

OPS Monthly Webinar

Module 7: Behavioral Health Recovery

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Before we begin

- For current Supervisors of peer support workers and Administrators of peer support services only
- You are welcome whether you have read the modules
  - The modules can be found before each webinar on the OPS website.

Chat Introductions

- Name and pronouns
- Location and position
- What's something new or interesting you've learned recently?

Agenda

- Review module 7
- Group discussion
- Closing

Module 7 review: Behavioral Health Recovery



- Understanding recovery
  - Many pathways
- Peer support and challenges with substance use
  - Ricky's Law
  - Mitigation strategies
  - Overdose reduction
  - Opioid epidemic
  - Naloxone
- Mental health peer support
- Problem gambling and gaming recovery

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Understanding SUD in peer support

- Build trust
- Share your story
- Be supportive (without judgement)
- Offer emotional support
- Celebrate small wins
- Find resources
- Relapse prevention (if part of their recovery)
- Offer hope



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Naloxone

1. Ask for consent before you touch anyone ever!
2. Tell the person your name and speak to them as if they were awake even when they are non-responsive
3. They may be angry when they wake up because they will not be high anymore.
4. Be prepared with treatment resources in case there is a window for recovery

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How to use Narcan video

“

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

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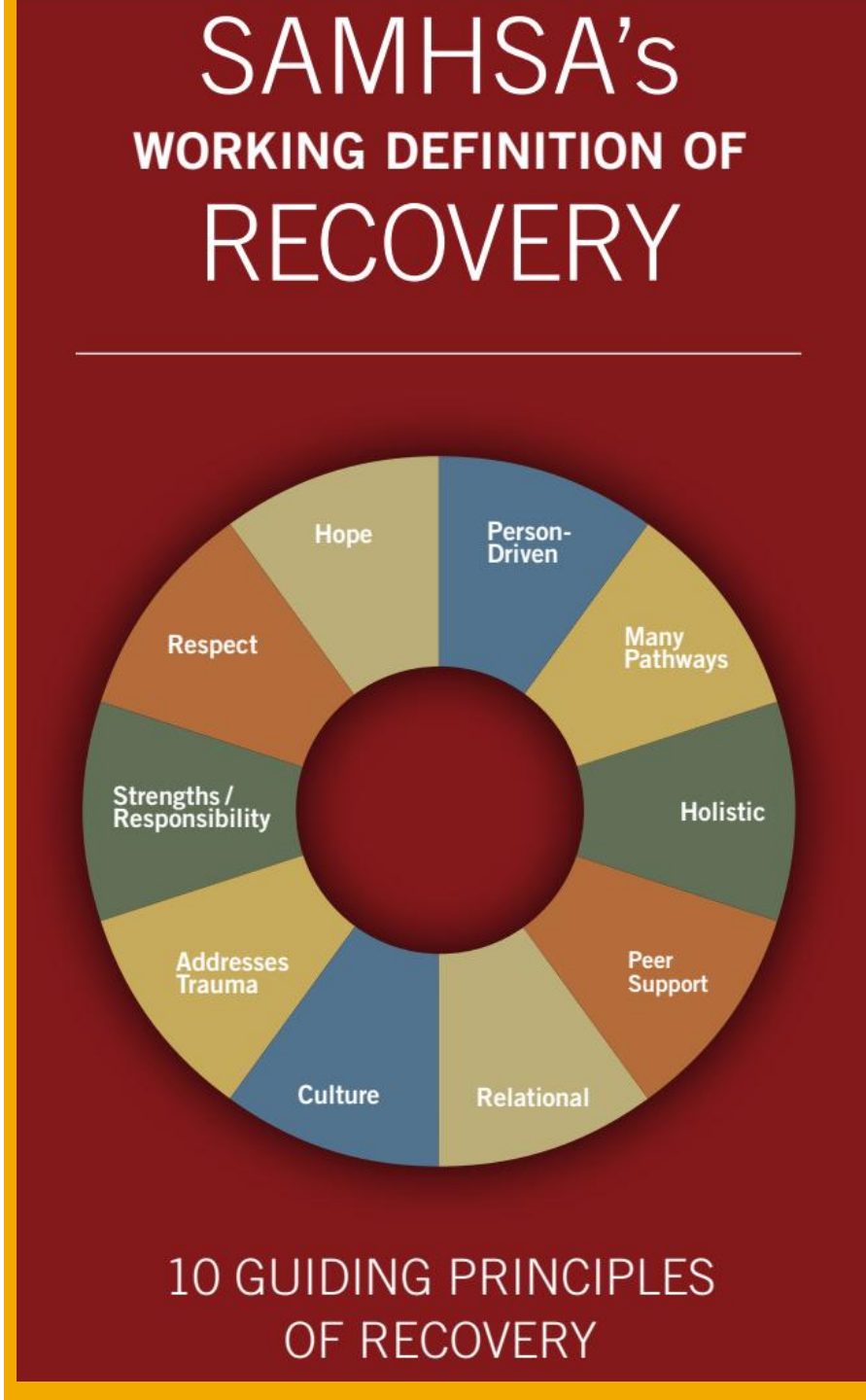
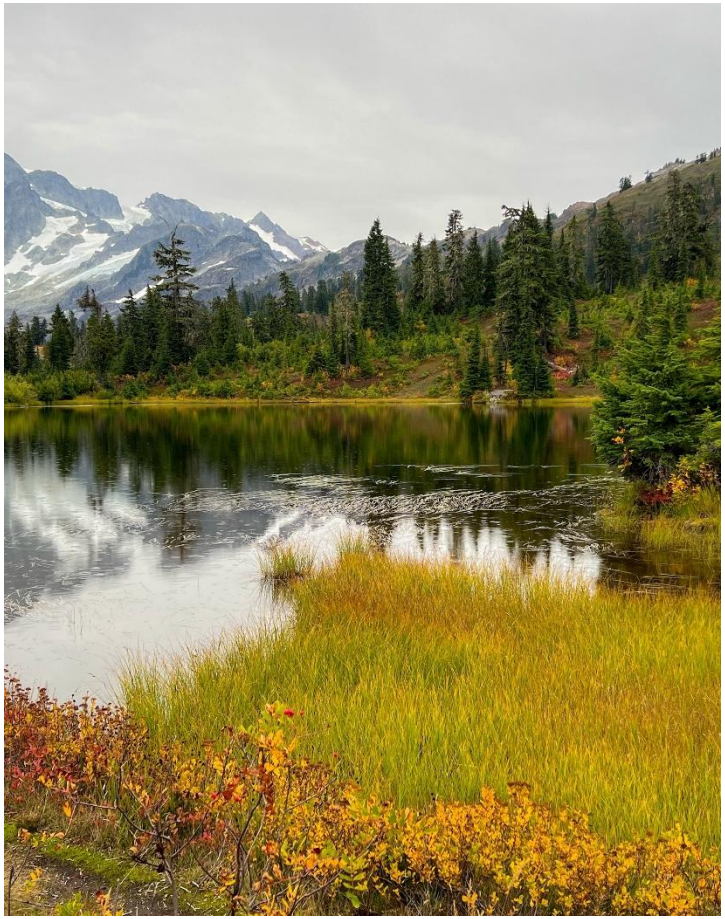
Source: https://library.samhsa.gov/sites/default/files/pep12-recdef.pdf



