

# Recovery Community Organizations & Certified Peer Recovery Support

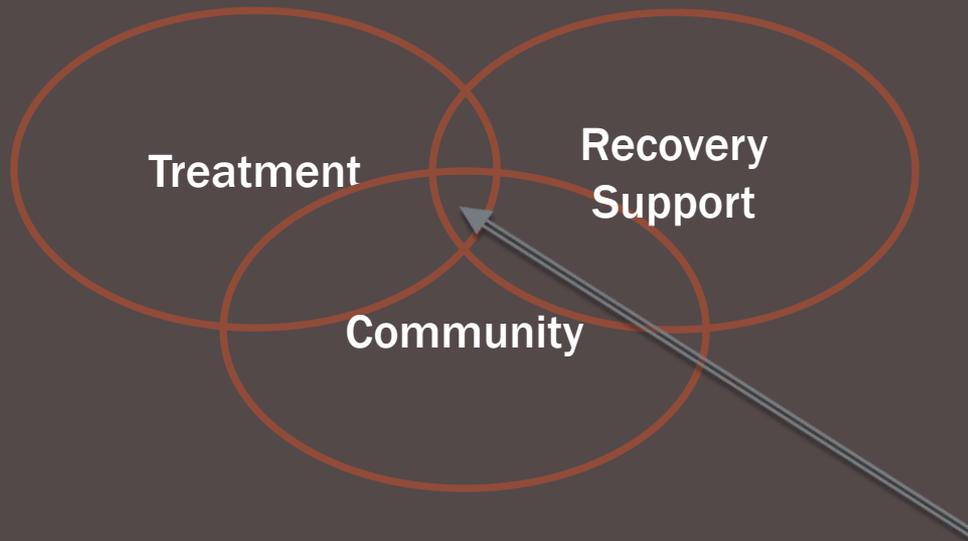
- **Definition of Recovery**
- **Role of a Recovery Community Organization**
- **Roles of a Certified Peer Recovery Specialist**
- **Authenticity of Voice**
- **Accessing local recovery resources**

# WHY WE NEED RCO'S?

- 52,000 individuals entered CD Treatment
- 73% had “at least” one prior treatment
- 45% of those discharged were assessed as having a serious or extreme potential for reuse
- 80% of post-treatment relapse occur within 90 days of discharge
- 25-35% of clients who complete treatment will be re-admitted within one year, 50% within 2-5 years

**We need to fill the gaps in the continuum of care to support individuals to achieve long-term recovery?**

# WHAT IS A CERTIFIED PEER RECOVERY SPECIALIST



Certified Peer  
Recovery Specialist

# WHAT IS THE DEFINITION OF RECOVERY

- **CCAR**
- **Betty Ford**
- **Hazelden/Betty Ford**
- **SAMSHA**
- **Yours?**

# RCO'S SUPPORT THE MULTIPLE PATHWAYS TO RECOVERY

- Mutual support groups
- Professional treatment
- Faith-based groups
- Medication-assisted treatment
- “Natural” or on your own
- And more indigenous routes

# RCO PHILOSOPHY



# RECOVERY COACH BASIC PREMISES

All individuals are unique and have special needs, goals, health attitudes and behaviors and expectations for recovery. Management of their own lives and mastery of their own futures will require different pathways at times

# CPRS

- Peer Recovery Specialists help a person become ready and willing to seek treatment (if needed)
- Peer Recovery Specialists help a person and enter recovery by helping the person explore their options for recovery or treatment.
- Peer Recovery Specialists ask questions, offer insight, and help service recipients as they become whole, resourceful, and capable of choosing what is best for them.

# CPRS

- Peer Recovery Specialists use a strengths-based approach helping service recipients find and utilize their values, assets, and strengths while supporting them in achieving success.
- They recognize that it is normal for recovering service recipients to have gaps in their skills or development.
- The role of the specialist is to help service recipients recognize and fill these gaps with the skills needed.
- Peer Recovery services focus on the present and future and are based on partnership with the recipient.

# CPRS

The role of Peer Recovery Specialists can be viewed on a continuum of services

It falls between the role of recovery support individuals/recovery sponsor and the substance abuse or mental health counselors.

The role of the Peer Recovery Specialist has emerged from the recognition of a need to reconnect substance abuse and mental health treatment to the larger continuum of recovery management.

The peer is not a sponsor or a therapist but rather a role model, mentor, advocate, and motivator.

# CPRS TRAINING

- EDUCATION & TRAINING Requirements
- High school diploma or jurisdictionally certified high school equivalency.
- A minimum of 40 hours of documented training specific to the Peer Recovery domains:
  1. At least 8 hours in the domain of Advocacy
  2. At least 8 hours in the domain of Mentoring/Education
  3. At least 8 hours in the domain of Recovery Support
  4. At least 16 hours in the domain of Ethical Responsibility

# RECOVERY COACHING GUIDING PRINCIPLES

- **Self-Directed**—What the person in recovery wants, desires and can accomplish; not what the provider (coach) imparts to that person
- **Strengths-based**– Focus on strengths, capacities, talents and skills
- **Empowerment**– Providing the tools needed to empower the person
- **Basic Needs**– Recovery is not possible without meaning, purpose, goals, housing, work and personal development

# FOUR GOALS OF A RECOVERY COACH

- Promote recovery
- Remove barriers
- Connect recoverees with recovery support services
- Encourages hope, optimism and healthy living

# CPRS TRAINING

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# Distinguishing the Addiction Counselor, Recovery Coach and Mutual Aid Sponsor/Guide

Bill White

# RECOVERY COACH ROLES

- Motivator and Cheerleader
- Ally and Confidant
- Truth Teller
- Role Model
- Problem solver
- Resource Broker
- Advocate

# RECOVERY COACH ROLES

## Recovery Coach Is Not A...

- Sponsor
- Counselor
- Nurse/Doctor
- Clergy Person

# SERVICE/SUPPORT RELATIONSHIP

- **Counselor:** Significant power differential; extreme separation of helper/helped roles; explicit ethical guidelines; high external accountability
- **Recovery Coach:** Minimal power differential; ethical guidelines being developed; moderate external accountability
- **Sponsor:** Minimal power differential; support is reciprocal; relationship governed by group conscience; no external accountability

# LABELS: BLOCKS TO RECOVERY

**“Reducing a person to nothing more than their difficulties is one of the most damaging and dehumanizing forms of language. It denies the existence of any facet of the person, any relevant roles or characteristics, other than their diagnosis”**

Repper (2001)

Perkins &

# LABELS: BLOCKS TO RECOVERY

## STIGMA

- Stigma robs people of rightful life opportunities
- Stigma interacts with illness and exposes people to distorted experiences with criminal/mental health/medical treatment
- Stigma leads health care systems to withhold appropriate services

# OUR STORIES HAVE POWER

Over the last several years Faces and Voices of Recovery has worked to find a way to effectively describe and talk about recovery in a variety of settings, including with people who are not part of the recovery community. In a survey conducted in 2001, it was found that 88% of respondents believe it is very important for the American public to see that thousands get well every year. A 2004 Survey of the general public found:

- A majority of Americans (63%) have been affected by addiction.
- A majority (67%) believe that there is a stigma toward people in recovery.
- A majority (74%) say that attitudes & policies must change.