



Peers &  
Recovery  
Infrastructure

# Today's Overview

1

- Indiana Recovery Network

2

- Familiarize with peer supports

3

- Regional Recovery Hubs

The logo features a stylized human figure with arms raised, composed of three curved segments in yellow, cyan, and magenta. 

# INDIANA RECOVERY NETWORK

- ▶ Recovery Community Organizations (RCO)
- ▶ Recovery Community Centers (RCC)
- ▶ Recovery Coalitions
- ▶ Recovery Residences



# **RECOVERY COMMUNITY ORGANIZATIONS (RCOs)**

# Three Guiding Principles



Recovery Vision



Authentic Voice



Accountability to recovery  
community

# Some examples in Indiana

- ▶ PACE Peer Resource Center (RCC)
- ▶ Overdose Lifeline (RCO)
- ▶ Indiana Addiction Issues Coalition (RCO)
- ▶ Indiana Recovery Alliance (RCO)
- ▶ Recovery Café (Indy and Lafayette)
- ▶ Safe Haven (Orange County RCC)
- ▶ The Bridge (Greenfield RCC)
- ▶ Upper Room (South Bend RCC)



# PEER SUPPORTS

# Peer Recovery Support Services (PRSS)

- ▶ Who/what are they?
- ▶ Where do they work?
- ▶ How do they fit?




# Who Are Peer Support Professionals?

Peer support workers are people who have been successful in the recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse. Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process.

\*<https://www.samhsa.gov/brss-tacs/recovery-support-tools/peers>

# Why should Peer Support Professionals be considered:

Peer Support Professionals combine their lived experience of recovery and educational training, and credentialing, to assist a person with creating a structure that will assist all involved with guiding the individual's life on a forward path. By utilizing the Peer Support Professional's training, and certification, along with ethical and effective use of their personal story, the Peer Support Professionals can assist with identifying and removing barriers to an individual's sustained recovery. Peer Support Professionals work alongside other supports, both organizationally and in the community, to provide resources, support, and guidance towards meeting the person's designated goals.

A decorative blue wavy line that starts at the top left, curves across the top, and then spirals down towards the bottom right, framing the text.

# Types?

Peer Recovery Coach (PRC)

Certified Recovery Specialist  
(CRS)

Forensic Peer Specialist

Parent Recovery Coach

# Who does what?

Type of PRSS	Specialty
Certified Recovery Specialist	Combined physical health, mental health, (includes an SUD endorsement)
Forensic Peer Specialist	Primary focus on those incarcerated
Youth Peer Recovery Coach	Youth with Substance Use Disorder

# Certifications

## Level I & II

### Level 1

#### Pre-requisite

- Personal, lived experience in their own recovery from addiction, mental illness, or co-occurring substance and mental disorders.

#### Previous Education

- High school diploma or HSE

#### Education & Training

- 30 hours of peer training (CCAR Recovery Coach Academy)
- 16 hours of Peer Recovery Ethics training

#### Recovery Time Expectation

- One year self-attested

#### Code of Ethics

- The applicant must sign, and agree to abide by the ICAADA Certified Peer Addiction Recovery Coach (CAPRC) Code of Ethics

#### Residency

- Candidate must live or work in Indiana at least 51% of the time

#### Examination

- Applicant must pass the IC & RC Peer Recovery Exam

#### Recertification

- Non-renewable after 2 years

# Level II

## Experience

- 500 hours of peer support (volunteer or paid) and 25 hours of direct supervision

## Recertification

- 40 hours of related CEU every two years, including 6 in Peer Recovery Ethics



# Recovery Coach

Substance Use Disorder is the primary focus

# What is a Recovery Coach?

- ▶ Peer-Based
- ▶ First-Hand Experience
- ▶ Person-Centered
- ▶ Strength-Based
- ▶ Integrated Care
- ▶ Extensive Training & Certification