Module 7 review continued



- Disordered eating recovery
  - Anorexia Nervosa, Bulimia Nervosa, and Binge-eating disorder
- Co-occurring disorders recovery
- Stages of change
  - Why they are important
- Strategies to support families
  - Family and community-based recovery

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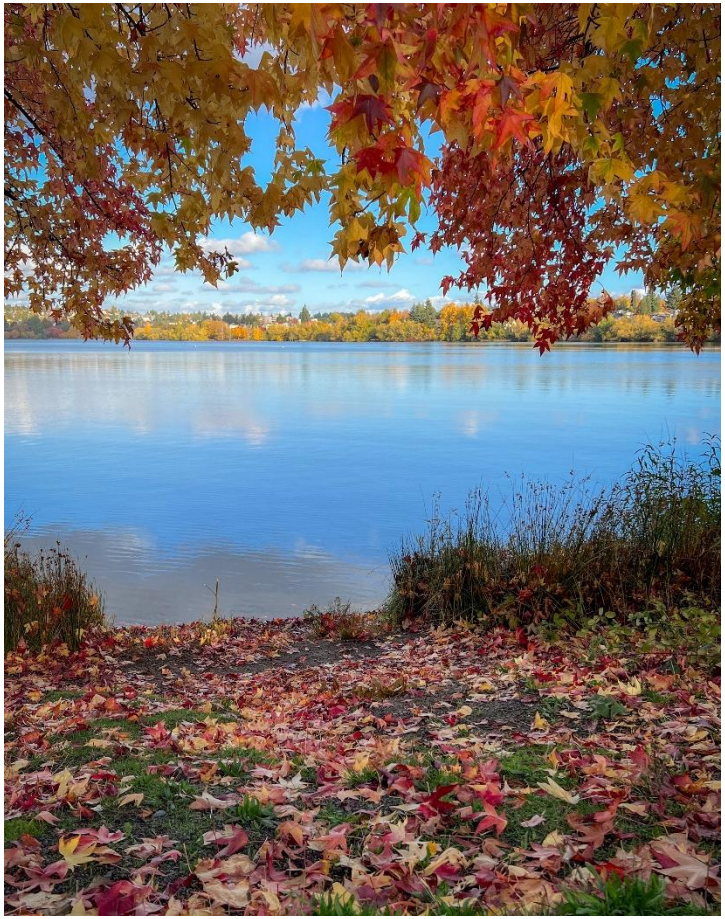
Problem gambling



