

Have NO Fear, Peers are HERE!

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Wellness Coach

Individual in Long-Term Recovery

Introductions

- Joe Hahne
 - 4 years in Addiction Recovery, Peer Support, Advocacy/ Training services.
 - Various roles
- Workshop participants
 - Primary focus: prevention, treatment, or recovery
 - Years in the field
 - Something interesting about yourself

So Why Peer to Peer Services?

- Are they good?
- Can they help?
- Does it make sense?
- Can they be supervised?
- Do you have concerns?
- What roles can they play?

Today's Training Goals

- Values of ROSC initiates Peer services
- Define Peer services/recovery coaching
- Identify its principles
- List activities of peers/recovery coaches
- Explain differences between a counselor, a sponsor, and a peer recovery coach
- Discuss steps in developing a peer support / recovery coach program

Values Underlying ROSC

- Person-centered
 - Places the individual at the center of services and support
 - Recognizes that there are many pathways to recovery, including professional treatment, peer-to-peer support, faith-based recovery support, medication-assisted recovery, etc.
- Self-directed
 - The individual is encouraged and assisted in exercising the greatest level of choice and responsibility of which he or she is capable.

Values Underlying ROSC (cont'd.)

- Strength-based
 - Identifies and builds on the assets, strengths, resources, and resiliencies of the individual, family, and community – rather than emphasizing the needs, deficits, and pathologies
- Participation of family members, caregivers, significant others, friends, and the community
 - Acknowledges the role of the family members, caregivers, significant others, friends and community can play in the recovery process.
 - Recognizes that these groups also may have their own needs for supports or services.

Values Underlying ROSC (cont'd.)

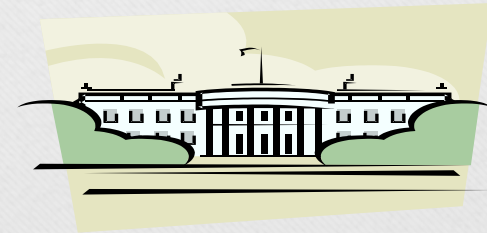
- Individualized and comprehensive services and supports
 - Promotes a philosophy of individual choice.
 - Offers a broad array of supports to meet the holistic needs of the individual.
 - Services are designed to support recovery across the lifespan, with the understanding that needs and resources shift and change with age and life-stage, as well as over the course of recovery.

Values Underlying ROSC (cont'd.)

- Community-based services and supports
 - Situated within and draws on the strengths, **resilience**, and resources of the community, including professional and non-professional organizations and groups, such as community-based service agencies, recovery community organizations, faith-based organizations, schools, civic groups, and others.

Recovery Support Services (RSS)

- Valuable menu of services that help people to initiate or sustain recovery
- Provided across USA by clinically-trained staff and/or peers in recovery
- Center on Substance Abuse Treatment (CSAT) supports projects that use RSS



Peer/Recovery Coaching

- One of the key recovery support services
- Non-clinical support that offers caring, encouragement, information, and role modeling for someone seeking recovery
- Also known as peer mentoring or care coordination in some states

What Is a Peer/Recovery Coach?

- “...a member of the recovery community who is presently in a recovery program or way of life, who can summarize the positive effects of their recovery experience and empower an individual to develop or improve their recovery capital.”

El Paso Alliance “Recovery Coach Academy”



What Is a Peer/Recovery Coach?

Recovery Mentoring/Coaching:

- Serve as a role model to a consumer in recovery
- Establish and maintain a peer relationship
- Teach life skills
- Assure consumers know their rights and responsibilities
- Teach consumers how to self-advocate



What Is a Peer/Recovery Coach?

Recovery Support Services:

- Help the consumer identify options to achieve recovery goals
- Help the consumer develop problem solving skills
- Help the consumer access the services of substance abuse professionals when needed to sustain their recovery
- Help a consumer identify their strengths and how to use those strengths to maintain recovery



Principles of Peer/Recovery Coaching

- People have a choice among many pathways of recovery
- Peers in recovery can offer unique support to those seeking recovery
- Partnerships between treatment providers, local organizations, and the recovery community are essential to fill gaps in service – recovery coaching can help to unite these partners

Recovery Capital

- Internal strengths and external resources that a person can utilize to initiate or sustain recovery
- Four types
 - Physical capital: things
 - Human capital: personal qualities
 - Social capital: supportive relationships
 - Community capital: referral resources

More Principles

- Helping a person feel connected in early recovery increases his/her chance to maintain recovery
- Support needs to be provided as long as it is needed
- “The community is the ultimate healing agent” (Bill White, 2007)



Multiple Pathways of Recovery

- “There are many roads to recovery” (Bill Wilson)
- People have numerous pathways
 - 12-step fellowships
 - Faith-based groups, including Celebrate Recovery
 - SMART Recovery
 - Medication-assisted recovery
 - Alternative healing practices
- One path may be needed to get sober...and a different one to stay sober

Benefits of Peer/Recovery Coaching

- Creates rapport via common experience
- Helps people remove personal barriers to initiate recovery
- Encourages hope, optimism, and healthy living
- Promotes sustaining recovery
- Connects recovering people with each other

