



RECOVERY ECOSYSTEMS

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PURPOSE OF SESSION

- Substance use and communities
- Addiction as a chronic disease
- Identifying the difference between treatment and recovery
- Recovery infrastructure
- Accessing recovery supports and services
- Identifying stigma and action steps

HOW DOES SUBSTANCE USE DISORDER AFFECT COMMUNITIES?



- Social determinants of health impact a person's ability to get care and access to services
- Economic hardship, social isolation, and hopelessness contribute to substance use
- Poverty, untreated mental health concerns and lack of stable housing can increase substance use in communities
- Viable employment, safe housing, and community reinvestment are needed to reduce high overdose rates

SYNDEMIC

COVID-19 PANDEMIC AND OVERDOSE EPIDEMIC

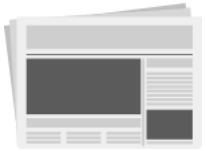
54% increase of opioid overdose (in large cities across 16 states)

- The COVID-19 Pandemic presents unique challenges for people with substance use disorders and in recovery
- Social distancing has caused loneliness and isolation, people in recovery need connection
- People with opioid use disorder (OUD) and methamphetamine use disorder (MUD) are more vulnerable due the effects on respiratory and pulmonary health

REOCCURRANCE OF USE RATES DUE TO COVID

- Financial stress, social isolation and a spike in unemployment led to a surge of reoccurrence of use despite more services being offered
- Ever-changing health guidelines resulted in periodic closings for some treatment organizations
- The spread of the virus forced many in-person recovery meetings to be postponed last year
- Improving health conditions suggest that more services will be available to those who need it this year

NOT JUST OPIOIDS



While the opioid epidemic has garnered much of the attention in the media and press, the use and overdose of methamphetamines has been on the rise



Overdose deaths involving cocaine and meth, by opioid involvement are on the rise as well



Sales of alcohol have increased over 54% during the pandemic, online alcohol sales have increased 243% over the last year, and sales of spirits with higher alcohol content have increased 27% over the last year