- Gambling and gaming activates the brain's reward system, which releases dopamine, serotonin, and other "good feeling" hormones that give people a sense of satisfaction that they seek to repeat
- Over time, the brain can become accustomed to these "brain chemicals" that can lead to addiction.

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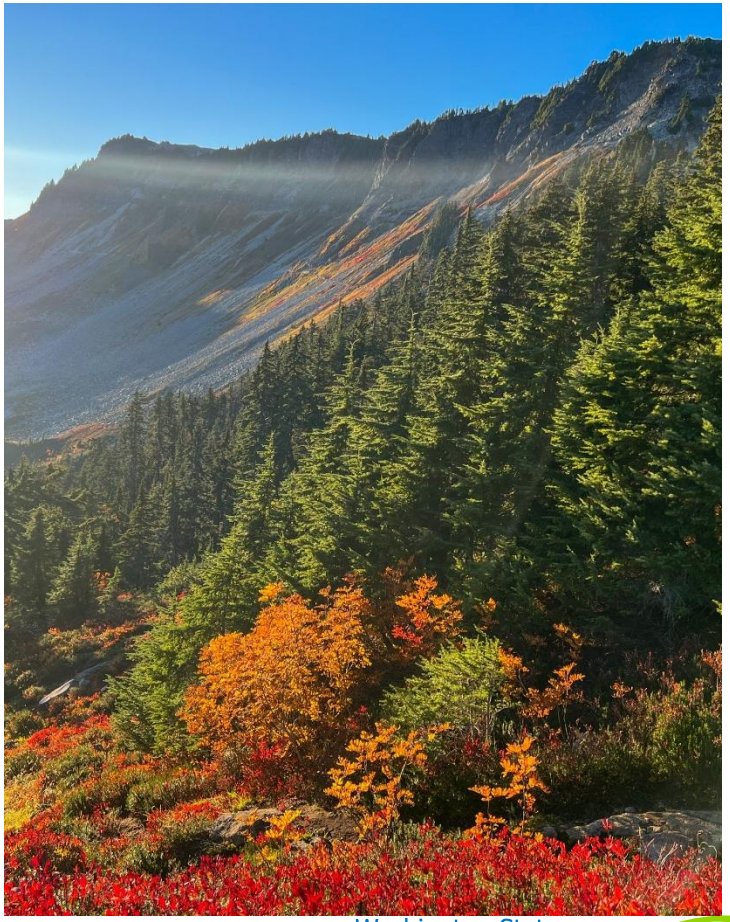
Gaming recovery

- Online Gamers Anonymous
  - Olganon.org
- Keep in mind gaming and gaming disorder is not limited to young people
  - The average age of a gamer is 30 years old while 32% of people who actively game are under the age of 18.



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Problem gambling and Gaming recovery

Problem gambling

- Have you bet more than you could really afford to lose?
- Have you gone back another day to try to win back the money you lost?
- Have you borrowed money or sold anything to gamble?
- Has gambling caused you any health problems, including stress and anxiety?

Excessive gaming

- Do you lose hours of sleep to gaming?
- Do you skip or neglect self-care (cooking, eating, bathing, cleaning, shopping, exercise, etc.) when gaming?
- Do you find yourself gaming whenever you have free time?
- Has gaming taken the place of any hobbies or sports you used to enjoy?

