Kent County: Recovery Oriented System Of Care

Kevin McLaughlin
Executive Director
Recovery Allies of West Michigan
Who I Am

Kevin McLaughlin

• Director of non profit Recovery Community Organization (RCO) called “Recovery Allies of West Michigan”
• C.C.A.R. Recovery Coach Trainer, Certified Recovery Coach
• IC&RC and MCBAP S. M. E. Subject Matter Expert
• Consultant on Recovery Oriented Systems of Care, working in Kent, Ottawa, Muskegon Counties, Kalamazoo and Northern Michigan
• Associates Degree in Applied Arts and Sciences
• Person in long term recovery
Amanda Tarantowski

- Contract Manager, SUD Services and Recovery Supports Services for Network 180
- 7 years at Spectrum Health 5 years in Oncology and 2 years in the ER
- Licensed LMSW
History of Kent County

• Susan Educated everyone on Connecticut
Recovery Residence

- Susan had an open call for applications
- I was handed a very tumultuous coalition
- Tightening Service Specifications
- Recovery Residence as Continuum of Care

Essential Components:
- City buy in / Reasonable Accommodations
- Development and Membership in a coalition
- NARR Standards

Challenges:
- Bed bugs
- Professional Development
- Billing
- Definition of Recovery
Sick Tree Story

Don Coyhis - Started the Native American Wellbriety Movement
Recovery Defined

SAMHSA Definition of 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.
Real World Definition Of Recovery

Typically Involves the A Word

Means different things to different people. For example, where are you when you are recovering from a heart attack?
Defining Recovery Cont.

- 25 million people and rising in recovery in the US
  - How do we know?
    - Its how we frame the Question

- How people perceive themselves
  - Affiliation with recovery makes a big difference
    - Positive Affiliation
    - Neutral Affiliation
    - Negative Affiliation

- Is it Primary or Secondary
Defining Recovery Cont.

- General Population
- Those with negative consequences due to substance use
- Those with the disease of addiction that abstinence is the solution
Lets Mess With It...

CCAR Definition:

YOU ARE IN RECOVERY WHEN YOU SAY YOU ARE…
WAYS PEOPLE RECOVER

The A’s

SPONTANEOUS RECOVERY - "TIPPING POINT"

SUPPORT GROUPS OTHER THAN THE “A”S

RECOVERY MILL

ONLINE SUPPORT

TREATING MENTAL HEALTH ISSUES

MYSTERY WAYS
When does it stop?

- It doesn’t
- It’s a matter of keeping up on language, science and having a very solid understanding of the history of addiction treatment.
Recovery Community Organization
RCO
What is a ROSC?

Recovery Oriented systems support person centered and self-directed approaches to care that build on the strengths and resilience of individuals, families, and communities to take responsibility for their sustained health, wellness, and recovery from alcohol and drug problems.

Recovery-oriented systems of care (ROSC) are networks of formal and informal services developed and mobilized to sustain long-term recovery for individuals and families impacted by severe substance use disorders. The system in ROSC is not a treatment agency, but a macro level organization of a community, a state or a nation.

CSAT, SAMHSA

William “Bill” White
Here are some of the many elements to a ROSC -
- Recovery Coaches
- Recovery Residences
- Recovery Schools, Industries, Ministries
- Recovery Drop In Centers
- Telephone Recovery Support Services
- Recovery Community Organizations either bring these together or create them.
Recovery Community Organization Definition: Faces and Voices of Recovery

- Recovery community organizations (RCOs) are the heart and soul of the recovery movement. In the last ten years, RCOs have proliferated throughout the US. They are demonstrating leadership in their towns, cities and states as well as on the national landscape. They have become major hubs for recovery-focused policy advocacy activities, carrying out recovery-focused community education and outreach programs, and becoming players in systems change initiatives. Many are also providing peer-based recovery support services. RCOs share a recovery vision, authenticity of voice and are independent, serving as a bridge between diverse communities of recovery, the addiction treatment community, governmental agencies, the criminal justice system, the larger network of health and human services providers and systems and the broader recovery support resources of the extended community.
Recovery Community Organization Definition: Recovery Allies of West Michigan

Recovery Allies of West Michigan is a non-profit whose core mission is to be a voice for the recovery community, who work to reduce stigma, and help shape public attitudes towards individuals and families who are living with a substance use disorder.