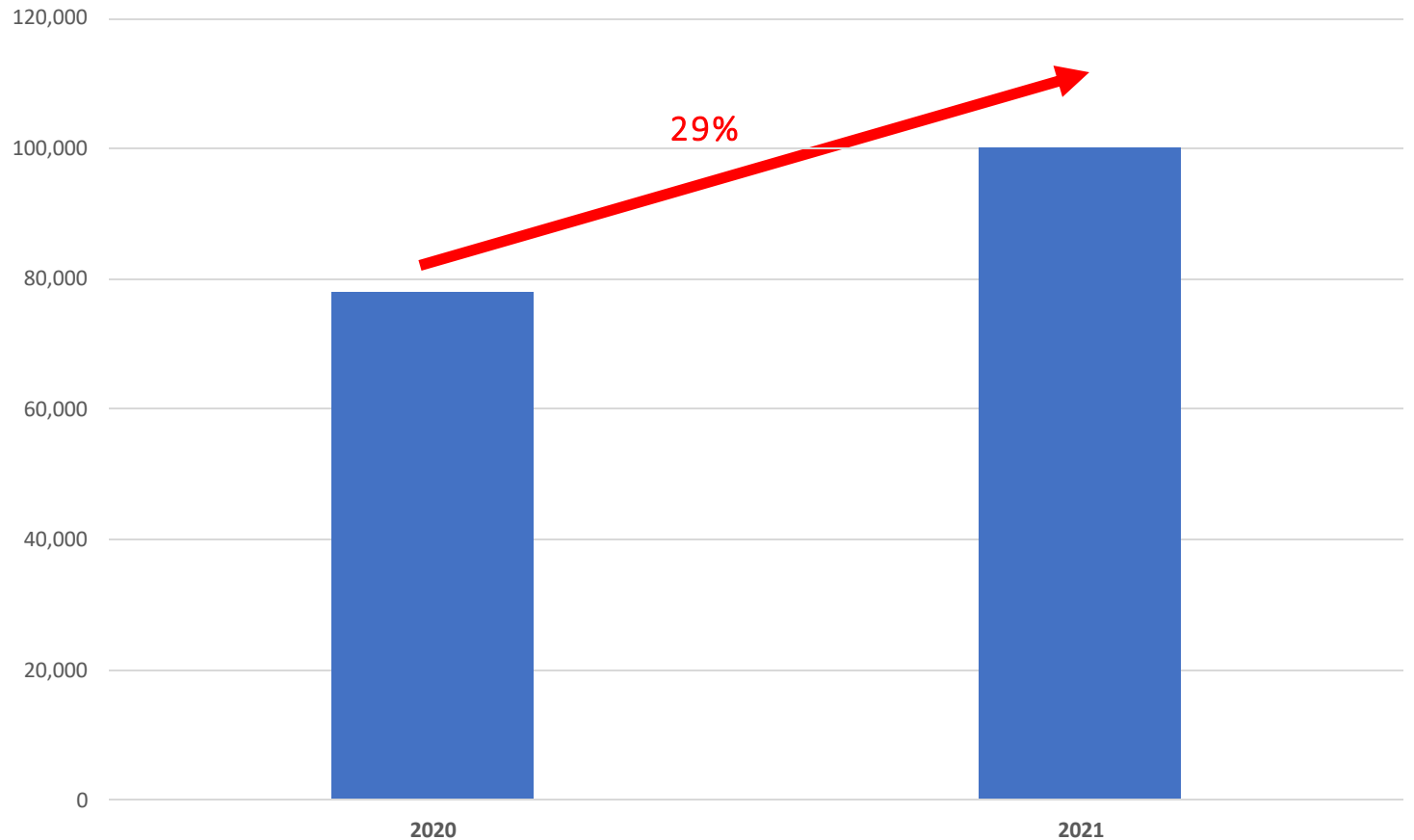
STIMULANT FACTS

- Among people aged 12 or older in 2020, 1.9% (or about 5.2 million people) reported misuse of cocaine in the past 12 months
- Among people aged 12 or older in 2020, 0.9% (or about 2.6 million people) reported misuse of methamphetamine in the past 12 months.
- 6 million Americans misuse prescription stimulants
- There are no current FDA approved medications to treat SUD
- 27% increase (2020-2021) in overdose deaths involving cocaine
- 35% increase (2020-2021) in overdose deaths involving psychostimulants

SYNTHETIC DRUGS

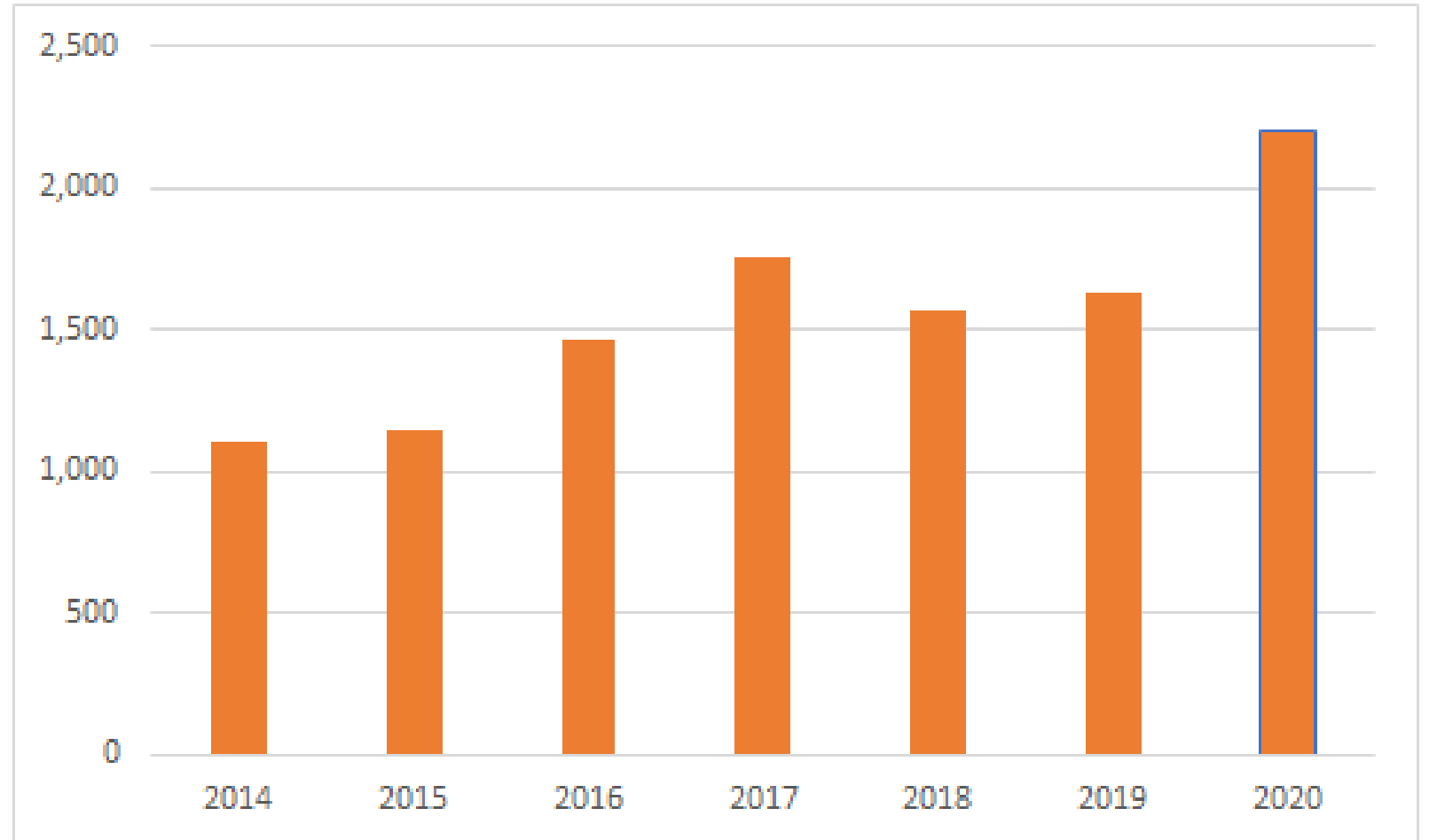
- Created using man-made chemicals or "adulterants"
- Examples include ecstasy, LSD, methamphetamine, spice, and bath salts
- A designer drug is a synthetic version of an illegal drug that was slightly altered to avoid having it classified as illegal