Peer/Recovery Coaching Activities

- Wide variety of activities done by recovery coaches across USA
 - Supporting community re-entry
 - Recovery planning
 - Facilitating groups
 - Providing telephone recovery check-ins
 - Presenting community education

Supporting Community Re-Entry

- Increased incarceration rates since 1980s, driven by drug-related offenses
- High rates of recidivism and relapse due to limitations in community re-entry
- Recovery coaches can...
 - Facilitate pre-release planning
 - Give rides to family members for visitation
 - Greet people at the gate on day of release
 - Offer a “Welcome Home” party
 - Identify available resources in community



Recovery Planning

- More expansive than treatment planning
- Strengths-based approach (recovery capital)
- Recovery coach engages the person in dialogue about recovery goals and how to meet them
- Individualized plan is written and discussed regularly to monitor progress
- Recovery coach helps individual to access local resources

Facilitating Groups

- Peer learning can occur in various types of groups facilitated by recovery coaches
 - Support groups: primarily designed to offer a place for people to discuss their experiences in recovery; not specifically rooted in 12-step
 - Special interest groups: primarily designed to help recovering people to socialize around a certain activity, such as Bible study, yoga, hiking, gardening, etc.

Telephone Recovery Check-Ins

- Connecticut Community for Addiction Recovery (CCAR) developed a service in which recovery coaches make weekly phone calls to recovering people recently released from prison or recovery homes
- 12-week project showed improved recovery outcomes
- Connecticut now pays for this service



Telephone Recovery Check-Ins

- ATR in Missouri currently conducts phone calls to follow up with clients. These phone calls are done on a regular basis, during pre specified time sets.
- This program has shown amazing results and has been performed by Peers, but ATR is the only one utilizing Peers on a regular basis in MO.



Community Education

- Peer/Recovery coaches make presentations locally to various groups
 - Community organizations
 - Health fairs
 - Professional conferences
- May involve telling one's own story
- May include identifying recovery resources for individuals and families
- Excellent method for outreach

Qualifications to Be a Peer/Recovery Coach

- Different organizations have different qualifications.
 - At least one year of recovery
 - Actively involved in recovery activities
 - Exhibits signs of a spiritual awakening
 - Can summarize positive effects of recovery
 - Willing to share experiences to help others
 - Can explain multiple pathways of recovery
 - Volunteers for at least a year of service

Criteria from MSAPCB

- Minimum of HS Diploma/GED
- 12 months of continuous personal recovery from a substance use 6 hours of Co-Occurring training
- 6 hours of Motivational Interviewing and/or Stages of Change training
- 6 hours of Addiction and the Family training
- 6 hours of Spirituality training
- 6 hours of Pharmacology and/or Medication Assisted Treatment training
- 6 hours of general Recovery training
- Complete 6 hours of “Live” ethics training (not online or home study)

Comparing Various Helping Roles

- Some similarities between recovery coach, sponsor, and counselor
 - Helping relationships built on trust
 - Support to reduce stress
 - Role modeling healthy lifestyle
 - Offers recovery information



Contrasting Helping Roles

- Recovery coach is not a sponsor
 - Offers menu of recovery pathways, not 12-step only
 - Guided by individualized recovery plan
 - May disclose recovery status in community
- Recovery coach is not a counselor
 - Relies primarily on common experience, not clinical training
 - Interacts mostly in the community
 - Relationship goes beyond treatment completion

Planning for Recovery Coaching

- Community assessment
- Vision of service
- Available resources
- Training and supervision



Community Assessment

- Prior to starting peer/recovery coaching, assess if it is needed locally
- Talk with key stakeholders
 - County leaders
 - Treatment providers
 - Probation/parole
 - Places of worship
 - Others?
- Identify which services are available and which are missing

Vision of Service

- Following community assessment, discussion shifts to...
 - how can recovery peer/coaching help?
 - who is your target population?
 - who will become peer/recovery coaches?
 - Where will this occur?
- Starting a year-long, pilot project may be helpful; followed by an evaluation on what is working and what isn't

Available Resources

- Describe what current resources are available to launch peer/recovery coaching
 - Volunteers
 - Starting budget
 - Staff support
- List what other resources are needed to provide peer/recovery coaching
 - Space/facility
 - Increased budget



Advocate for funds to provide this service in your area and in your organization

We will be defined by our silence

Training and Supervision

- Peer/Recovery coaching is not treatment; but training and supervision are still important.
- The Missouri Recovery Network (MRN) provides MRSS-P Training across the state.
- Training will include:
 - General Recovery Active listening skills
 - Family Multiple pathways of recovery
 - Co-Occuring Ways to enhance motivation
 - MAT/MARS Community resources
 - Ethics Standards for recovery coaching
 - Spirituality Become Resource Brokers
 - Stages of Change/MI Others?



Peer to Peer

Questions?

Suggested Websites

- www.morecovery.org : info on RSS, ATR, MRSS-P, Housing, Family, Recovery Advocacy statewide
- www.samhsa.gov : info on RCSP, ATR, and TCE Local ROSC
- www.ccar.us : info on CCAR, including their telephone support service
- www.facesandvoicesofrecovery.org : info on recovery advocacy

Closing Comments

- Recovery coaching is a valuable service that is making a difference across the USA and in Missouri.
- If we don't advocate for the use of Peers and utilize them, WHO WILL?
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