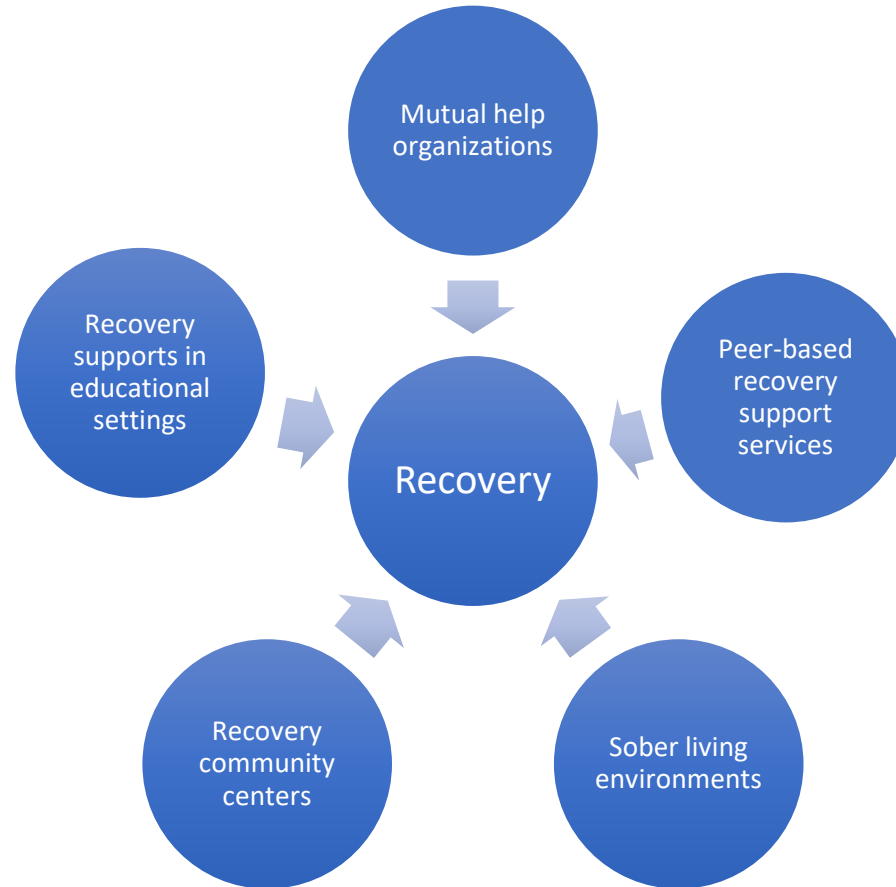


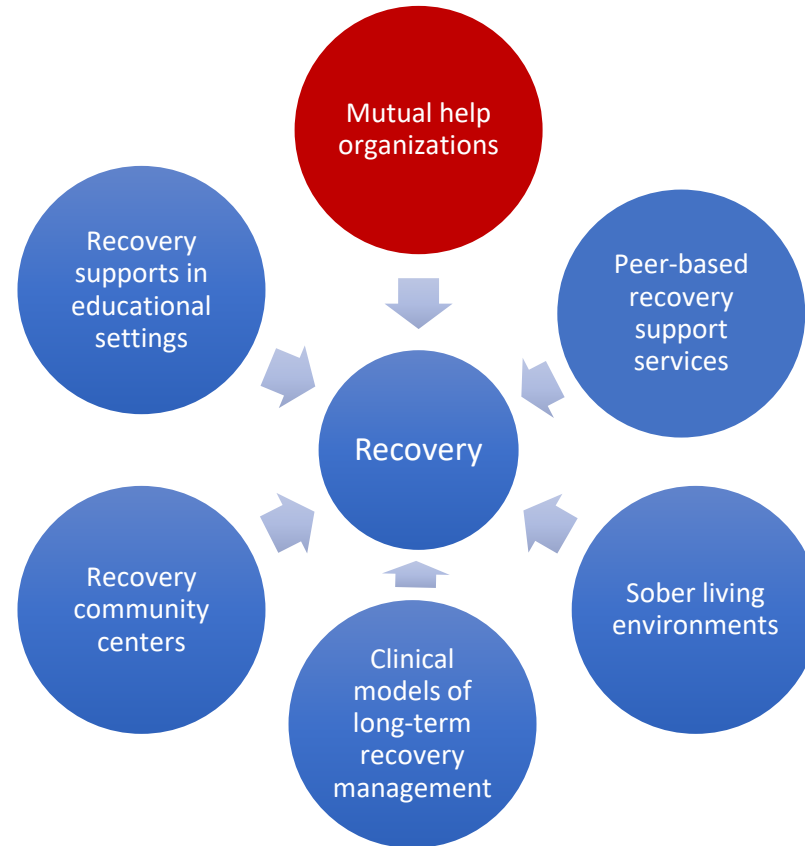


COFFEE CHAT

Recovery Support Services



Mutual help Organizations