FATAL DRUG OVERDOSES NATION WIDE



100,306 people died of drug overdoses in the year ending April 2021, compared to 78,056 people in the year ending April 2020, a 29% increase!

FATAL DRUG OVERDOSES IN INDIANA



Source: Center for Disease Control and Prevention (CDC) and Indiana State Dept. of Health

OVERDOSE REVERSAL - NALOXONE

- Naloxone is a medication designed to rapidly reverse opioid overdose
- It is an opioid antagonist – it binds to opioid receptors and can reverse and block the effects of other opioids
- It can very quickly restore normal respiration to a person whose breathing has slowed or stopped, as the result of an opioid overdose
- There are three FDA-approved formulations of naloxone – injectable, auto-injectable and nasal spray

SUBSTANCE USE DISORDER IS A CHRONIC CONDITION.

But our treatment modalities are not reflective of this.

HOW CAN WE BEGIN TO CHANGE THIS?

Change begins with sustainable recovery solutions.

WHY TREAT SUBSTANCE USE DISORDER?



Including alcohol, tobacco, and illicit drugs, the cost to our nation is \$740 billion annually



For the individuals that experience these disorders, the personal costs can include loss of relationships, health, self-worth, freedom, jobs and productivity



Communities and families also suffer tremendous losses as a result of the symptoms associated with SUD

BENEFITS OF TREATMENT



- Treatment provides a healing and supportive environment
- Treatment teams offer a person-center approach and can address underlying issues that have led to substance use
- Treatment equips individuals with healthy coping skills for sustained recovery
- Additional benefits: structure, safe environment, multiple therapies and treatments, 24/7 medical support, a focus on health and ongoing support

RECOVERY COMMUNITIES AND ECOSYSTEMS



WHAT IS RECOVERY?



Over 23.5 million American adults are in recovery.

- Webster's Dictionary - a return to a normal state of health, mind or strength; The action or process of regaining possession or control of something lost or stolen
- SAMHSA - a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential
- Connecticut Center for Addiction and Recovery (CCAR) - you are in recovery when you say you are

GUIDING PRINCIPLES OF RECOVERY



- Hope
- Person Driven
- Many Pathways
- Holistic
- Peer Support
- Relational
- Culture
- Addresses Trauma
- Strengths/Responsibility
- Respect

A photograph of a dirt path winding through a forest of large, mature trees. The path is made of light-colored gravel or dirt and is flanked by green grass. The trees have thick, textured bark and dense green foliage. The scene is captured from a low angle, looking down the path as it curves into the distance.

Multiple Pathways of Recovery -
How someone begins and sustains their recovery.

