

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. Recovery Support Services (RSS), including peers/recovery coaches, remove barriers to recovery as well as support the recovery process.

Access to Recovery

Access to Recovery (ATR) was 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 use and addiction, the program was so successful, it SAMHSA funded it through three additional cohorts.

ATR initiated recovery supports that are client-directed, offer choice, and measure outcomes such as criminal justice involvement, education and employment, stability in housing, social connectedness, and abstinence (Figure 1).

Washington State has been the recipient of all four cohorts, the grant ended January 31, 2019. During the 14 years, ATR received funding; more than 30,000 individuals were supported in their recovery.

Seattle Recovery Café has been, and continues to be, a strong advocate for supporting each person in his or her 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 Peer Seattle and Peer Spokane: “Stigma, isolation, and access to basic resources have always been a barrier to successful recovery. Funding for community based peer recovery support services addresses these issues directly with remarkable success by leveraging peers who are experientially credentialed to provide a unique level of understanding and engagement with individuals overcoming mental health and substance use challenges.”

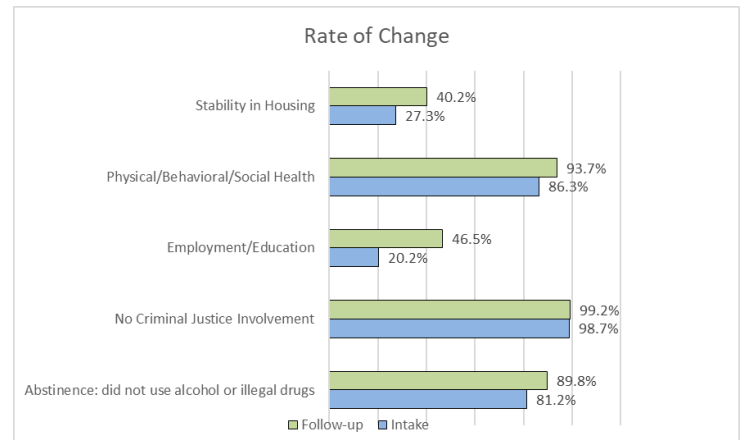



Figure 1: ATR 4 - May 1, 2015 through January 31, 2019

State Opioid Response

SAMHSA’s State Opioid Response (SOR) grant is addressing 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 received a \$21,573,093 award 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, Peer Seattle, 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 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 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.

Recovery in Community

With the support of the Legislature, Washington is removing the gap in recovery support services by utilizing block grant funding. When ATR ended, recovery support services were limited to individuals with an opiate use disorder, or history of opiate overdose. With the addition of block grant funding, recovery support is now available to individuals from any substance use issue. Community recovery support partners have expanded services from only opiate use disorder to any substance use disorder.

The community partners will provide the recovery support services available in their recovery community organization and many will also provide services provided by other agencies. Individuals direct their own recovery path. Services funded include Oxford Housing, peer support, mutual support groups, recovery residences, transportation, basic needs, accountability groups, education and employment services, emotional support, information and referral, and mentoring.

Partners

More than 4,300 providers collaborate(d) with Washington State to support recovery. Integral to the success of the recovery support program, and more importantly the individuals supported with recovery support 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 recovery support community partners includes: Catholic Community Services, Clark County, Comprehensive Healthcare, Everett Recovery Café, Okanogan Behavioral Healthcare, Oxford House, Salvation Army, Peer Seattle and Peer Spokane, 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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