PEER RECOVERY SUPPORT

How do we support people seeking and in recovery?
PEER RECOVERY SUPPORT

• Learning Objectives:
  • Why are recovery support services needed?
  • What are Peer Recovery Supports?
  • How do Peer Recovery Supports support people seeking and in recovery?
  • What are the currently utilized Peer Recovery Supports for Indiana?
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.

* SAMHSA Working Definition of Recovery
GUIDING PRINCIPLES OF RECOVERY

- Hope
- Person-Driven
- Many Pathways
- Holistic
- Peer Support

- Relational
- Culture
- Addresses Trauma
- Strengths/Responsibility
- Respect

* SAMHSA Working Definition of Recovery
**RECOVERY EMERGES FROM HOPE**

- The belief that recovery is real provides the essential and motivating message of a better future—that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them. Hope is internalized and can be fostered by peers, families, providers, allies, and others. Hope is the catalyst of the recovery process.

* SAMHSA Working Definition of Recovery
RECOVERY IS PERSON-DRIVEN

• Self-determination and self-direction are the foundations for recovery as individuals define their own life goals and design their unique path(s) towards those goals. Individuals optimize their autonomy and independence to the greatest extent possible by leading, controlling, and exercising choice over the services and supports that assist their recovery and resilience. In so doing, they are empowered and provided the resources to make informed decisions, initiate recovery, build on their strengths, and gain or regain control over their lives.

* SAMHSA Working Definition of Recovery
RECOVERY OCCURS VIA MANY PATHWAYS

• Individuals are unique with distinct needs, strengths, preferences, goals, culture, and backgrounds—including trauma experience—that affect and determine their pathway(s) to recovery. Recovery is built on the multiple capacities, strengths, talents, coping abilities, resources, and inherent value of each individual. Recovery pathways are highly personalized. They may include professional clinical treatment; use of medications; support from families and in schools; faith-based approaches; peer support; and other approaches. Recovery is non-linear, characterized by continual growth and improved functioning that may involve setbacks. Because setbacks are a natural, though not inevitable, part of the recovery process, it is essential to foster resilience for all individuals and families. Abstinence from the use of alcohol, illicit drugs, and non-prescribed medications is the goal for those with addictions. Use of tobacco and nonprescribed or illicit drugs is not safe for anyone. In some cases, recovery pathways can be enabled by creating a supportive environment. This is especially true for children, who may not have the legal or developmental capacity to set their own course.

* SAMHSA Working Definition of Recovery
• Recovery encompasses an individual’s whole life, including mind, body, spirit, and community. This includes addressing: self-care practices, family, housing, employment, transportation, education, clinical treatment for mental disorders and substance use disorders, services and supports, primary healthcare, dental care, complementary and alternative services, faith, spirituality, creativity, social networks, and community participation. The array of services and supports available should be integrated and coordinated.

* SAMHSA Working Definition of Recovery
Mutual support and mutual aid groups, including the sharing of experiential knowledge and skills, as well as social learning, play an invaluable role in recovery. Peers encourage and engage other peers and provide each other with a vital sense of belonging, supportive relationships, valued roles, and community. Through helping others and giving back to the community, one helps one’s self. Peer operated supports and services provide important resources to assist people along their journeys of recovery and wellness. Professionals can also play an important role in the recovery process by providing clinical treatment and other services that support individuals in their chosen recovery paths. While peers and allies play an important role for many in recovery, their role for children and youth may be slightly different. Peer supports for families are very important for children with behavioral health problems and can also play a supportive role for youth in recovery.

* SAMHSA Working Definition of Recovery
RECOVERY IS SUPPORTED THROUGH RELATIONSHIP AND SOCIAL NETWORKS

• An important factor in the recovery process is the presence and involvement of people who believe in the person’s ability to recover; who offer hope, support, and encouragement; and who also suggest strategies and resources for change. Family members, peers, providers, faith groups, community members, and other allies form vital support networks. Through these relationships, people leave unhealthy and/or unfulfilling life roles behind and engage in new roles (e.g., partner, caregiver, friend, student, employee) that lead to a greater sense of belonging, personhood, empowerment, autonomy, social inclusion, and community participation.