MULTIPLE PATHWAYS TO RECOVERY

Abstinence Based Recovery - complete and sustained cessation of one's primary drug(s), any other non-medical psychoactive drug and/or gambling (with nicotine and caffeine historically excepted)

Moderation-based Recovery - the sustained deceleration of alcohol, other drug use and/or gambling to a sub-clinical level, that is, a level that no longer meets diagnostic criteria

Medication-assisted Recovery - the use of medically monitored pharmacological drugs to support recovery from addiction

Solo/Natural Recovery - This pathway consist of the individual utilizing their own personal resource (social network, family, community etc.) to recover without the utilization of professional treatment or mutual aid groups

Treatment Assisted Recovery - This pathway consist of the individual utilizing professional assistance/services in the initiation and/or stabilization of their recovery

Peer Assisted Recovery - This pathway consist of the individual utilizing mutual aid support groups and/or peer recovery support to initiate and/or maintain their recovery

RECOVERY IS NOT LINEAR

The majority used **two or more** pathways on their road to recovery

The importance of finding the **right pathway or pathways** for the individual

Many (in recovery) discussed **trying multiple methods** to address their addiction, and failing, often several times, before they found the pathway that worked for them.

RECOVERY SUPPORTS: VITAL COMPONENTS OF THE CONTINUUM OF CARE

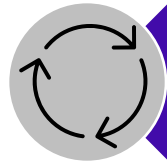
- Recovery supports and services are vital to a person-centered approach to recovery
- Access, navigation and continued engagement with recovery supports vary across Indiana
- Goal - provide the ability to learn of resources and supports available to assist with recovery supports throughout Indiana

- **Health** - Overcoming or managing one's disease(s) or symptom's and making informed, healthy choices that support physical & emotional well-being
- **Home** - Having a stable and safe place to live
- **Purpose** - Conducting meaningful daily activities & having the independence, income & resources to participate in society
- **Community** - Having relationships & social networks that provide support, friendship, love & hope

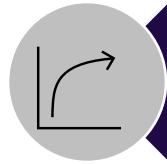
FOUR DIMENSIONS OF RECOVERY



WHY DO THE FOUR DIMENSIONS OF RECOVERY MATTER?



Recovery is holistic, one of SAMHSA's guiding principles



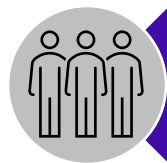
Improvements to an individual's overall health can increase stability and success in recovery



Reduces E.R. visits & justice involvement



Increase in employment, engagement and continuing education



Increases family and community involvement

CERTIFIED PEER SUPPORTS

- Peer supports are individuals with a **lived experience**
- **Assist** individuals and families in their **recovery journey**
- **Provide hope and understanding** while holding the recoveree accountable in a non-punitive manner
- Can be **complimentary to treatment** but do not provide clinical services
- Aid individuals in **navigating through recovery supports and services & accessing these services**
- Certified Addiction Peer Recovery Coach (CAPRC), Certified Community Health Worker (CCHW), Certified Recovery Specialist (CRS)

WHAT IS A RECOVERY COMMUNITY ORGANIZATION (RCO)?

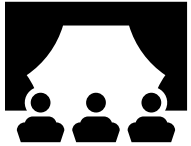
- A Recovery Community Organization (RCO) is an independent, grassroots, non-profit organization providing a variety of activities available to all community members not restricted to individuals enrolled in a specific educational, treatment, or residential program.
- RCO's are led and governed by the local recovery community
- RCO's **do not** provide clinical treatment services
- There are **three core principles** to an RCO: recovery vision, authenticity of voice & accountability to the recovery community
- There are **three core strategies** to an RCO: public education and awareness, policy advocacy & peer-based and other recovery support services and activities



Can be statewide with a focus on advocacy and education



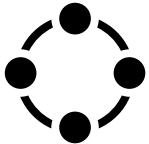
Provide direct services through peer supports, linkages to community resources, life skills and skills development classes



Provide safe social activities, yoga, art classes, community clean-ups and volunteer days



Provide training opportunities for peer supports, educate organizations and community stakeholders on the value of peers



RCO'S can be faith based or secular

**RCO'S
ARE
DIVERSE**

RECOVERY, NOT JUST FOR INDIVIDUALS

- Families also benefit from recovery
- Support family members to cope with loved ones in active use, early recovery, and overdose loss
- Community based organizations that provide family support include ... Parents of Addicted Loved Ones, The Mom of an Addict, Overdose Lifeline, Mutual Aid Groups

BENEFITS OF RECOVERY FOR COMMUNITIES



Decrease in DCS involvement



Reduction in Recidivism rate



Decrease strain on social service programs



RCO members, volunteers and staff active in their communities and give back to the community

