Opiate Conference
June 11 – 12, 2018
Columbus, OH

Reaching Peers Where They Are: Emerging Trends
Welcome!

Get to know you BINGO!

Find A Person

<table>
<thead>
<tr>
<th>From your county</th>
<th>That likes art/is creative</th>
<th>Wearing the same color as you</th>
</tr>
</thead>
<tbody>
<tr>
<td>Who does same thing as you</td>
<td>Meet a Presenter</td>
<td>Who is athletic/plays sports</td>
</tr>
<tr>
<td>Who is in recovery</td>
<td>Who likes the CAVS</td>
<td>You have never met before</td>
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myfreebingocards.com
Catholic Charities of Diocese of Cleveland

- Home Based Services – “We make house calls!”
- Overcome barriers
- Meet people where they are at – & Learn!
- Build trust & respect for human dignity
- Better understand real needs in the situation
- Able to provide multiple services including basic needs and dual diagnosis.
Virtual Services – available 24/7/365
- Overcome barriers
- Share our stories to help peers
- Meet people where they are at
- Build trust & respect
- Coaches with lived experience to better understand real life situations
Working Together is Better

✓ Model Hope & Recovery
✓ Weave a strong net of support
✓ Increase person’s social capital and access
✓ It gets personal – Friendship & Community building
What is Peer Support

Peer support services are delivered by individuals who have common life experiences with the people they are serving. People with mental and/or substance use disorders have a unique capacity to help each other based on a shared affiliation and a deep understanding of this experience. In self-help and mutual support, people offer this support, strength, and hope to their peers, which allows for personal growth, wellness promotion, and recovery.
Peer Support Certification

Peer Support Training
- 40 hour in person training
- 16 hours online via Ebased Academy
- State Proctored Exam
- BCI Check
- 2 year certification – 30 CEU hours to renew
  - Ethics & Boundaries
  - Health & Wellness
  - Trauma Informed Care
  - Role Playing
  - Cultural Competency
  - Human Trafficking
  - Motivational Interviewing

http://workforce.mha.ohio.gov/Workforce-Development/Job-Seekers/Peer-SupporterCertification
Efficacy of Peer Support

“Studies demonstrate improved relationships with providers and social supports, increased satisfaction with the treatment experience overall, reduced rates of relapse, and increased retention in treatment. It is clear that peer support services can provide a valuable approach to guiding consumers as they strive to achieve and maintain recovery.” (Rief, et al, 2014)
Efficacy of Peer Support

Peers, are providing a wide variety of support services from initial outreach and engagement to long-term personal/family recovery support and doing so within a growing variety of service settings, including recovery community organizations, harm reduction programs, addiction treatment programs, primary health care facilities, the criminal justice system, and the child welfare system.

http://www.williamwhitepapers.com/blog/2016/06/peer-recovery-coaching-recent-evidence-reviews.html
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."
Type of Social Support & Associated Peer Recovery Support Services

**Emotional** - Demonstrate empathy, caring, or concern to bolster person’s self-esteem and confidence.

  - Peer mentoring
  - Peer-led support groups

**Informational** - Share knowledge and information and/or provide life or vocational skills training.

  - Parenting class
  - Job readiness training
  - Wellness seminar

**Instrumental** - Provide concrete assistance to help others accomplish tasks.

  - Child care
  - Transportation
  - Accessing community health

**Affiliational** - Facilitate contacts with other people to promote learning of social and recreational skills, create community, and acquire a sense of belonging.

  - Recovery centers
  - Sports participation
Professionals may need to stretch their boundaries

- To meet people where they are at
- Fill a range of roles – co-production of services, advocacy
- Begins with the lived experience of the user
- Taking collaboration to another level
- Brophy, Bruxner, Wilson, Cocks, & Stylianou, 2015
Where can you find peers?

✓ Online
✓ Meetings
✓ Community Centers
✓ Agencies
✓ Other places
What are ways we can reach peers in recovery?
Reaching Peers in Recovery

Technology
Reaching Peers in Recovery

Peer Recovery Coaching
Reaching Peers in Recovery

Art
Reaching Peers in Recovery

Social Activities
Reaching Peers in Recovery

Sports
Reaching Peers in Recovery

Group Support
Reaching Peers in Recovery

Community Events
Group Activities

Group activities that are structured as support groups typically involve the sharing of personal stories and some degree of collective problem-solving.