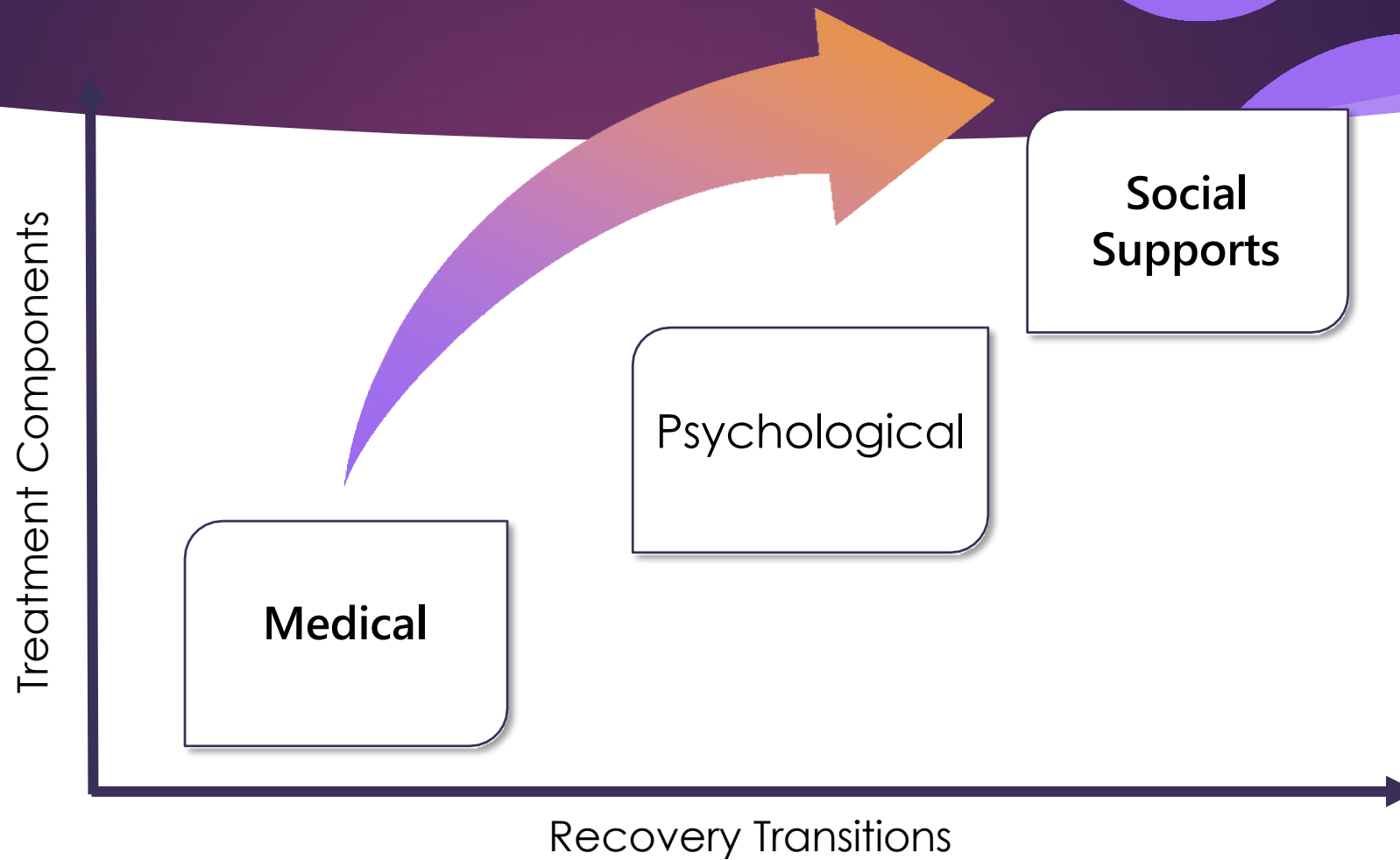


# Peer Recovery Support Scope of Practice

Peer Recovery Support services may vary depending upon the organization and community needs. However, there are core values and domains of effective and ethical peer recovery support that should not be deviated from.

Peer Recovery Support services are **NON-CLINICAL** services that serve in a complimentary capacity to a person's personal pathway to recovery

# Working Toward Recovery



# Where do they work?



- ▶ Emergency Departments
- ▶ Jails
- ▶ Schools
- ▶ Treatment facilities
- ▶ Courtrooms
- ▶ Recovery Residences
- ▶ Health Departments



# Regional Recovery Hubs

# State and Community Partnership





What is a  
Recovery  
Hub?

# Recovery Organizations

- ▶ Recovery Community Organizations (RCO)
- ▶ Recovery Engagement Centers
- ▶ Drop in Centers
- ▶ Recovery Café
- ▶ Recovery Community Centers
- ▶ Recovery Coalitions

# Social Determinates of Health

Recovery Hubs and Peer Support Professionals provide support and guidance to assist with a person improving their social determinates of health.





