

# Project ECHO

## Statewide Resources

### Presented By:

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# Agenda

## Indiana's existing/emerging recovery system...

- 1) Recovery Support Services/Systems
- 2) Regional Recovery Hubs
  - Anchor Sites - Recovery Cafés
  - Anchor Sites - Recovery Community Organizations
- 3) Peer Services
- 4) Recovery Works
- 5) Recovery Residences
- 6) Next Level Recovery (Governor's Office)

# Indiana Division of Mental Health and Addiction Vision and Mission

DMHA Vision: An unyielding focus on promoting and supporting the mental health and wellness of the people of Indiana.

DMHA Mission: To champion mental health promotion and substance use disorder prevention, treatment and **recovery systems** that are high quality, seamlessly integrated and accessible to the people and communities of Indiana.

# Recovery Support Services/Systems



# Recovery Support Systems and Services

Substance Abuse and Mental Health Services Administration (SAMHSA)

Recovery services and supports must be flexible.

What may work for adults may be very different for youth or older adults.

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Supporting recovery requires that mental health and addiction services:

- A. Be responsive and respectful to the health beliefs, practices, and cultural and linguistic needs of diverse people and groups.
- B. Actively address diversity in the delivery of services.
- C. Seek to reduce health disparities in access and outcomes.

SAMHSA established recovery support systems to promote partnering with people in recovery from mental and substance use disorders and their family members to guide the behavioral health system and promote individual, program, and system-level approaches that foster health and resilience (including helping individuals with behavioral health needs be to well, manage symptoms, and achieve and maintain abstinence); *increase housing to support recovery; reduce barriers to employment, education, and other life goals; and secure necessary social supports in their chosen community.*

<https://www.samhsa.gov/find-help/recovery>

# What happened when all states were questioned about recovery support services?

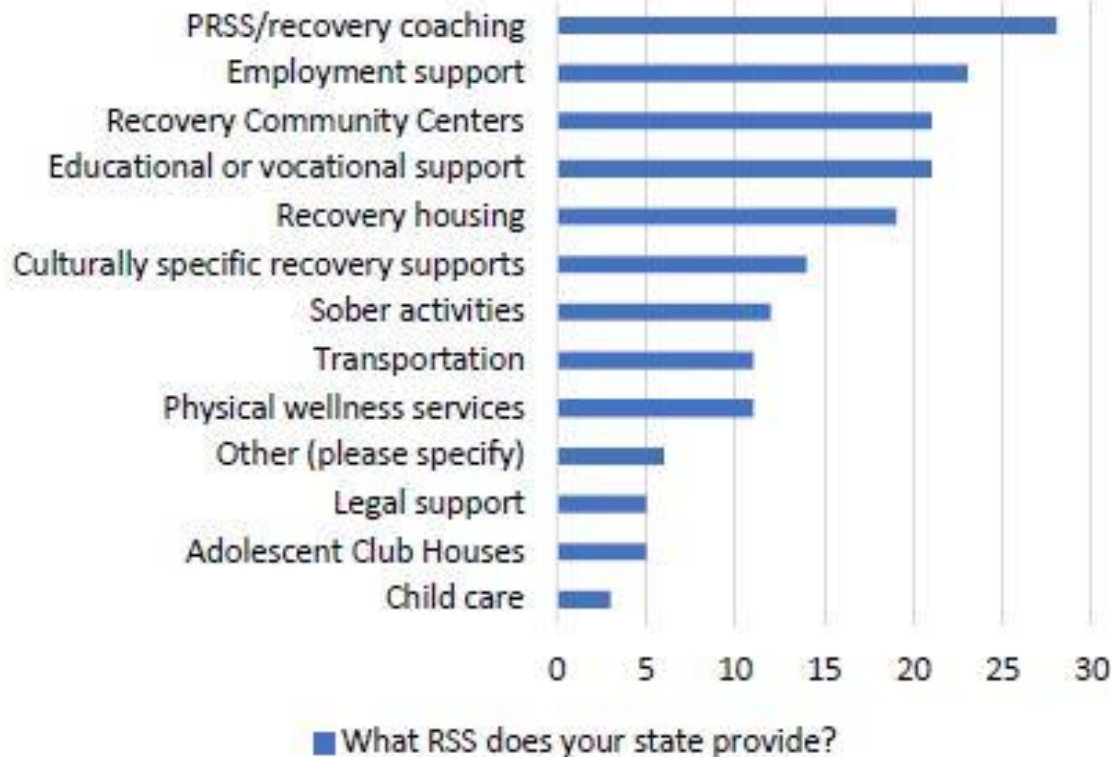
## National Division of Recovery Support Services (NASMHPD)