Many of these groups are formed around shared identity, such as belonging to a common cultural or religious group, or shared experience related to the mental health or substance use disorder.
Philadelphia Experience
(White & Evans, 2014)

▪ Blended approach can magnify the potency of one another.
▪ Involving consumers in the decision-making for healthcare in diverse pathways of recovery.
▪ Greater support of personal & family health; making more space for persons in recovery; advocacy.
▪ Move with care, not to exploit peer related to excessive work and inadequate compensation, and lack of physical and emotional support.
Multiple Paths of Treatment - NYC

- 45.1% Mutual help
- 27.6% Assisted Path (Treatment/MAT)
- 21.8% Emerging support services

Kelly, Bergman, Hoeppner, Vilsaint & White, 2017
Barberton Emergency Department Pilot Project

- United Way funded project to close the gap when someone is ready for treatment
- Emergency room is entry point
- MAT initiation
- Peer Support Service
- Service Coordination (Barrier removal)
Needs in Recovery (Laudet & Humphreys, 2013)

- Expectations are high for help – 71.8% “very much” and 21.7% “quite a bit”
- 60% dropped out of treatment -> Need to do better!
- Social capital – access to resources for work, housing, social services
- Co-located services with flexible schedules and access points.
- Peer Recovery Support Services, Sober Housing
Barriers & Stigma Reduction

A person in early recovery is often faced with the need to abandon friends and/or social networks that promote and help sustain a substance use disorder, but has no alternatives to put in their place that support recovery.
Solutions to Barriers & Stigmas

Education

Educational campaigns can be designed for any scale, from local to national, which may explain the status of education interventions as the best-evaluated stigma change tactic.

Literacy Campaigns

One such program is mental health first-aid, in-person training that teaches participants to respond to developing mental health problems and crises. Mental health literacy campaigns have also focused on how to encourage individuals and families to seek needed services.

Contact

In contact-based behavioral health anti-stigma interventions, people with lived experience of mental illness or substance use disorders interact with the public describing their challenges and stories of success. These reduce public stigma on a person-to-person and have also been shown to create a sense of empowerment and boosting of self-esteem.
Shared Role of Peers & Professionals

✓ Moving away from pathogenic to wellness models of recovery.
✓ Peers taking on a bigger role in integrated treatment.
✓ Response to advocacy for:
  ✓ Integrated
  ✓ Person-centered models of
  ✓ Long-term recovery.
✓ Not simply giving back or mutual aid...
✓ A whole new category of resources for recovery.
What supports a peers successful life in recovery?

✓ Health
✓ Home
✓ Purpose
✓ Community
How is health and wellness important in recovery?
How is home important in recovery?

Eight Principles for A Healthy Home

- **Keep it Temperature Controlled**
  - Make sure windows and doors do not have cracks.
  - Maintain adequate temperatures.

- **Keep it Maintained**
  - Change furnace air filters.
  - Reduce tripping hazards by reducing clutter.
  - Dust with damp cloth.

- **Keep it Contaminate Free**
  - Do not smoke.
  - Reduce the use of chemical cleaners.
  - Be aware of lead hazards.

- **Keep it Dry**
  - Fix leaks around windows.
  - Fix holes on roof and cracks around the foundation.
  - Fix leaky pipes.

- **Keep it Clean**
  - Clean carpets twice a year.
  - Use a HEPA filtered vacuum on carpets.
  - Wash dishes every day.

- **Keep it Pest Free**
  - Keep food sealed in air tight containers.
  - Fix cracks and seals so pests cannot enter.
  - Use a trash can with a lid and empty garbage weekly.

- **Keep it Safe**
  - Use smoke and carbon monoxide detectors.
  - Have escape ladders and routes in case of fire.
  - Lock up medicine, chemicals, and weapons.

- **Keep it Ventilated**
  - Proper air flow can reduce radon and mold.
  - Open windows.
  - Dry-cleaned clothes should be vented outside.
Because a true sense of purpose is deeply emotional, it serves as a compass to guide us to act in a way completely consistent with our values and beliefs. Purpose does not need to involve calculations or numbers. Purpose is about the quality of life. Purpose is human, not economic.

— Simon Sinek —
How does community help recovery?
What can your agency do?

➢ Networking
➢ Survey current staff/consumers
➢ Collaborate
➢ Research
➢ Try new programs
➢ Utilize Peer Recovery Coaches
References

Thank You!

Andy Davis ~ ajdavis@ccdocle.org
Jody Morgan ~ jmorgan@ascent.org