* SAMHSA Working Definition of Recovery
RECOVERY IS CULTURALLY-BASED AND INFLUENCED

• Culture and cultural background in all of its diverse representations—including values, traditions, and beliefs—are keys in determining a person’s journey and unique pathway to recovery. Services should be culturally grounded, attuned, sensitive, congruent, and competent, as well as personalized to meet each individual’s unique needs.

* SAMHSA Working Definition of Recovery
RECOVERY IS SUPPORTED BY ADDRESSING TRAUMA

• The experience of trauma (such as physical or sexual abuse, domestic violence, war, disaster, and others) is often a precursor to or associated with alcohol and drug use, mental health problems, and related issues. Services and supports should be trauma-informed to foster safety (physical and emotional) and trust, as well as promote choice, empowerment, and collaboration.

* SAMHSA Working Definition of Recovery
RECOVERY INVOLVES INDIVIDUAL, FAMILY, AND COMMUNITY STRENGTHS AND RESPONSIBILITY

- Individuals, families, and communities have strengths and resources that serve as a foundation for recovery. In addition, individuals have a personal responsibility for their own self-care and journeys of recovery. Individuals should be supported in speaking for themselves. Families and significant others have responsibilities to support their loved ones, especially for children and youth in recovery. Communities have responsibilities to provide opportunities and resources to address discrimination and to foster social inclusion and recovery. Individuals in recovery also have a social responsibility and should have the ability to join with peers to speak collectively about their strengths, needs, wants, desires, and aspirations.

* SAMHSA Working Definition of Recovery
RECOVERY IS BASED ON RESPECT

• Community, systems, and societal acceptance and appreciation for people affected by mental health and substance use problems—including protecting their rights and eliminating discrimination—are crucial in achieving recovery. There is a need to acknowledge that taking steps towards recovery may require great courage. Self acceptance, developing a positive and meaningful sense of identity, and regaining belief in one’s self are particularly important.

* SAMHSA Working Definition of Recovery
WHY DO WE NEED RECOVERY SUPPORT SERVICES

• Recovery communities and recovery support services are a critical component of ongoing care for people in recovery, that include residential recovery homes, recovery community center, education-based recovery support, recovery industries and recovery ministries.

* FAVOR 10 reasons to fund recovery support services
• There is growing evidence that the central organizing construct guiding addiction treatment and the larger alcohol and other drug (AOD) problems arena is shifting from long-standing pathology and intervention paradigms toward a solution-focused recovery paradigm.
REDUCES RE-OCCURRENCE (RELAPSE)

• Studies (on peer recovery supports) demonstrated **reduced relapse rates**, **increased treatment retention**, **improved relationships** with treatment providers and social supports, and **increased satisfaction** with the overall treatment experience.

* FAVOR 10 reasons to fund recovery support services
In a study examining vet to vet peer support services, participation in peer support may **enhance personal well-being**, as measured by both recovery-oriented and more traditional clinical measures.

*FAVOR* 10 reasons to fund recovery support services
Evidence suggests that a peer-supported community program focused on self-determination can have a significant positive impact on recovery from substance addictions & homelessness.
ENGAGES PEOPLE INTO CARE

• Recovery supports are effective at engaging people into care, especially those who have little recovery capital, and/or who otherwise would likely have little to no “access to recovery.

* FAVOR 10 reasons to fund recovery support services
23 MILLION IN RECOVERY

• There are 23.5 million American adults who are overcoming an involvement with drugs or alcohol that they once considered to be problematic.

* FAVOR 10 reasons to fund recovery support services
NEW RECOVERY IDENTITY

• A growing body of research suggests that the change from an addiction/user identity to a **recovery identity** is a **critical ingredient** in successful treatment.

* FAVOR 10 reasons to fund recovery support services
LONG-TERM RECOVERY

• Peers provide navigation and advocacy to underserved and vulnerable populations across the continuum of the recovery process, and their services help individuals and families initiate and stabilize early recovery and sustain long-term recovery.”

* FAVOR 10 reasons to fund recovery support services
• There is a **robust body of research** on the value and effectiveness of peer supports for a number of chronic health conditions such as diabetes, cancer, obesity, HIV/AIDS and mental illness. This research has identified the value of services delivered by peers at the community level and the usefulness of a wide variety of social and other supports.