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- The RFI was sent to the 48 member-states of the NASMHPD Recovery Services and Supports Division.
- 28 responses were received and included in this analysis

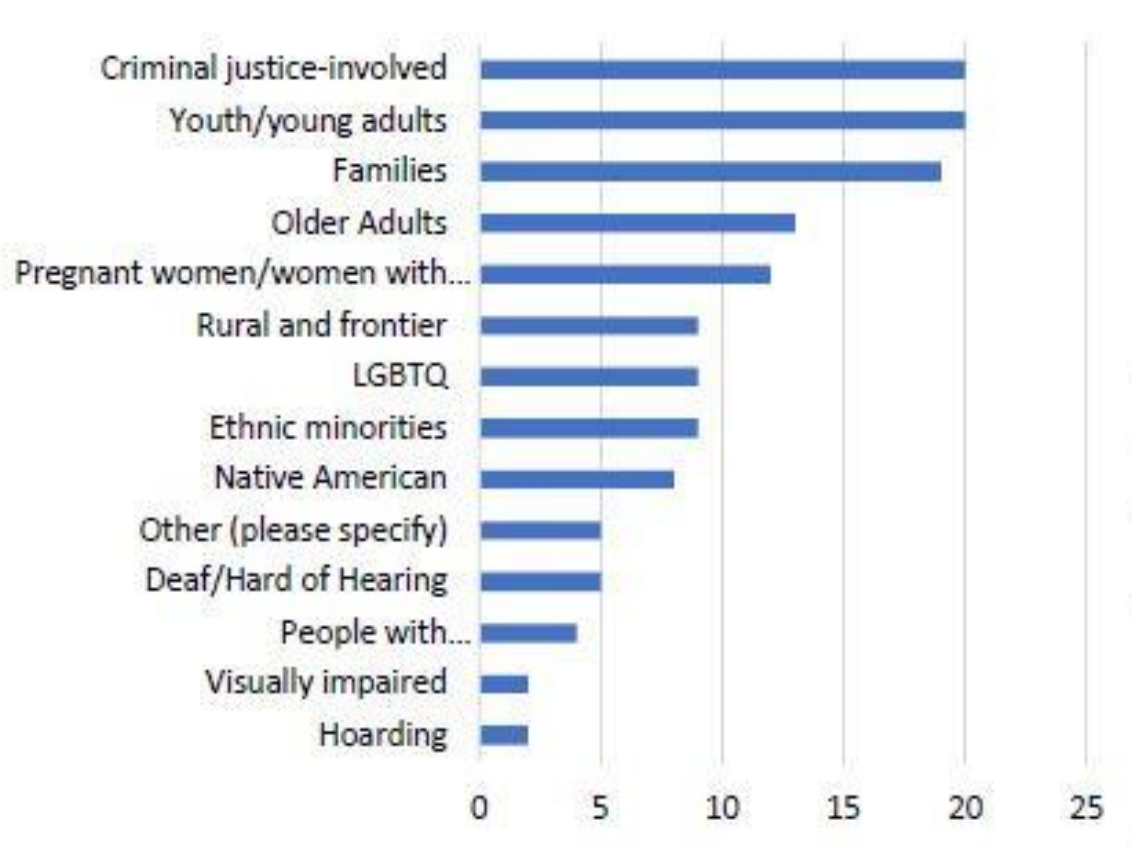


# What RSS does your state provide?



- Other (please specify):
- Forensic peer support
  - Certified Peer Specialists (CPS)
  - Certified Parent Peer Specialists (CPPS)
  - Permanent Supportive Housing Support
  - Peer-Operated Services and Drop-In Centers
  - Adult Club House
  - Peer respite

