

Recovery Support Services

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WHAT ARE RECOVERY SUPPORT SERVICES?

- Recovery support services (RSS) are nonclinical services that assist individuals and families working toward recovery from substance use conditions.
- RSS may be provided before, during, or after formal clinical treatment or may be provided to individuals who are not in treatment but need and seek support services.
- RSS incorporate a full range of social, legal, and other services that facilitate recovery and wellness to reduce or eliminate environmental or personal barriers to recovery.

WHAT ARE RECOVERY SUPPORT SERVICES? (Cont.)

- RSS are provided by professionals and peers and are delivered through a variety of community and faith-based groups, treatment providers, and RSS providers.
- RSS include social supports, linkage to and care coordination among allied service providers, and other services that have been shown to improve quality of life for people in and seeking recovery and their families.
- RSS help people enter into and navigate systems of care, remove barriers to recovery, access resources, stay engaged in the recovery process, and live full and quality lives in communities of their choice.

RSS through the Access to Recovery (ATR) Program

ATR Program RSS

- Education
- Parenting and child development services
- Child care
- Employment services
- Pre-employment services
- Employment coaching
- Individual services coordination
- Transportation to and from
- Treatment
- Recovery support
- Job training
- HIV/AIDS services
- Recovery housing
- Case management services
- Continuing care
- Relapse prevention
- Recovery coaching
- Self-help and support groups
- Spiritual support
- Other aftercare services
- Substance abuse education
- HIV/AIDS education
- Other education services
- Peer coaching or mentoring
- Housing support
- Alcohol- and drug-free social activities
- Information and referral
- Other peer-to-peer RSS

RSS through the Recovery Community Services Program(RCSP)

RCSP Peer-to-Peer RSS

- The conceptual framework underlying peer-to-peer RSS has three components:
 - (1) The role and importance of holistic community-based support services in sustaining recovery.
 - (2) The conception of recovery along a change continuum and the role of peer services in supporting lifestyle change along the continuum.
 - (3) The research evidence of social support as strong predictor of recovery.

RCSP Projects develop four identified areas of RSS

- **Emotional support**
 - This includes activities such as peer mentoring and recovery coaching, as well as recovery support groups.
- **Informational support**
 - This includes provision of health and wellness information, educational assistance, and help in acquiring new skills, ranging from life skills to employment readiness and restoration of citizenship rights.
- **Instrumental support**
 - This includes assistance in filling out applications and obtaining entitlements, or providing child care, transportation to support-group meetings, and clothing closets.
- **Social support**
 - This includes helping people in early recovery feel connected and enjoy being with others, especially in recreational activities in alcohol- and drug-free environments.

Peer RSS offered by RCSP projects include (cont.)

- Peer-led recovery support groups and meetings
- Assistance in housing, education, and employment opportunities
- Stress management assistance
- Case management, including obtaining services from multiple systems such as primary and mental health care, child welfare, and criminal justice systems
- Recovery learning circles and other forms of recovery-related adult education
- Coaching or training in life skills, health and wellness, education and career planning
- Leadership skills development

RSS through Comprehensive Opioid Abuse Site Based Program(COAP) Grant

RSS through Comprehensive Opioid Abuse Site Based Program(COAP) Grant

Primary Goals of the State Plan

- (1) Engage and retain justice involved individuals with opioid use disorders in treatment and recovery services.
- (2) Increase the use of diversion/alternatives to incarceration (e.g., Day Reporting Centers).
- (3) Reduce the incidence of Overdose deaths.

RSS through Comprehensive Opioid Abuse Site Based Program(COAP) Grant (cont.)

- Expand education and training to criminal justice and treatment practitioners.
- Increase access to transportation for OUD justice-involved individuals seeking treatment.
- Expand residential treatment beds for women and their children.
- Improve better access to recovery support services/treatment by hiring a case manager to go into the jails prior to release to help inmates apply for or reinstate Medicaid.

RSS through Drug Courts

RSS through Drug Courts

The purpose of Drug Court program (s) are to expand and/or enhance treatment for substance use conditions in “problem solving” courts.

Additionally, to promote treatment and RSS to aid individuals in accessing services including screening, assessment, case management, service coordination, and other rehabilitation RSS such as below.

