

**PROJECT ECHO:
PEER RECOVERY COACH**

**SPENCER MEDCALF, ASN,
CAPRC2, MATS, TTS**



WHAT IS AN ADDICTION PEER RECOVERY COACH?

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

Several credentialing 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



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



“BARRIER BUSTER”

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.



NORMALIZING RECOVERY

Often in recovery and have their own journey to share

Important to not project

Provides hope and optimism

Role model for others

STIGMA

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



REDUCING STIGMA

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 self-harm/suicide



WAYS TO REDUCE STIGMA

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.



SETTINGS

Hospitals - EDs/inpatient

OP clinics

SUD Tx

Mobile crisis teams/QRTs

Corrections

RCOs

IN 211

Managed Care CM

Health Depts

etc.

TREATMENT VS. RECOVERY (CONT.)

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.

RECOVERY SUPPORT PATHWAYS



12 Step (AA, NA, CA, HA, CMA, etc)



Brianna's hope



Celebrate Recovery



SMART Recovery



Recovery Cafe



Recover Out Loud



Etc.

QUESTIONS?



THANK YOU!