# Are you providing RSS for any of the following populations?



Other (please specify):

- Substance Use

Disorder

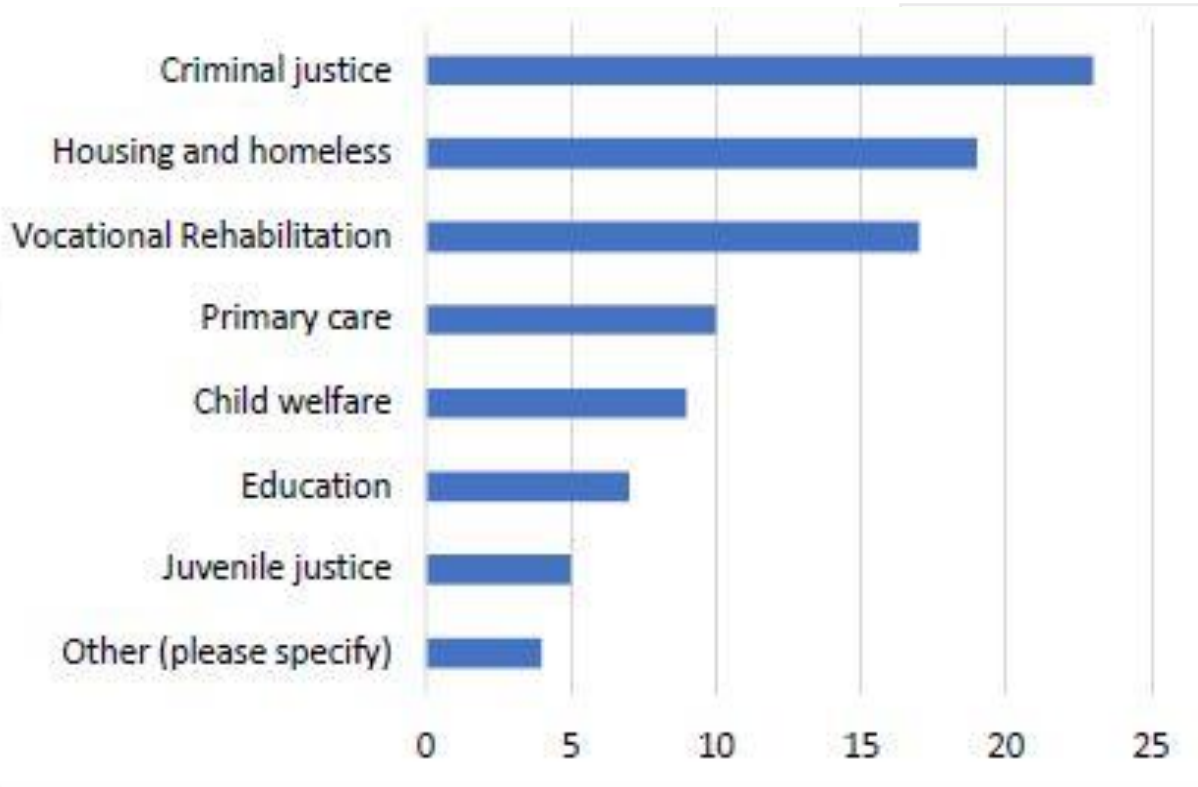
- Homeless people

- Hearing Voices

- Survivors of suicide attempts



# Are you working with any of the following systems to provide RSS?



Other (please specify):