# How do our Hubs and Peers Assist?

Assist with creating recovery plans and direction for recovery and stability in person e use or mental health situations

Identify plans and means to improve financial situations and social determinates of health

Provide example that recovery is possible and there is hope for positive growth in the person's life

# Purpose of Regional Recovery Hub Project:

- ▶ MOBILIZE PEER WORKFORCE
- ▶ HELP MOST MARGINALIZED POPULATION
- ▶ HUBS HAVE CRITICAL RELATIONSHIPS THROUGHOUT COMMUNITY
- ▶ CAN TRIAGE ALL 92 COUNTIES
- ▶ ACCESS POINT FOR COMMUNITY
- ▶ BOTH FOR MENTAL HEALTH AND/OR SUBSTANCE USE ISSUES.
- ▶ FULL CONTINUUM – NOT JUST TREATMENT
- ▶ HUBS CAN PROVIDE SUPPORT TO INDIVIDUALS PRE AND POST TREATMENT

# Client Driven?

## Meet people where they are at?

### Community Based Model

- Operates in grey and fills system gaps

### Individualized Recovery Plan

- Strength Based, utilizing recovery capital

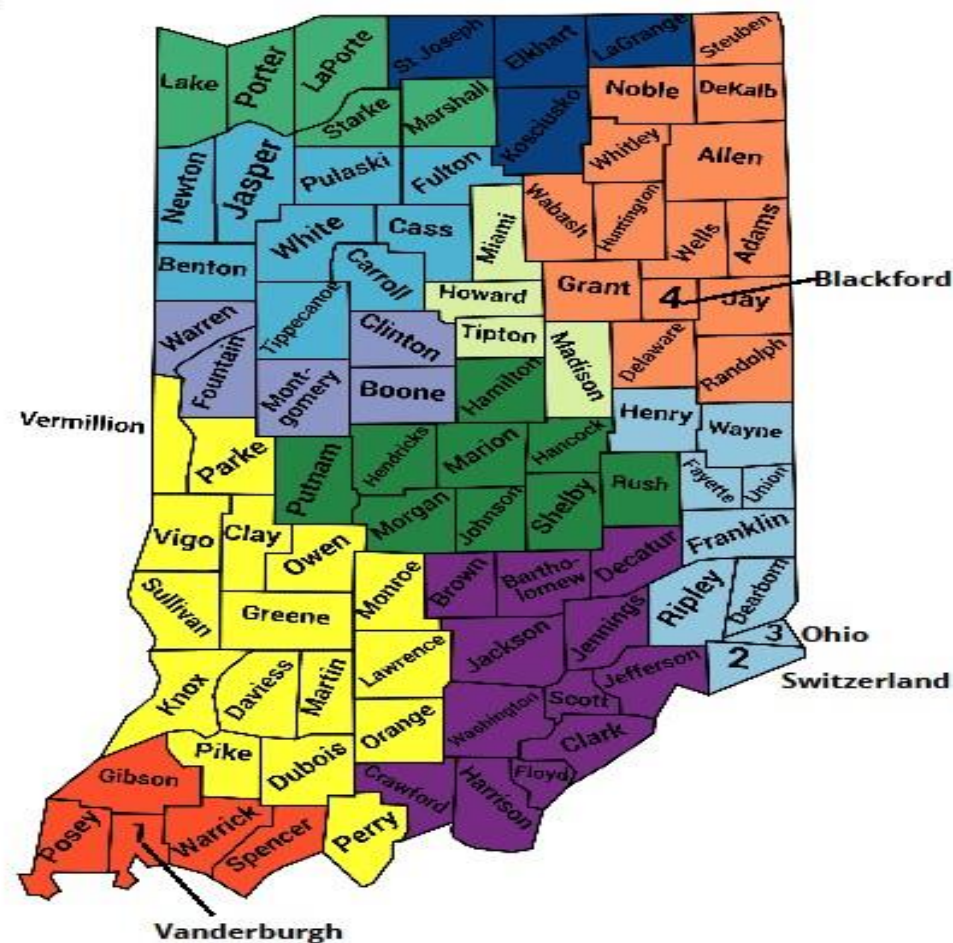
### Independent Broker of Resources

- Not tied to one treatment center/provider

## Regions Served by County

- NW – The Artistic Recovery
- NW – InWell
- NW – Phoenix Paramedic QRT
- NE – Oaklawn
- NE – Jay Co. Drug Prevention Coalition
- NE – Turning Point SOC, Pick Yourself Up
- CENTRAL – IAIC, PACE, MRCI, Recovery Cafe Indy
- SW – Wabash Valley Recovery
- SW – Peace Zone
- SE – Scott Co. T.H.R.I.V.E
- SE – 1 Voice