- Housing
- Educational and vocational training
- Legal, money management, and other social service needs
- Cognitive-behavioral therapy to address criminal thinking patterns
- Anger management
- Transitional housing
- Social and athletic activities
- Meditation or other techniques to promote relaxation and self-control

RSS through Louisiana Opioid State Targeted Response (STR) Initiative

RSS through Opioid State Targeted Response (STR) Initiative (cont.)

- (1) Increase public and professional awareness and education for prevention and treatment of opioid use, misuse, and abuse.
- (2) To have staff serve as Behavioral Health Recovery Support Specialists to provide local visibility and coordination with local resources for referral and access to services for the OUD population in Louisiana's 10 Local Governing Entities (LGE).
- (3) Enhance and expand the existing OUD treatment availability statewide by building the capacity of local OTPs.
- (4) Provide access to evidence-based treatments, particularly Medication Assisted Treatment (MAT).
- (5) Increase recovery support services.
- 5) Provide education and training on non-opioid alternatives

RSS through State/Federal Vocational Rehabilitation Services

RSS through State/Federal Vocational Rehabilitation Services (cont.)

- Competitive employment provide essential benefits such as an income and access to community and healthcare resources (Maulik, Mendelson, & Tandon, 2011).
- Contributes to positive psychosocial outcomes including enhanced self-esteem, self-worth, purpose of life, hope, time structure, socialization, and subjective well-being (Szymanski & Parker, 2009).

RSS through State/Federal Vocational Rehabilitation Services (cont.)

- The state-federal vocational rehabilitation (VR) program provides vocational services to assist persons with disabilities in pursuit of competitive employment in integrated settings.
- Overall employment success rate is 55 to 60% for all VR clients in recent years (RSA, 2011).
- It is considered a viable public health intervention for person with mental health and/or substance abuse disorders (Andrew & Faubion, 2008; Sung, Brooks, Muller, Chan, & Strand, 2012).

Supported Employment (SE) Models

Vocational Models	Recommended for persons with SMI and SUD/ODD
<ul style="list-style-type: none">• Place and train• Person-centered job placement• Individual Placement and Support model (Supported employment)	<ul style="list-style-type: none">• Recommended for highly stigmatized population• System approach to placement taking into account stigmatized population (s)• Randomized control trials on IPS support model of supported employment practices confirm the effectiveness of on-the-job-supports (EBP)

Practice Principles of Supported Employment

- Supported Employment services are integrated with comprehensive mental health treatment.
 - Employment specialists coordinate services with other mental health practitioners (e.g., case managers, therapists, psychiatrists, etc.).
 - Competitive employment is the goal.
 - Securing employment in integrated setting and earning minimum or more.
- Personalized benefits counseling
 - Job search for consumers expressed interest in work
 - Follow-along on the job supports are continuous
 - Consumer preferences/ person-centered services

RSS through State/Federal Vocational Rehabilitation Services (cont.)

Vocational Rehabilitation Recovery Support Services

- Assessment
- Diagnostic and treatment
- VR counseling and guidance
- College or university training
- Occupational vocational training
- On-the-job-training
- Basic academic remedial literacy training
- Job readiness training
- Disability related augmentative skills training
- Miscellaneous services
- Job search assistance

- On-the-job-support
- Transportation services
- Maintenance services
- Rehabilitation technology
- Reader services
- Interpreter services
- Personal attendance services
- Technical assistance services
- Information and referral services
- Other services
- Job placement assistance

END OF PRESENTATION

THANK YOU!

- Take Home Message
 - Collaborative Initiative
 - Presentation objective (KTG)
- Open Discussion
- Questions and/or comments
- Wrap up

Presentation Objective – Knowledge Translation

- In 2005, the National Institute on Disability and Rehabilitation Research introduced the following term (s): **Knowledge Translation (KT)**, **Knowledge Translation Action**, and **Knowledge Translation Gap (KTG)** to the field of rehabilitation.
- KT, Defined as a dynamic and iterative process that includes synthesis, dissemination, exchange, and ethically sound application of translational research knowledge to improve health and services
- KTA, defined as the transfer of knowledge, undertaking of identifying best practices from research evidence, getting it in the hands of users/practitioners, to be used to achieve better health and service outcomes.
- KTG, defined as the gap between research and practice (e.g., getting knowledge to users) by employing a knowledge broker who can effectively translate, communicate, and engage all stakeholders in process.

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