- Victim Services
- Employment Services
- Community Mental Health Centers (x2)
- Psychosocial Rehabilitation
- Hospitals

# Summary of Key Takeaways

## Majority of states are:

- 1) Offering Recovery Support Services (RSS) with **state level of involvement** including: (planning, oversight, training, funding, credentialing of RSSs)
- 2) **Defining RSS** as (PRSS, Peer Recovery Coaching, Recovery Community Centers, Recovery Housing, Sober Activities, Transportation, Physical Wellness Services, Legal Support, Adolescent Club Houses, Child Care, Permanent Supportive Housing, Peer Respite, etc..)
- 3) Focusing **RSSs on specific populations:** (Criminal Justice involved, Youth/Young Adults, Families, Older Adults, Pregnant Women/Women with Children, Rural and Frontier, LGBTQ, Ethnic Minorities, Native American, Deaf/Hard of hearing, People with Disabilities, Visually Impaired, Hoarding, Homeless, Suicide Survivors, etc.)
- 4) Focusing on **specific systems:** (Criminal Justice, Housing and Homeless, Vocational Rehabilitation, Primary Care, Child Welfare, Education, Juvenile Justice, CMHC's, Victim Services, employment Services, Hospitals, etc..)
- 5) **Funding RSSs** with (Mental Health Block Grant, State Funding, Medicaid, Substance Abuse Block Grant, State Opioid Response, Federal Grants, Local Funds etc..)



# Regional Recovery Hubs



# 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

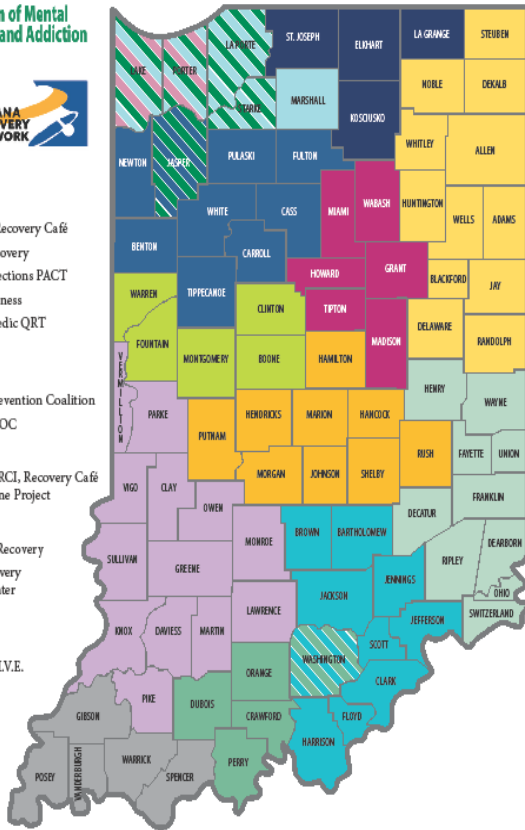
- IAIC, PACE, MRCL, Recovery Café
- Indy, Never Alone Project

#### Southwest

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

#### Southeast

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



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### Can access RRH's by:

- Calling 211
- Walk In
- Referrals

### Services accessed through RRH's are:

- Direct Peer Support
- Group Peer Support
- Recovery Support Service Referrals (housing, employment, food, transportation etc..)
- Ongoing connections fostered (Recovery Plans)
- Primary role is to grow infrastructure in their region

### Primary Focuses include:

- DOC
- OTP's
- Jails
- Probation/Parole
- Transitional Housing/Homeless Shelters



# Anchor Sites

**Anchor Sites:** provide short or long-term recovery support services to their local communities via peer support services.

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**Anchor Sites are:**

- (20) Recovery Community Organizations (RCO's)
- (2) Recovery Cafés

**Important to note:** Anchor sites can also be hubs.

**Hubs:** Focus on regional recovery infrastructure and capacity building

**Anchor sites:** Focus on localized/individual recovery capital building



# Regional Recovery Hubs

## To Date...

20 + Organizations

2,200 Participants in the system (1800+ engaged)

In July 2021 alone: (1 month!)

