PROJECT ECHO: PEER RECOVERY COACH

SPENCER MEDCALF, ASN, CAPRC2, MATS, TTS



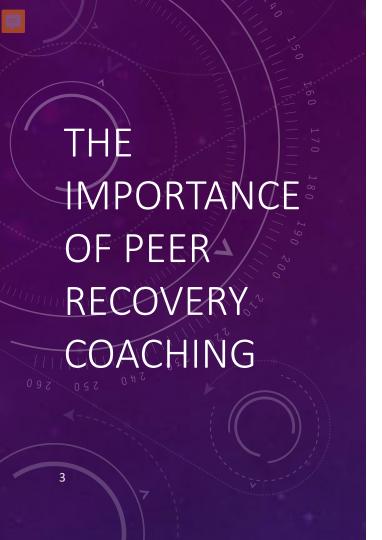
Trained, certified, non-clinical persons, with lived experience in recovery from substance use.

Several credentialling bodies in Indiana – CAPRC & CHW/CRS

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



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

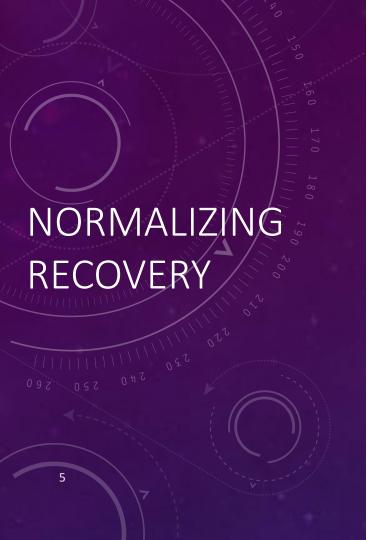
Provide hope



PRCs are able to work with the individual to identify barriers to their access of recovery

This can include things like:

- health insurance coverage
- housing
- transportation
- food insecurity
- local/online support groups
- clothing assistance
- pet boarding
- etc.



Often in recovery and have their own journey to share

Important to not project

Provides hope and optimism

Role model for others



A set of negative and often unfair beliefs that a society or group of people have about something



How can it manifest itself:

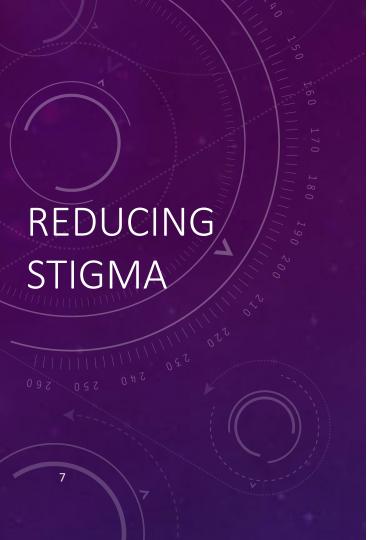
Seeking/receiving healthcare

Picking up RXs/MOUD

Family/friends

Criminal justice system

Recovery communities AA/NA



Using person first language

Person with lived experience

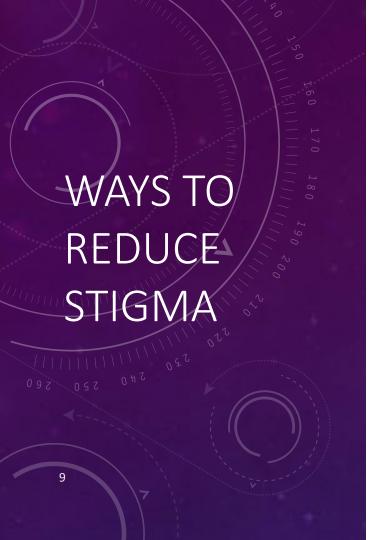
Advocates for person's best interest

Provides education to person, community, etc.

REDUCING STIGMA AND LABELS

- https://www.in.gov/recovery/know-the-facts/
- 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 selfharm/suicide



Normalize conversations and honesty regarding substance use

See the individual as more than their chronic disease

Person first centered language

Embracing all pathways and forms of recovery

Seek to understand

HARM REDUCTION

- Very common in our world sunscreen, seatbelts, condoms, etc.
- Recognizes that patients are the experts in their own lives
- Collaborative and empowers the patient
- Any positive change is celebrated
- Within substance use:
 - Naloxone
 - Fentanyl testing strips
 - "use less, more often"
 - SSP Syringe Service Program

MOUD -MEDICATION FOR OPIOID USE DISORDER (FORMERLY MAT)

Buprenorphine (Suboxone)

Naltrexone

Methadone

Disulfiram (Antabuse)

Etc.



Hospitals - EDs/inpatient

OP clinics

SUD Tx

Mobile crisis teams/QRTs

Corrections

RCOs

IN 211

Managed Care CM

Health Depts

etc.



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 wellbeing.

Home—having a stable and safe place to live.

conducting meaningful daily activities and having the independence, income, and resources to participate in society.

Purpose—

community—
having
relationships and
social networks
that provide
support,
friendship, love,

and hope.



- 12 Step (AA, NA, CA, HA, CMA, etc)
- Brianna's hope
- ** Celebrate Recovery
- SMART Recovery
- Recovery Cafe
- Recover Out Loud
- Etc.