Recovery Allies does not endorse any specific treatment/recovery plan, we encourage and accept recovery as a journey that takes many different paths. Just as there are many pathways into addiction, there are multiple pathways into recovery. We recognize how important it is to create environments where recovery is supported not threatened. Recovery Allies envisions a community where access to risk reduction, prevention, treatment and recovery support are readily available to everyone.
Recovery Community Organizations

Over 85 nationwide registered with Faces and Voices are members of ARCO - Association of Recovery Community Organizations

- 175 Nationwide
Recovery Community Organizations

Why They Play Such a Critical Role

| It’s a grass roots movement that I call the “trickle up theory”. We are showing that it works while funding and other issues are worked out here in Michigan. | RCO’s have consistently demonstrated their effectiveness at improving peoples quality of life. | Advocacy based on productive anger, for a paradigm shift of providers and persons in recovery |

Advocacy based on productive anger, for a paradigm shift of providers and persons in recovery.
Recovery Community Organizations
Recovery Allies of West Michigan

Advocate
Celebrate
Education
Recovery Community Organizations
Bringing Together And Organizing The Following

Schools - Imagine a school that has a curriculum that students in Recovery follow together!

Industries - Imagine a “Recovery friendly shift” as well as Recovery-friendly employers

Ministries - We need to have the churches of the community at the table to help them understand the many gateways and pathways to Recovery
Recovery Community Organizations
Bringing Together And Organizing The Following:

Other Recovery Community Organizations

Mutual aid/support groups - Imagine NA, AA, S.M.A.R.T. walking together in unity!

Leaders in the community in recovery - CEO’s, musicians, Entrepreneurs
How We Did It

- Do a good soil analysis and till it. Could take a bit.
- Find people with the everyone button early on!
- Establish non-profit status. We collaborated with Cooley Law School. Price was right, the Dean ensured it was done right and it built a sense of collaboration.
- Assemble Board. It’s a good idea to assemble an advisory board first. You need seasoned people.
- Name choice, website, Facebook, newspaper stuff.
Find a little money to pay a person to do all this! Or someone you can bring out of retirement....

Hire/Find a strategic planner, board developer and fund raising expert. Possible grant writer or a training to learn

Locate and secure a building for drop in center

Hold celebratory events
  Recovery Palooza
  Anonymous People
  Movie

Jane Presly of FAVOR
Greenville SC – Be visible, Be visible!!!
How We Did It
How We Did It

CASE!
“A Recovery Community Center (RCC) is a resource for skill-building education, information, support and socialization for those in recovery and their loved ones. It makes real the belief that recovery from addictive disorders is possible. The basis for available services and programming through an RCC are Peer-Based Recovery Support Services (P-BRSS).

These are non-clinical services that focus on removing barriers and providing invaluable resources to those who are seeking to achieve and maintain long-term recovery. Peer-driven and peer-delivered support services are fueled by the energy of volunteers who seek to share their experience and knowledge with others. The support offered is not meant to replace treatment, Twelve-Step support or other Mutual Aid support groups. RCCs acknowledge multiple pathways to recovery.

A Recovery Community Center promotes improving quality of life, preventing relapse and sustaining recovery. It is a place where life’s challenges are faced with solutions and guidance. It is a place where skills are shared and learned. It is a place where isolation becomes inclusion and strangers become friends.”

(Many thanks to Pennsylvania Recovery Organization - Achieving Community Together (PRO-ACT) for this great definition.)
RCO’s are formed

RCO’s Demonstrate they are effective

Faces and Voices organizes and brings together RCO’s across the Nation

Bases on all of this SAMSHA writes grants for RCO’s

Recovery Allies of West Michigan Responds to Grant that was written in our language!

FAVOR Advocates for RCO’s

SAMSHA Notices
I Want You To Imagine BIG!!!!

• "If we allow ourselves to sustain a large-enough and bold-enough vision, the recovery community can radically alter the social order of society.

  • "From COMMON STRENGTH: BUILDING LEADERS, TRANSFORMING RECOVERY by Tom Hill

• ALLOW YOURSELF!!!
Thank You