RECOVERY RESIDENCES

- Recovery Residence is an umbrella term that includes a range of alcohol and drug free living environments, including recovery homes and sober living homes, that use peer support and other supportive services, to promote addiction recovery.
- DMHA Certified Recovery Residences – there are 154 DMHA RR's in Indiana with four different levels of support according to the National Association of Recovery Residences (NARR). <https://secure.in.gov/apps/fssa/providersearch/map>
- Oxford House – offers self-help for recovery, decreasing the likelihood of reoccurrence of use for residents experiencing use concerns. There are over 70 Oxford Houses in the state of Indiana. <https://www.oxfordhousein.org/>

INDIANA REGIONAL RECOVERY HUBS

Indiana Regional Recovery Hubs



Division of Mental Health and Addiction



Regions served:

Northwest

- Liberty House Recovery Café
- The Artistic Recovery
- Recovery Connections PACT
- Integrative Wellness
- Phoenix Paramedic QRT

Northeast

- Oaklawn
- Jay Co. Drug Prevention Coalition
- Turning Point SOC

Central

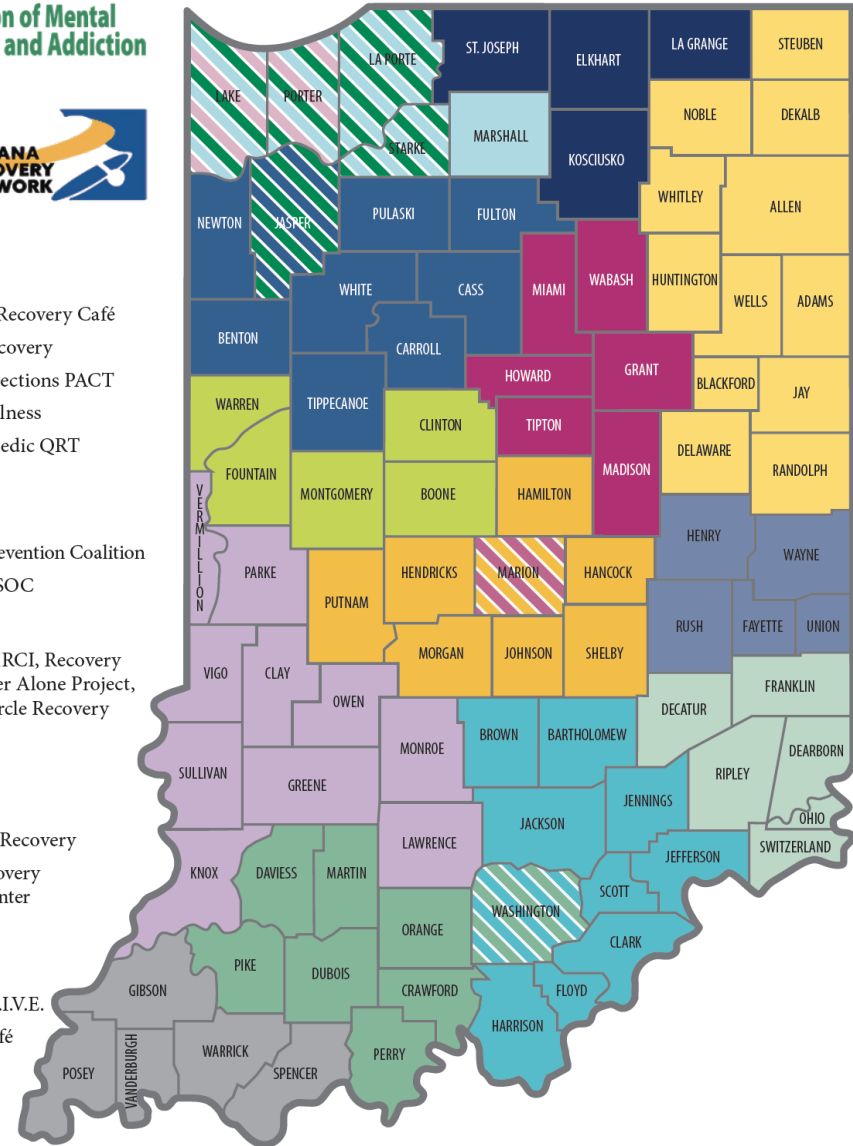
- IAIC, PACE, MRCI, Recovery Café Indy, Never Alone Project, The People's Circle Recovery Café
- IAIC

Southwest

- Wabash Valley Recovery
- Safe Haven Recovery Engagement Center
- Peace Zone

Southeast

- Scott Co. T.H.R.I.V.E.
- Connection Café
- 1 Voice



REGIONAL RECOVERY HUBS AND 211

Connection to RRH Peers through 211



Peers are available 7 days a week 24 Hours a Day



There are no time limits or constraints for real time access to resources



Peers are able to route callers to additional resources available in 211

REGIONAL RECOVERY HUBS & LYFT

Need a Lyft ride?

