Part Webinar Series
Attend One Webinar or All

Partnerships are critical on all levels, from program development to funding to public awareness. Collaboration requires forming strategic alliances with more than just “the usual suspects.” Housing First (HF) and Continuum of Care (COC) are models that demonstrate effective partnerships and service philosophies when applied to serving people experiencing homelessness and substance use disorders (SUD). This webinar will explore these and other examples of successful collaborations.

Presenter: Steven Samra, Associate, Center for Social Innovation

Model Program Presenter: Matt Boggs, Director of Development, Recovery Point of Huntington (Huntington, WV)



Home

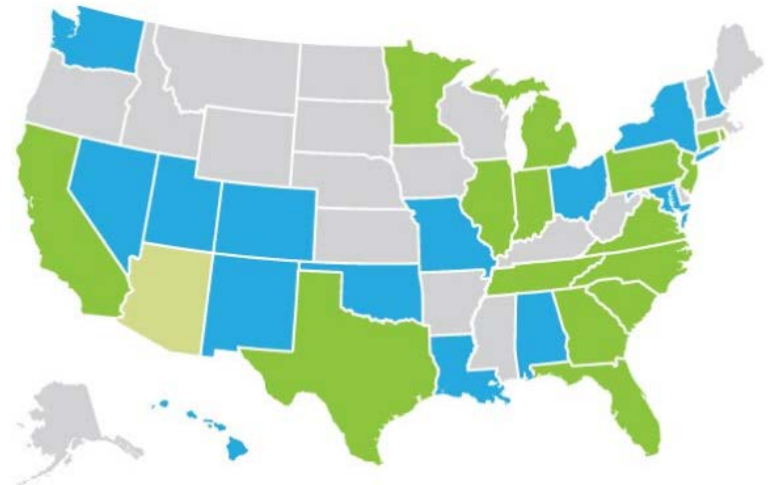
About us

Affiliates

Affiliate Services

Supporters

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SAMHSA's Block Grant: Key Annual Funding for Prevention, Treatment, & Recovery



- ➔ \$1.8 billion dollars annually to state & other designated officials to support evidence-based Tx, recovery, prevention, & overdose education/rescue services & programs in their communities.
- ➔ SAMHSA 2014 Block Grant Report: SAT, Recovery, & OD-related services for >1.77 million Americans.
 - Prevention: Provided population-based programs for >285 M people, accounting for ~71% of the prevention expenditures reported by state authorities

SAMHSA's 2016-2017 Draft Block Grant: Supporting Recovery Services



- States are strongly encouraged to consider ways to incorporate recovery support services, including peer-delivered services, into their continuum of care.
- SAMHSA supports proactive steps by states to implement recovery support services
 - To support wide-scale adoption of recovery supports in the areas of health, home, purpose, and community, SAMHSA implemented BRSS TACS

SAMHSA's 2016-2017 Draft Block Grant: Examples of Recovery Services

- Drop-in centers
- Peer-delivered motivational interviewing
- Peer specialist/Promotoras
- Clubhouses
- Self-directed care
- Supportive housing models
- Recovery community centers
- WRAP
- Evidenced-based supported employment
- Family navigators/parent support partners/providers
- Peer health navigators
- Peer wellness coaching
- Recovery coaching
- Shared decision making
- Telephone recovery checkups
- Warm lines
- Whole Health Action Management (WHAM)
- Mutual aid groups for individuals with MH/SA Disorders or CODs
- Peer-run respite services
- Person-centered planning
- Self-care and wellness approaches
- Peer-run crisis diversion services
- Wellness-based community campaign

Peer Support in Recovery



Where Are Peer Supports Delivered ?

- 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
- FQHC's

When developing/enhancing your state's program(s) for RSS, please consider (1):

- ➔ Supporting/strengthening existing consumer, family, and youth networks; recovery organizations; and community peer support and advocacy organizations in their efforts to expand self-advocacy, self-help programs, support networks, and recovery support services.

When developing/enhancing your state's program(s) for RSS, please consider (2):

- Including the definition of recovery, recovery values.
- Hiring people in recovery leadership roles.
- Implementing strategies to use person-centered planning, self-direction, and participant-directed care.
- Offering a variety of recovery services and supports (i.e., peer support, recovery support coaching, center services, supports for self-directed care, peer navigators, consumer/family education, etc.).

When developing/enhancing your state's program(s) for RSS, please consider (3):

- Ensuring that treatment and recovery support services are coordinated.
- Including peer-delivered services designed to meet the needs of specific populations, such as veterans and military families, people with a history of trauma, members of racial/ethnic groups, LGBT populations, families/significant others, etc.
- Providing/supporting training for the professional workforce on recovery principles and recovery-oriented practice and systems.

When developing/enhancing your state's program(s) for RSS, please consider (4):

- Developing/enhancing an accreditation program, certification program, and/or standards for peer-run services and other RSS.
- Supporting/strengthening/expanding recovery organizations, family peer advocacy, self-help programs, support networks, and ROSCs.
- Specifically addressing the housing needs of persons served so that they are not served in settings more restrictive than necessary and are incorporated into a supportive community.

Recovery Community Centers: Fighting Negative Public Attitudes

PostStar.com

Neighbors say no to church helping recovering addicts



FEBRUARY 11, 2015 7:00 AM • BY BILL TOSCANO

HUDSON FALLS — The pastor of the Gospel Lighthouse Church said Tuesday the church is withdrawing from any discussions regarding establishment of a recovery center at the 30 La Crosse St. church building.