- 1,396 People Served in Direct Peer Support
- 2,219 People Served in Group Peer Support

## To Date Totals

- ❑ People Served = 19,316
- ❑ Groups = 18,559
- ❑ Total= 37,875
- ❑ Referrals = 5,647

# Peer Services



# The Facts

Data show that peer support, an evidence-based service<sup>13</sup>, dramatically:

- Reduces hospital admissions and re-admissions<sup>1,2,4,5,8</sup>
- Reduces the use of probation and parole services<sup>3,7,11</sup>
- Reduces the need for residential treatment<sup>3</sup>
- Decreases psychotic symptoms<sup>3,14</sup>
- Decreases substance use and depression<sup>3,14</sup>
- Increases self esteem<sup>12,14</sup>
- Increases hope and acceptance<sup>10,14</sup>
- Increases housing stability<sup>3,6</sup>

Data show that people who received Certified Peer Support Specialist services had better outcomes, at 15% of the cost of treatment as usual, when compared with those who did not receive peer support services.<sup>9</sup>



# DMHA Investments in Peer Supports

- DMHA Peer Support Strategic Plan
- Recovery Works pays for Peers
- Medicaid pays for Peers
- Federal/State dollars paying for community-based peer support through hub and anchors
- 9-8-8 Expansion/Mobile Crisis includes Peers

## DMHA Values Peer Services across continuum..

CAPRC II – 160 Total

CAPRC I – 264 Total

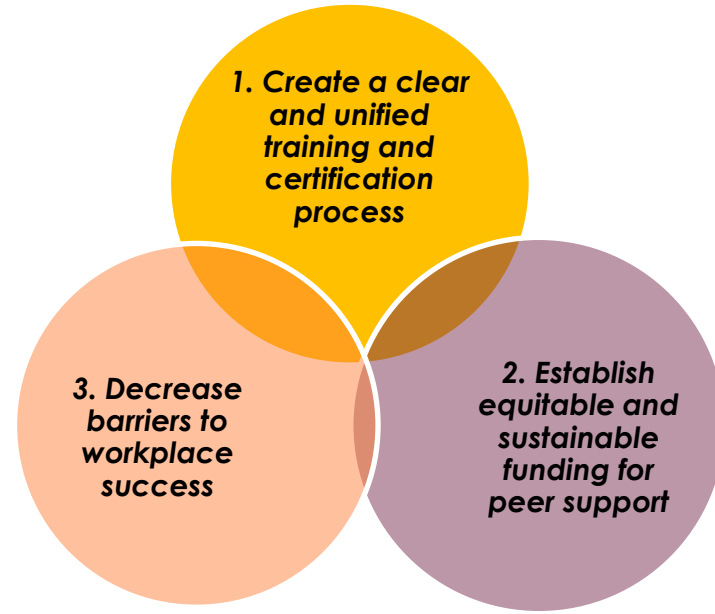
CRS/CHW – 765 Total

450 Total Peers confirmed in employment with (169) employed as a CPSP



# Certified Peer Support Professionals (CPSP's)

Watch for upcoming changes to peer support service delivery across state...



1. Mental Health (CPSP-MH)
2. Substance Use Recovery (CPSP-SU)
3. Youth (CPSP-Y)

## Vision Statement

'In Indiana, regardless of your time and place in life, there's a peer for that.'