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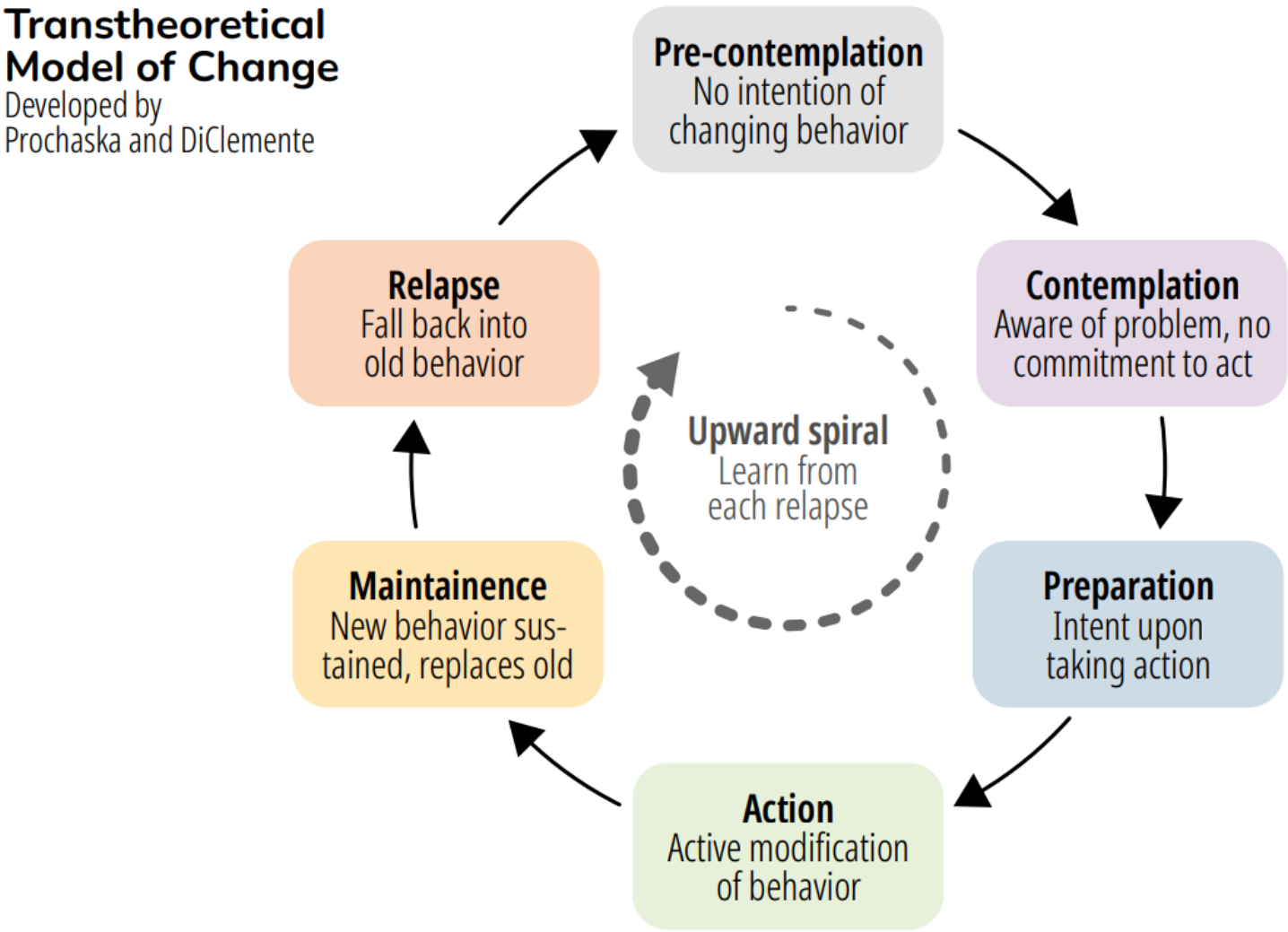
Stages of change and Peer Support



Share a specific section that struck you as significant (e.g., interesting, profound, amusing, illuminating, confusion).

Group Discussion

Module 8 topic: Re-entry and Resilient Recovery

- **Date:** November 18, 2026
- **Time:** 11 am – 12 pm

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- What subject matter expertise do you have related to supervising or operationalizing peer support?
- Would you like to share that with the greater community in a recorded webinar?
- An interest email will go out to the OPS listserv early 2027

Would YOU like to present at a future OPS webinar?



Questions?

Contact information:

HCAOPSOrg@hca.wa.gov

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