* FAVOR 10 reasons to fund recovery support services
HOW DO WE SUPPORT RECOVERY?

• SAMHSA recognizes four key dimensions to recovery:
  • Home
  • Health
  • Purpose
  • Community

*SAMHSA.gov
having a stable and safe place to live.
overcoming or managing one’s disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.
conducting meaningful daily activities and having the independence, income, and resources to participate in society.
COMMUNITY

having relationships and social networks that provide support, friendship, love, and hope.
HOW CAN WE PROVIDE THIS SUPPORT?
WHO ARE PEER SUPPORT PROFESSIONALS?

• Peer support workers are people who have been successful in the recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse. Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process.

*https://www.samhsa.gov/brss-tacs/recovery-support-tools/peers
WHAT DO PEERS DO?

• Peer Recovery Coach services may vary depending upon the organization and community needs. However, there are core values and domains of effective and ethical peer recovery support that should not be deviated from.

• Peer Recovery Coach services are NON-CLINICAL services that serve in a complimentary capacity to a person’s personal pathway to recovery.
WHAT DO PEERS DO?

• Peer Recovery Support involves the process of giving and receiving non-clinical assistance to support long-term recovery from substance use disorders. A Peer Recovery Coach brings the lived experience of recovery, combined with training and supervision, to assist others in initialing and maintaining recovery, helping to enhance the quality of personal and family life in long-term recovery.

* SAMHSA Value of a Peer 2017
WHAT DO PEERS DO?

* Peer Recovery Coaches walk side by side with individuals seeking recovery from substance use disorders. They help people to create their own recovery plans, and develop their own recovery pathways. Peer recovery support is based on the ideal that the support is person-driven and the coaches role is to assist that individual with meeting their goals.*
HOW DO PEERS HELP?
ECONOMIC STABILITY

• Employment
• Food Insecurity
• Housing Instability
• Poverty

* healthypeople.gov
EDUCATION

• Early Childhood Education and Development
• Enrollment in Higher Education
• High School Graduation
• Language and Literacy

* healthypeople.gov
SOCIAL AND COMMUNITY CONTEXT

• Civic Participation
• Discrimination
• Incarceration
• Social Cohesion

* healthypeople.gov
HEALTH AND HEALTHCARE

• Access to Health Care
• Access to Primary Care
• Health Literacy

* healthypeople.gov
NEIGHBORHOOD AND BUILT ENVIRONMENT

• Access to Foods that Support Healthy Eating Patterns
• Crime and Violence
• Environmental Conditions
• Quality of Housing

* healthypeople.gov
HOW DO PEERS HELP?

• The role of a peer support worker complements, but does not duplicate or replace the roles of therapists, case managers, and other members of a treatment team.

* SAMHSA Value of a Peer 2017
HOW DO PEERS HELP?

• Recovery plans and other supports are customized, and build on each individual’s strengths, needs, and recovery goals.

• Peer recovery support focuses on long-term recovery and is rooted in a culture of hope, health, and wellness. The focus of long-term peer recovery support goes beyond the reduction or elimination of symptoms to encompass self-actualization, community and civic engagement, and overall wellness.

* SAMHSA Value of a Peer 2017
HOW DO PEERS HELP?

• The unique relationship between the Peer Recovery Coach and the individual in or seeking recovery is grounded in trust, and focused on providing the individual with tools, resources, and support to achieve long-term recovery.

• Peer Recovery Coaches work in a range of settings, including recovery community centers, recovery residences, drug courts and other criminal justice settings, hospital emergency departments, child welfare agencies, homeless shelters, and behavioral health and primary care settings. In addition to providing the range of support encompassed in the peer recovery coach role, they take an active role in outreach and engagement within these settings.

* SAMHSA Value of a Peer 2017
PEER CREDENTIALS

• Currently, there are two credentials for substance use peer recovery support that are utilized throughout the industry in Indiana. There are more peer credentials nationally however these two listed below are most common for Indiana:

• Certified Addiction Peer Recovery Coach I & II (CAPRC)
• Community Health Worker/Certified Recovery Specialist (CHW/CRS)
CERTIFIED ADDICTION PEER RECOVERY COACH (CAPRC)

• This credential is offered through Indiana Credentialing Association on Addiction and Drug Abuse (ICAADA) and is a credential for individuals who have lived experience of recovery and desire to help peers in addiction recovery.