# Indiana Regional Recovery Hubs



# Connect to the hubs:

The screenshot shows a web browser window with the URL [indianarecoverynetwork.org](http://indianarecoverynetwork.org). The page features a navigation bar with links: RESOURCES, RECOVERY ORGANIZATIONS, NEWS & EVENTS, ABOUT US, and LOG IN. The main content area has a large hero image with the text "INDIANA RECOVERY NETWORK" overlaid. Below the hero image, there are two blue buttons: "CONNECT TO A PEER" and "COVID-19 RESOURCE/SERVICE EXCHANGE". The browser's address bar shows the URL, and the taskbar at the bottom displays various application icons and the system clock showing 8:12 AM on 6/23/2020.

## REGIONAL RECOVERY HUBS

Indiana Recovery Network, a program of Mental Health America of Indiana (MHAi) has created Regional Recovery Hubs distributed geographically around the state. These Hubs will expand our ability to connect Hoosiers with mental health and substance use disorders to treatment and recovery supports through Certified Peer Recovery Coaches, Community Health Workers, and Certified Recovery Specialists. These Regional Recovery Hubs will be able to assist individuals with mental health and substance use disorders, regardless of where someone is in their recovery journey.

**WHERE**

- Northwest Indiana Organizations: Integrative Wellness, LLC (InWell), The Artistic Recovery, Phoenix Recovery Solutions QRT
- Northeast Indiana: Jay County Drug Prevention Coalition, Oaklawn, Turning Point SOC/ Pick Yourself Up
- Southwest Indiana: Wabash Valley Recovery Center, Next Step Foundation, Peace Zone
- Southeast Indiana: Scott County THRIVE, 1 Voice
- Central Indiana: Indiana Addictions Issues Coalition

**HOW**

- The RRH project is community based, meaning services are not tied to a specific provider. This ensures that individuals can continue to engage with peer supports without restraints.
- Peers can refer individuals to detox, treatment, transitional housing, recovery residences, RCOS, RECS, food pantries, etc.

**CONTACT US:** Danielle Burkett - 317-943-3331  
[www.indianarecoverynetwork.org](http://www.indianarecoverynetwork.org)  
Download the IRN app in the App Store!



# Peer 2 Peer recovery meeting's

- ▶ 15 meetings a week
- ▶ Strength-based approach
- ▶ Facilitated by certified peer supports
- ▶ Open to all pathways of recovery
- ▶ Individuals in or contemplating recovery
- ▶ Recovery from SUD, AUD, and/or mental health concerns



## WHAT IS PEER 2 PEER?

P2P is a digital strengths based, judgement-free, gathering for anyone in recovery or thinking about recovery. The gathering is hosted by a trained peer support that can offer their personal experience and resources. Gatherings are available 5 days a week, 3 times a day.

## WHAT IS A PEER SUPPORT?

A trained peer support is someone who has lived experience with substance use or mental health disorders, and can provide support and resources.



## READY TO CONNECT?

### JOIN US!

## MONDAY - FRIDAY

- 10 AM (EST)
  - ZOOM MEETING ID: 408-405-356
  - PHONE: 1-301-715-8592, 408405356#
- 2 PM (EST)
  - ZOOM MEETING ID: 823-305-457
  - PHONE: 1-301-715-8592, 823305457#
- 7 PM (EST)
  - ZOOM MEETING ID: 574-544-947
  - PHONE: 1-301-715-8592, 574544947#

# Regional Recovery Hubs and 211

Connection to RRH Peers through 211

Peers are available 7 days a week from 9 a.m. to 8 p.m.

Connection to 211 crisis counselors available during overnight hours

Peers are trained on how to access and route individuals to additional resources available in 211

# Contact the Indiana Recovery Network

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[Indianarecoverynetwork.org](http://Indianarecoverynetwork.org)

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