

Supporting recovery in community

What is recovery?

Recovery is a *process* of change, based on hope, through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. The four major dimensions that support recovery are health, home, purpose, and community. Every person's recovery is unique and there is no wrong path to recovery.

Access to recovery

Access to Recovery (ATR) is a federal grant funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Treatment (CSAT). Announced in 2003 as a three-year initiative to help Americans suffering from substance abuse and addiction, the program was so successful, it continued to be funded through three additional cohorts.

ATR is client-directed, offers choice, and measures outcomes such as criminal justice involvement, education and employment, stability in housing, social connectedness, and abstinence.

Washington has been the recipient of all four cohorts and the current grant ends January 31, 2019. Total funding for our state is about \$55 million, supporting recovery for more than 30,000 individuals. ATR will no longer be funded by SAMHSA.

When ATR was implemented in Washington, funding was directly with counties. ATR has morphed over the life of the four grants to a model that supports individuals in the community where they live.

Seattle Recovery Café has been, and continues to be, a strong advocate for supporting every person in their recovery journey. David Coffey, the executive director of the Seattle Recovery Café has this to say about ATR: "The ATR program has been an outstanding vehicle for creating Recovery Capital, leveraging resources, inspiring action and transforming thousands of lives. I have seen the power of this funding to move the needle in creating positive change for those impacted by substance use disorders."

Recovery leaders in Washington State are passionate about supporting all individuals in recovery. Says Joshua Wallace, executive director of Seattle Area Support Groups: "Stigma, isolation, and access to basic resources have always been a barrier to successful addiction recovery. ATR funding for community based peer recovery support services addressed these issues directly with remarkable success."

Individuals supported with ATR funds are provided recovery support services that remove barriers to their recovery as well as support the recovery process.

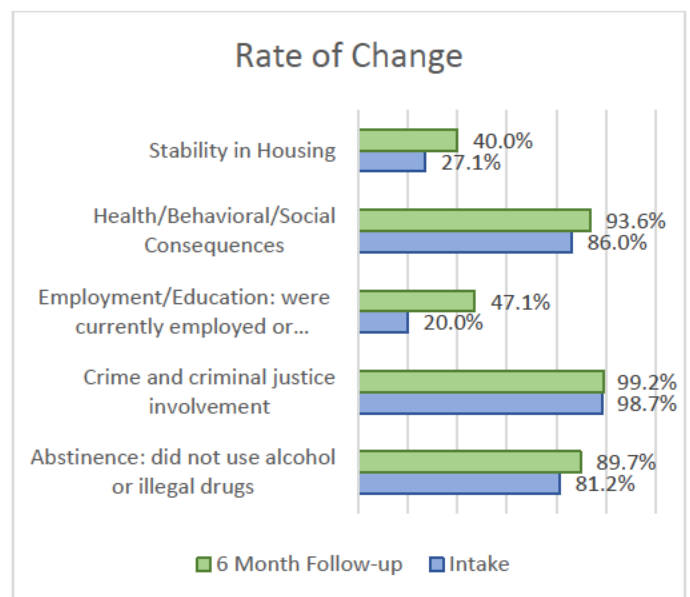



Figure 1: ATR 4 - May 1, 2015 through November 30, 2018

State Opioid Response

SAMHSA's State Opioid Response (SOR) grant will address the opioid crisis by increasing medication-assisted-treatment, reduce opiate overdose related deaths through prevention, treatment and recovery activities for opioid use disorder (OUD). In September 2018, Washington was awarded \$21,573,093 over two years to respond to the opioid crisis in our state.



To support the full continuum of care in Washington State, \$3,850,000 of the awarded grant funds will support recovery for individuals with OUD. Grant funds are contracted with nine community based organizations (Seattle Recovery Café, Seattle Area Support Groups, Tacoma Recovery Café, Everett Recovery Café, Clark County, Comprehensive Healthcare, Spokane Recovery Café, Skagit County, and Okanogan Behavioral Healthcare) to remove recovery barriers and support the recovery process, which includes medication-assisted treatment.

All community partners will provide and connect every SOR recovery participant to a support group specific to individuals with an OUD. A support group of individuals with similar challenges and history is affirming and provides a community where members can connect to resources, discuss challenges, and support each other regardless of their recovery path and whether it includes medication.

Each community partner will provide the recovery support services available in their recovery community organization and many will also provide services provided by other community partners. Individuals direct their own recovery path. Some of the services that will be funded through SOR include Oxford Housing, peer support, OUD support groups, recovery residences, transportation, basic needs, accountability groups, education and employment services, emotional support, information and referral, and mentoring.

Partners

Over the more than 14 years of recovery support services funded by ATR, more than 4,300 providers have partnered with ATR to support recovery. Integral to the success of the ATR program, and more importantly the individuals who were supported with ATR funding, are the commitment and support of community partners. Supporting individuals in community reduces isolation, encourages attachment, decreases homelessness, increases rate of employment, and provides stability.

A short list of ATR community partners, and moving forward SOR partners, includes: Catholic Community Services, Clark County, Comprehensive Healthcare, Everett Recovery Café, Okanogan Behavioral

Healthcare, Oxford House, Salvation Army, Seattle Area Support Groups, Seattle Recovery Café, Skagit County, Spokane Recovery Café, Tacoma Recovery Café, Washington Alliance for Quality Recovery Residences, and the Washington Recovery Alliance.

Support for community-based recovery

Every person is important and an individual. Every individual has a story and recovery path that must be valued and validated. Community-based recovery organizations are currently supporting substance use disorder individuals from all recovery paths. Continuing to support individuals recovering from substance use disorder in community is an essential part of a recovery-oriented system of care. As Washington endeavors to support people, and their loved ones who are struggling with substance use disorders, it is critical that we use a comprehensive, compassionate and effective approach.

More Information

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