The Indiana Recovery Network, is partnering with IN211, DMHA, and Lyft to offer **FREE** rides for individuals in recovery! **Rides can be for anything that apply to the four dimensions of recovery including health, home, community and purpose.**

How to get a ride:

- Rides are available Monday - Sunday from 9am-8pm EST.
- Must be a participant with the Regional Recovery Hub in your region.
- Complete eligibility assessment with a peer staff member at the Hub.
- Get your ride!

Visit our website to connect to a Hub in your region.

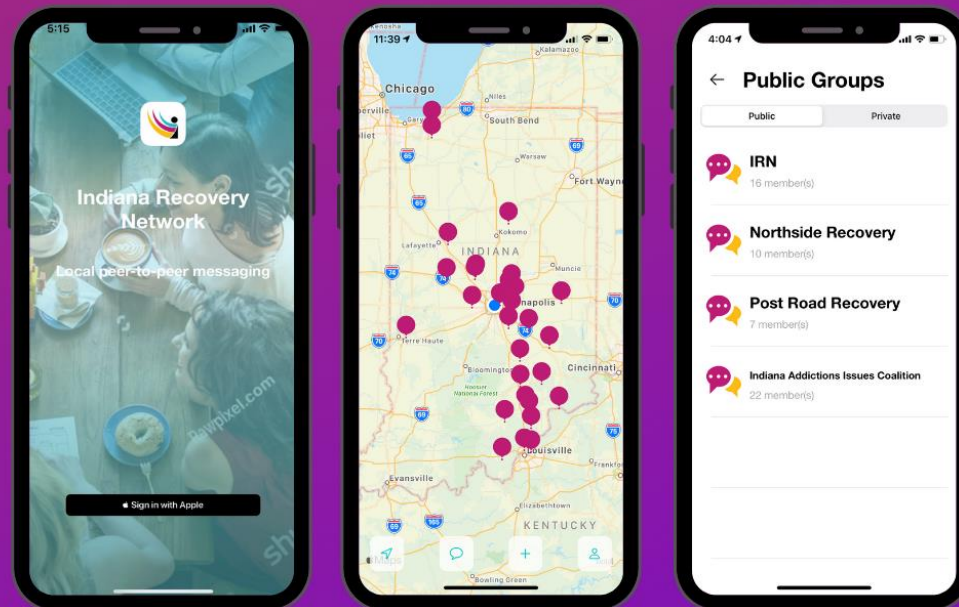
<https://www.indianarecoverynetwork.org/regional-recovery-hubs/>



DIGITAL PEER SUPPORT

THE IRN PEERS APP IS NOW AVAILABLE FOR
DOWNLOAD ON APPLE AND ANDROID DEVICES!

Connect with people across the state, or in your
own neighborhood. Support is just a text away.



CONNECT TO A PEER

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Indiana Recovery Network (IRN) is Indiana's Recovery Hub

Connect to a Peer

Need a Lyft ride?

IRN AND INDIANA'S RECOVERY INFRASTRUCTURE

- Indiana Recovery Network (IRN) is Indiana's Recovery Hub
- Removes barriers to accessing recovery supports and services
- Statewide Resources categorized by the four dimensions of recovery
- Searches can be conducted by city or zip code
- <https://www.indianarecoverynetwork.org/>

RECOVERY ECOSYSTEMS

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- **Sean McDonough** – Project Coordinator, Indiana Recovery Network, smcdonough@mhai.net
- **Charles Porter** – Project Coordinator, Indiana Recovery Network (IRN) cporter@mhai.net

THANK YOU!



2022 _____

INDIANA RECOVERY COMMUNITY SUMMIT

June 17, 2022

EMBASSY SUITES NOBLESVILLE
13700 CONFERENCE CENTER DR SOUTH
NOBLESVILLE, IN 46060

Registration - <https://bit.ly/RecoverySummit>



**Division of
Mental Health
and Addiction**



NextLevel Recovery
INDIANA