"In regards to a recovery center or a treatment center, we will no longer be involved in that conversation," The Rev Paul Mead said. "We need to make a very clear statement about our neighbors and the whole community. We are not going to involve ourselves with the Center."

Mead said the church board met with the Village Board for about 45 minutes

"We do not want drugs users or criminals in our neighborhood...I was told by a Realtor that my property value would go down 10 percent."

"We are not against a recovery center in our neighborhood," said Katie Morehouse, who spoke to the board.

The board told the group of neighbors that the church would be in contact with Mead.

On Tuesday, Mead was at a meeting in Albany.

One of the neighbors' main concerns Monday was the "Recovery Center" at the Gospel Lighthouse Church.

"I had no idea that brochure even existed," Mead said. "I almost felt sorry for them when they showed it to me."

Responding to concerns

Mead said the church needs to take care of its neighbors first.

"We do not want drug users or criminals in our neighborhood," resident Mary Bascue said. "I was told by a Realtor that my property value would go down 10 percent. We are serious about this. Legal action will be taken if we are not happy with the action taken."

Bringing Recovery Supports to Scale Technical Assistance Center Strategy

➔ BRSS TACS assists states and others to promote adoption of recovery-oriented supports, services, and systems for people in recovery from substance use and/or mental disorders.




Many Paths, One Future: Select SAMHSA Recovery Support Grants

- Children & Family
- Access to Recovery III
- RCSP Statewide Networks
- Pregnant & Postpartum Women
- Peer to Peer Targeted Capacity Expansion
- Support Services to Reduce Homelessness
- Statewide Peer Networks for Recovery & Resiliency
- Drug Courts, Offender Reentry Programs, and more...



How Well Are RSS Working?

ATR III

- 
- The percentage of clients who reported that they did not use alcohol or illegal drugs within the past 30 days increased by 27% from intake to 6-month follow-up.
 - The percentage of clients who reported that they were currently employed or attending school increased by 54% from intake to 6-month follow-up.
 - The percentage of clients who reported that they had a permanent place to live in the community within the past 30 days increased by 30% from intake to 6-month follow-up.

How Well Are RSS Working?

Pregnant & Postpartum Women



- The percentage of clients who reported that they did not use alcohol or illegal drugs within the past 30 days increased by 181% from intake to 6-month follow-up.
- The percentage of clients who reported that they were currently employed or attending school increased by 337% from intake to 6-month follow-up.
- The percentage of clients who experienced no alcohol-related or illegal drug-related health, behavioral, or social consequences within the past 30 days increased by 80% from intake to 6-month follow-up.

How Well Are RSS Working? Offender Reentry Program



- The percentage of clients who reported that they did **not** use alcohol or illegal drugs within the past 30 days **increased by 56% from intake to 6-month follow-up.**
- The percentage of clients who reported that they were currently employed or attending school **increased by 89% from intake to 6-month follow-up.**
- The percentage of clients who reported that they had a permanent place to live in the community **increased by 145% from intake to 6-month follow-up.**

How Well Are RSS Working?

Substance Abuse Prevention & Treatment BG



- The percentage of clients who reported that they did **not** use drugs other than alcohol within the past 30 days **increased from admission to discharge by 42.6%** .
- The percentage of clients who reported that they did **not** use alcohol within the past 30 days **increased from admission to discharge by 31%**.
 - The percentage of clients who reported that they did **not** use alcohol within the past 30 days **varied by state, with some states reporting increased abstinence from admission to discharge of more than 100%, with other states reporting little or no increase.**

Thank you!

Tom.Coderre@samhsa.hhs.gov

The image shows a screenshot of the SAMHSA website homepage. At the top, the SAMHSA logo is displayed with the text "Substance Abuse and Mental Health Services Administration". Below the logo is a navigation menu with links for "Find Help", "Topics", "Programs & Campaigns", "Grants", "Data", "Priorities", "About Us", and "Publications". A search bar is located in the top right corner. Below the navigation menu, there are links for "LOGIN" and "REGISTER", and a "SHARE+" button. The main content area features a large banner for "National Recovery Month" with the text "JOIN THE VOICES FOR RECOVERY" and "visible, vocal, valuable!". Below the banner, the text "National Recovery Month September 2015" is displayed. To the right of the banner is a Twitter feed showing a tweet from "Parents Magazine" (@parentsmagazine) dated "1 Apr" with the text "Letting kids sip alcohol may lead to heavy teen drinking: ow.ly/L2VpE pic.twitter.com/69tR3pyIU8" and "Retweeted by Recovery Month". Below the tweet is a photo of a young girl in a grocery store aisle.

Substance Abuse and Mental Health Services Administration
SAMHSA

Find Help Topics Programs & Campaigns Grants Data Priorities About Us Publications

LOGIN | REGISTER SHARE+

National Recovery Month JOIN THE VOICES FOR RECOVERY
SEPTEMBER 2015
visible, vocal, valuable!

National Recovery Month September 2015

Every September, SAMHSA sponsors Recovery Month to increase awareness and understanding of mental and substance use issues and celebrate the people who recover.

Twitter Follow @recoverymonth

Parents Magazine @parentsmagazine 1 Apr
Letting kids sip alcohol may lead to heavy teen drinking: ow.ly/L2VpE
pic.twitter.com/69tR3pyIU8
Retweeted by Recovery Month