

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 (ATR)

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). ATR initiated recovery supports that are client-directed, offer choice, and measure outcomes such as criminal involvement, education and employment, stability in housing, social connectedness, and substance use. During the 14 years ATR was funded, more than 30,000 individuals were supported in their recovery.

Seattle Recovery Café has been and currently is a strong advocate for supporting each person in his or her recovery journey. David Coffey, the executive director of the Seattle Recovery Café commented on 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 Joshua Wallace, Chief Executive Officer and President of Peer Washington (Peer Seattle, Peer Spokane, Peer Kent, and Peer Olympia) feels similarly:

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.

Recovery in Community

With legislative support, 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 of \$4.6 million, recovery support is now available to individuals recovering 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 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.

State Opioid Response

SAMHSA's State Opioid Response II (SOR II) grant addressed the opioid crisis by increasing medication-assisted-treatment, reducing opiate overdose related deaths through prevention, treatment and recovery activities for opioid use disorder (OUD) and stimulant misuse. In September 2022, Washington state was awarded the State Opioid Response Grant III by SAMHSA to continue the work of the previous SOR grants.

To support the full continuum of care in Washington State, \$3,531,212 of the awarded grant funds will support recovery for individuals with OUD or stimulant misuse. Grant funds are

contracted with seven community-based organizations, Peer Washington, Everett Recovery Café, Clark County, Comprehensive Healthcare, Spokane Recovery Café, Catholic Community Services in Skagit County, and Okanogan Behavioral Healthcare. Organizations employ Recovery Care Managers who assist individuals in recovery planning and removing recovery barriers.

All community partners provide and connect every SOR III recovery participant to a support group specific to individuals with an OUD and/or stimulant misuse. A mutual support group is made up of individuals with similar challenges and history. The group is affirming and provides a community where members can connect to others, resources, discuss challenges, and support each other regardless of their recovery path.

Each community organization provides, or partners with other organizations, to provide the recovery support services available in their community. Individuals direct their own recovery path, with assistance from their Recovery Care Manager. Some of the supports funded through SOR III include Oxford housing, recovery residences, peer support, mutual support groups, transportation, basic needs, 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, Recovery Café Orting Valley, Okanogan Behavioral Healthcare, Oxford House, Peer Washington (Peer Seattle, Peer Spokane, Peer Kent, and Peer Olympia), Seattle Recovery Café, Catholic Community Services in Skagit County,

Spokane Recovery Café, Tacoma Recovery Center, Recovery Café Clark County, Recovery Café Jefferson County, Recovery Café Network, 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.

Program Outcomes SFY 2022

Recovery in Community Program served 4071 individuals, spending approximately \$3000 per individual.

State Opioid Response II (Recovery Support Services) served 583 individuals, spending approximately \$5000 per individual.

Budget

Substance Abuse Block Grant Funds:

FFY 23 budget \$4,481,150.00

State Opioid Response III (Recovery Support Services)

SFY 23 budget \$3,531,212

Success

This is my story about being on the streets and how I recovered from substance abuse. I am someone with lived experience who has been in an alley during the rain crying because I couldn't find a vein to inject meth and heroin. This is my story about my life and how I have begun the beautiful process of life in recovery. It is a story of jumping over milestones after milestones and thriving to live a positively productive life.

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My journey of opiate use started when I was living with my mother in a trap house. We started smoking meth together, and it quickly turned into a habit of smoking every day. After six months, I ended up homeless on the streets of Seattle at the age of 22. That is when I started shooting up heroin and meth simultaneously and multiple times a day. As a result, I ended up in a chaotic cycle of crime, drugs, jail, and countless overdoses for over six years.

I started my recovery journey after I had lost the will to live and was desperate for a new way of life. Life is full of possibilities. In addition, I had overdosed a couple of times and ended up in jail. Each time I was released from jail, the same chaotic cycle would start over again. This chaotic cycle eventually led me to inpatient treatment. Therefore, I decided to attend inpatient groups/meetings. As a result, I kept listening to people's suggestions of the next indicated steps that led me to where I am now.

What keeps me in recovery now is my lifestyle: service work, GED classes, and my accomplishments. I have completed inpatient and outpatient at the treatment center. I currently volunteer at Peer Seattle and work on my GED classes while living in an Oxford house. I am actively involved in peer support programs and multiple types of recovery-based fellowships such as SOR II, AA, and NA. The cool part about being in recovery is that I no longer have limitations. Recovery means looking at myself in the mirror each day and being happy

with what I see. I can start each day with positive intentions. I work on my mind, body spirit each day. Starting each day with stretching and then reading the 'Just for Today' book. I work towards SMART goals and hope one day to inspire others like me to find their way through the storm."

Name was removed to protect anonymity.

For more information

Kira Schneider, MPH, CPC
Substance Use Disorder Recovery Supports
Program Manager
kira.schneider@hca.wa.gov