

**IU Health Bloomington Hospital
CME Lunch and Learn
Substance Use Disorder & Recovery
Coaches**



Indiana University Health

Substance Use Disorders – A Disease

- Substance use disorders are complex diseases that change the brain.
 - common substance use disorders include: alcohol, tobacco, marijuana, stimulants, hallucinogens, and opioids.
- The initial decision to use drugs is voluntary for most people; however, repeated drug use can lead to brain changes that challenge self-control and interfere with the ability to resist urges to use drugs.
- With continued drug use, the brain adapts by reducing the ability of cells in the reward circuit to respond. The high a person feels compared to the high they felt when first taking the drug is reduced, known as tolerance. More of the drug is taken to try and achieve the same high.
- Long-term use also causes changes in other brain chemical systems, circuits, and affecting functions including: judgment, decision-making, stress, memory, and behavior

<https://www.drugabuse.gov/publications/drugfacts/understanding-drug-use-addiction>

<https://www.pbs.org/wgbh/nova/video/addiction>



Treatment vs. Recovery

- Treatment – **Beth please help with definition
- Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. There are four major dimensions that support recovery:
 - **Health**—overcoming or managing one’s disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.
 - **Home**—having a stable and safe place to live.
 - **Purpose**—conducting meaningful daily activities and having the independence, income, and resources to participate in society.
 - **Community**—having relationships and social networks that provide support, friendship, love, and hope.



What is an Addiction Peer Recovery Coach?

- Trained, certified, non-clinical persons, with lived experience in recovery from substance use.
- Desires to promote recovery by assisting patients to identify and overcome barriers to recovery, develop recovery capital and serve as a recovery guide and companion
- Connect patients with recovery support services
- Encourages hope, optimism and healthy living

References: Indiana Counselors Association on Alcohol & Drug Abuse / ICAADA





The Importance of Peer Recovery Coaching

- PRC's are able to connect to patients struggling with substance use where traditional providers may not, reducing isolation
- Connects patients with community support
- Normalize the experiences of substance use and mental health treatment and recovery
- Reduce stigma
- Provide hope

Guiding Principles of a Peer Recovery Coach

- **Self directed:** what the person in recovery wants, desires and can accomplish; not what the provider imparts on the person
- **Strengths based:** focus on strengths, capacities, talents and skills
- **Empowerment:** provide the tools needed to empower the person
- **Basic needs:** recovery is not possible without meaning, purpose, goals, housing, work and personal development
- **Hope:** people do recover and change is possible
- **Optimism:** you can do it!
- **Positive self-identity:** recovery focused, not disorders focused
- **Being of service:** giving back
- **Multidimensional support:** emotional, informational, instrumental and affiliation



The Role of a Peer Recovery Coach

- **Motivator & Cheerleader**
 - Believes in capacity for change, motivates, encourages, celebrate
- **Ally & Confidant**
 - Loyal, cares for recoveree, actively listens, trustworthy, stable & consistent
- **Truth-Teller**
 - Provides honest & helpful information, offers suggestions, helps to identify patterns of behavior, does not sugar coat things
- **Role Model & Mentor**
 - Offers their own life as an example of healthy living, shows how (walks the walk), provides stage appropriate recovery information



The Role of a Peer Recovery Coach

- **Problem Solver**

- Identifies potential problem areas, assist recoveree to problem solve, helps with options, non-judgmental

- **Resource Broker**

- Provides linkages to recovery community, treatment & other supports, knows system of care and how to navigate the system, established contacts & recovery partnerships in the community

- **Advocate**

- Advocate for recovery community and recoveree, assists recoveree to protect their rights, acts as a representative for the recoveree when requested



A Peer Recovery Coach is NOT a ...

- Sponsor
- Counselor
- Social Worker
- Nurse/Doctor
- Clergy Person

Reducing Stigma and Labels

- Use person-first language
 - A person with a problem suggests the problem can be addressed (a person with substance use); calling the person an addict, drug abuser, alcoholic, etc., implies the person IS the problem.
- Instead of:
 - (drug)Abuse
 - Addiction
 - Relapse
 - Suicidal
- Try:
 - Use OR misuse
 - Substance use/misuse
 - Re-occurrence
 - Having thoughts of self-harm/suicide

<https://www.samhsa.gov/capt/sites/default/files/resources/sud-stigma-tool.pdf>



IU Health ED Virtual Peer Recovery Coaches

- 24/7 PRCs are implemented into patient's standard of care from ED encounter
- Session between PRC and patient is completed through a virtual platform
- PRCs will continue to follow up with patients up to a year

Thank You!



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