# References

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# Recovery Residences



# Indiana Recovery Residences

INARR/D MHA	Level I (Peer Run)	Level II (Monitored)	Level III (Supervised)	Level IV (Service Provider)
Admin	<ul style="list-style-type: none"> <li>• Democratically ran</li> </ul>	<ul style="list-style-type: none"> <li>• House Manager</li> </ul>	<ul style="list-style-type: none"> <li>• Administrative oversight</li> </ul>	<ul style="list-style-type: none"> <li>• Clinical and administrative supervision</li> </ul>
Services	<ul style="list-style-type: none"> <li>• Drug Screen</li> <li>• House Meetings</li> </ul>	<ul style="list-style-type: none"> <li>• House rules</li> <li>• Drug screens</li> </ul>	<ul style="list-style-type: none"> <li>• Life Skills</li> <li>• Clinical Services in Community</li> </ul>	<ul style="list-style-type: none"> <li>• Clinical services and programming</li> </ul>
Staff	<ul style="list-style-type: none"> <li>• No paid positions</li> </ul>	<ul style="list-style-type: none"> <li>• At least 1 paid position</li> </ul>	<ul style="list-style-type: none"> <li>• Facility Manager</li> <li>• Certified staff/Case managers</li> </ul>	<ul style="list-style-type: none"> <li>• Credentialed staff</li> </ul>

**Level 1 – 63 Oxford Houses Total (482 beds)**  
**Level II - Level IV – 137 Total**

# Indiana (Certified) Recovery Residences Resources (Level II-IV)

## Men Residences (65)

<https://inarr.org/listing-category/mens-recovery-residences/>

## Women Residences (58)

<https://inarr.org/listing-category/womens-recovery-residences/>

## Men and Women Residences (12)

<https://inarr.org/listing-category/men-womens-recovery-residences/>

## Pregnant Women Residences (2)

<https://inarr.org/listing-category/pregnant-women/>

## Indiana Level 1 - Oxford Houses (63 Statewide)

<https://www.oxfordhousein.org/>

Please direct all Certification questions to:  
DMHA at [Lindsey.O'neal@fssa.IN.gov](mailto:Lindsey.O'neal@fssa.IN.gov)



# Recovery Works





# Recovery Works (Indiana)

## Recovery Works Providers



- **Designed** to provide support services to those without insurance coverage who are involved with the criminal justice system.
- **Dedicated** to increasing the availability of specialized mental health treatment and recovery services in the community for those who may otherwise face incarceration.
- **Intended** to supplement community supervision strategies to decrease recidivism.

## Recovery Works Provider/Housing List:

<https://secure.in.gov/fssa/dmha/recovery-works/recovery-works-providers/>



# Next Level Recovery (Governors Office)

Statewide Resources



# Next Level Recovery Statewide Resources (Governor's Office)

## *Statewide Educational Resources...*

- Recognizing an Overdose
- Naloxone (NARCAN)
- Fentanyl Safety
- INSPECT
- Opioid Prescribing
- Patient Education
- Safe Storage and Disposal
- Statewide Naloxone Distribution

<https://www.in.gov/recovery/healthcare-professionals-and-first-responders/>



# Addiction Related Resources

## Be Well Indiana

- <https://bewellindiana.com/substance-use-disorder-resources/>

## Indiana Recovery Network

- [https://www.indianarecoverynetwork.org/content/?site=info\\_resources](https://www.indianarecoverynetwork.org/content/?site=info_resources)

### Health Resources

[https://www.indianarecoverynetwork.org/content/?site=info\\_reshealth](https://www.indianarecoverynetwork.org/content/?site=info_reshealth)

### Purpose Resources

[https://www.indianarecoverynetwork.org/content/?site=info\\_respurpose](https://www.indianarecoverynetwork.org/content/?site=info_respurpose)

### Community Resources

[https://www.indianarecoverynetwork.org/content/?site=info\\_rescommunity](https://www.indianarecoverynetwork.org/content/?site=info_rescommunity)

### Home Resources

[https://www.indianarecoverynetwork.org/content/?site=info\\_reshome](https://www.indianarecoverynetwork.org/content/?site=info_reshome)



# Questions??

## Contact

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<https://secure.in.gov/fssa/dmha/youthservices/office-of-family-and-consumer-affairs/>

