Peer Supporters
Building Strong
Recovery Communities-
"It Takes a Village"
Ohio’s Recovery Conference

October 14-15, 2019
Introduction – Julie Hardle

Background
- Native of Seattle but have lived in Salt Lake County for over 20 years.
- My family: Jimmy, Elyse, Tariq and Cooey
- Been in Recovery from SUD since 1998, work everyday on SMI

Career/Education
- BA in Organizational Communication/Public Relations, Peer Support, Whole Health, Messaging, Training and Development, Operationalizing Programs, Advocacy for Behavioral Health

Interests
- Competing in Triathlons, Hiking, SUP, Playing Guitar, Being there… (being a good listener) for family, friends, colleagues, neighbors
- Mentoring individuals who want to work as CPSS
- Oil paintings have been featured in some of Salt Lake City’s best galleries
- Have travelled to four continents (I love learning from people and their cultures).

Fun Fact

5 Strengths
- Empathy
- Developer
- Strategic
- Relator
- Individualization
Recovery is more than sobriety
But that’s a great first step

“Recovery is not simple abstinence. It’s about healing the brain, remembering how to feel, learning how to make good decisions, becoming the kind of person who can engage in healthy relationships, cultivating the willingness to accept help from others, daring to be honest, and opening up to doing.”
~ Debra Jay
Agenda

1. Community Building Principles
2. Dimensions that support recovery and the formal model
3. Essential ingredient “Lived Experience”
4. Peer supporters uniquely qualified, bridging the gaps
5. The village factor
6. Gaps in the community…
7. If you can dream it, create it (Exercise)
Community Building Principles

- Go where people are
- Start with what you know
- Be profoundly inclusive
- Keep the community at the center of the work

- Engage and Mobilize
  - Be prepared to SKILL UP (find and use mentors)

- Celebrate and Reflect

- Create what is needed (fill a gap)
Dimension that support recovery

Formal Peer Support in Action
The four major dimensions that support recovery

For the purpose of our discussion we’ll focus on finding purpose and supportive relationships and social networks.

<table>
<thead>
<tr>
<th>Health</th>
<th>Home</th>
<th>Purpose</th>
<th>Community</th>
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<tbody>
<tr>
<td>Overcoming or managing one’s disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.</td>
<td>Having a stable and safe place to live.</td>
<td>Conducting meaningful daily activities and having the independence, income, and resources to participate in society.</td>
<td>Having relationships and social networks that provide support, friendship, love and hope.</td>
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Formal Service Delivery Model

Peer Supporters
Peer Support Coaches all have special training and life experience in living with and recovering from substance use disorder and/or serious mental illnesses. They support members to stabilize all dimensions of recovery (Home, Health, **Purpose** and **Community**) and improve member’s resiliency skills. Services include:

- Navigating the healthcare system
- Assistance with accessing clinical and community support services
- Help develop a plan for managing relapse
- Activating members in their own self care through teaching and encouraging the use of tools, resources and support services
- Engaging family members and caregivers
- Help the member build recovery capital and recovery goals

Peer Support Services complement the member’s health care services
Inspiration Break
Peer Supporters
Strong Recovery
Community
Village Protective Factors
Pillars of a Strong Recovery Village

**Purpose**

- Being part of something larger than self

**Belonging**

- Belonging speaks to our humanity.
  - We have belonged to tribes as far back as humanity goes

**Inclusion**

- Improved feelings of well-being and self-esteem
  - Opportunities to experience a variety of roles that include friendship, contributing to the community and new skills
Lived experience is essential to building a Strong Recovery Community

Peer Supporters are:

- Successful in their own recovery
- Have a strong desire to help others succeed (it grounds their recovery)
- Peer supporter know how to build relationships of trust
- Shared understanding and lived experience promotes
  - Respect
  - Mutual empowerment
  - Engagement
  - Reduces relapse
Recovery Community Lifeline: A Village

Phrase used commonly to describe raising children, it can also be said it takes a village to be human

Humans have operated in tribes for centuries

Being part of a community- part of something larger than yourself gives you a sense of

- Purpose
- Belonging
- Inclusion

In recovery, a community provides a lifeline

“I can’t stay sober, but we can.” AA slogan
Without the pillars of a strong recovery village

A person is at risk for relapse

Possible Relapse
People can’t rely on their willpower to quit abusing substances. In fact, they are in dire need of the love and support of their “village” in order to stay clean. Without communal support, addicts tend to dwell in isolation.

Probable Relapse
Greater level of isolation lead to increased risk of depression and anxiety.

Almost Certain Relapse
Recovery means creating a healthier lifestyle by stepping into growth, rather than defaulting to old patterns and unhealthy behavior.
Peer supporters bridge the gap between Treatment and Traditional Supports and Non-Traditional Supports to Sustain Recovery.
Bridging the gap
Exercise – call out what might be missing

- Recovery Plan
- Recovery Goals
- Check-in
- Support Groups
- Part of care team
- Sharing story
- Resource navigator

- Exploring interest, talents
- Giving back
- Sober friends
- Sober activities
- Being part of the larger community
- Enjoy positive friendships
- Having mentors
- Employers that support recovery

Living a life of recovery in a recovery community
Lived experience is essential to
Strong Recovery Community Building

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https://youtu.be/OCeH7bN2Cco
Your community recovery village
Bridging the gap… if you can dream it…

Recovery Soldiers
Recovery Champs
Fit Recovery
Addicts II Athletes
Family Night
Recovery Coffee
Expungement Navigator
Soap2Hope
No1Down
Recovery Softball- 50 teams
Recovery Jams
Your community recovery village
Create it!
Thank you

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