• Skills Domains in training focus on Advocacy, Mentoring and Education, Recovery and Wellness Support, Ethical Responsibility

• There are two tiers to this credential: CAPRC I and CAPRC II

* www.icaada.org
CERTIFIED ADDICTION PEER RECOVERY COACH I

- **Experience:** none
- **Education:** High School Diploma or jurisdictionally certified high school equivalent AND 30 hours of training specific to the domains
- **Examination:** Applicants must pass the IC&RC International Peer Recovery Exam
- **Code of Ethics:** Applicant must sign the ICAADA Peer Recovery Code of Ethics statement
- **Recertification:** 40 hours of related continuing education earned every two years, including six hours in peer recovery ethics
- **Geographic Location:** You must live or work at least 51% of the time in Indiana

* [www.icaada.org](http://www.icaada.org)
**CERTIFIED ADDICTION PEER RECOVERY COACH II**

- **Experience:** 500 hours of volunteer or paid work experience specific to domains

- **Education:** HS diploma or equivalent AND 46 hours specific to the domains, with 10 in each domain, and 16 hours in the domain of ethical responsibility. At least 6 hours in HIV/AIDS education.

- **Supervision:** 25 hours of supervision specific to the domains.

- **Examination:** Applicant must pass the IC&RC Peer Recovery Examination

- **Code of Ethics:** Applicant must sign the ICAADA Peer Recovery Code of Ethics

- **Recertification:** 40 hours of related continuing education earned every two years, including six hours in peer recovery ethics.

*www.icaada.org*
COMMUNITY HEALTH WORKER/CERTIFIED RECOVERY SPECIALIST (CHW/CRS)

• This credential is offered through Mental Health America of Northeast Indiana in a grantee position through Department of Mental Health and Addiction (DMHA) and is a credential for individuals who have lived experience with substance use or mental health concerns.

*www.peernetworkindiana.org
COMMUNITY HEALTH WORKER/CERTIFIED RECOVERY SPECIALIST (CHW/CRS)

• **Experience:** none
• **Education:** High school diploma or equivalent and completion of DMHA Certified Recovery Specialist training
• **Examination:** Applicant must pass DMHA CRS exam
• **Recertification:** 14 hours of continuing education hours each year
• **Applicant must be in recovery minimum of one year**

*www.peernetworkindiana.org*
DO PEERS REALLY HELP?

- People who have worked with Peer Recovery Coaches provide strong testimonies of the positive impacts of peer recovery support on their own recovery journeys. The research supports these experiences. While the body of research is still growing, there is mounting evidence that people receiving peer recovery coaching show reductions in substance use, improvements on a range or recovery outcomes, or both. Two rigorous systematic reviews examined the body of published research on the effectiveness of peer--delivered recovery supports published between 1995 and 2014. Both concluded that there is a positive impact on participants.

* SAMHSA Value of a Peer 2017
DO PEERS REALLY HELP?

• O’Connell et al. (2017) found that those receiving skills training with peer-led recovery support reported an average of nearly 15 fewer drinking days in the past month compared to a standard care group at the 9-month mark of the study.

DO PEERS REALLY HELP?

• A study of veterans by Smelson et al. (2013) reported that individuals who receive peer-delivered treatment were 71% less likely to drink to intoxication.

DO PEERS REALLY HELP?

• There is sufficient evidence to suggest that peer recovery services should be an integral component of preventative and rehabilitative SUD treatment efforts. Utilization of PRCs will provide much needed employment opportunities for the previously incarcerated, lower recidivism for this group, and bolster the capacity and effectiveness of Indiana’s SUD/behavioral health workforce. This likely will help improve SUD-related outcomes such as higher treatment access and engagement, lower rates of substance use related morbidity and mortality, and a lower economic burden on society.

* IUPUI Center For Healthy Policy: Recovering From Substance Use Disorders: A Case For Peer Recovery Coaches 2019
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