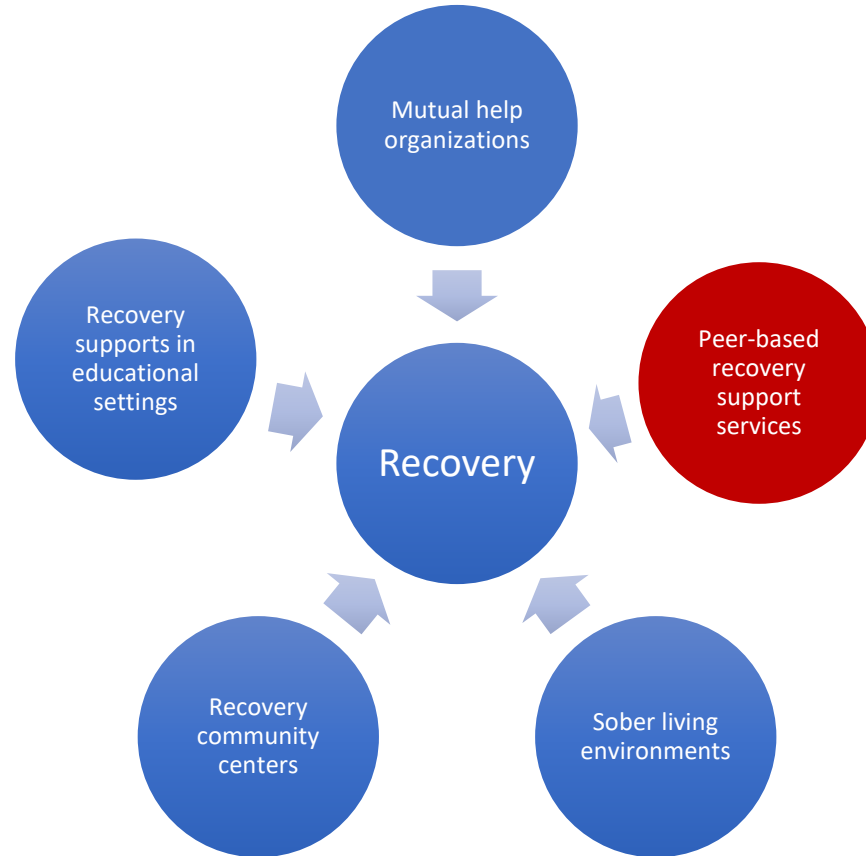




Celebrate Recovery®



Peer-based Recovery Support Services



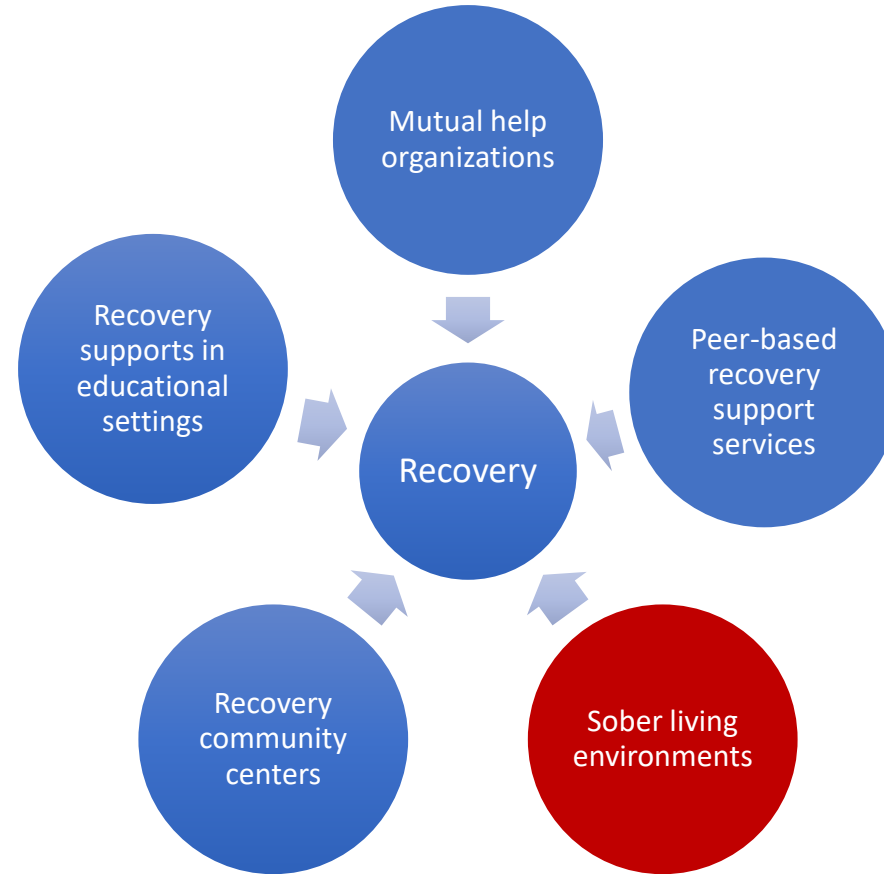


Formal Peer Support: Recovery Coaching

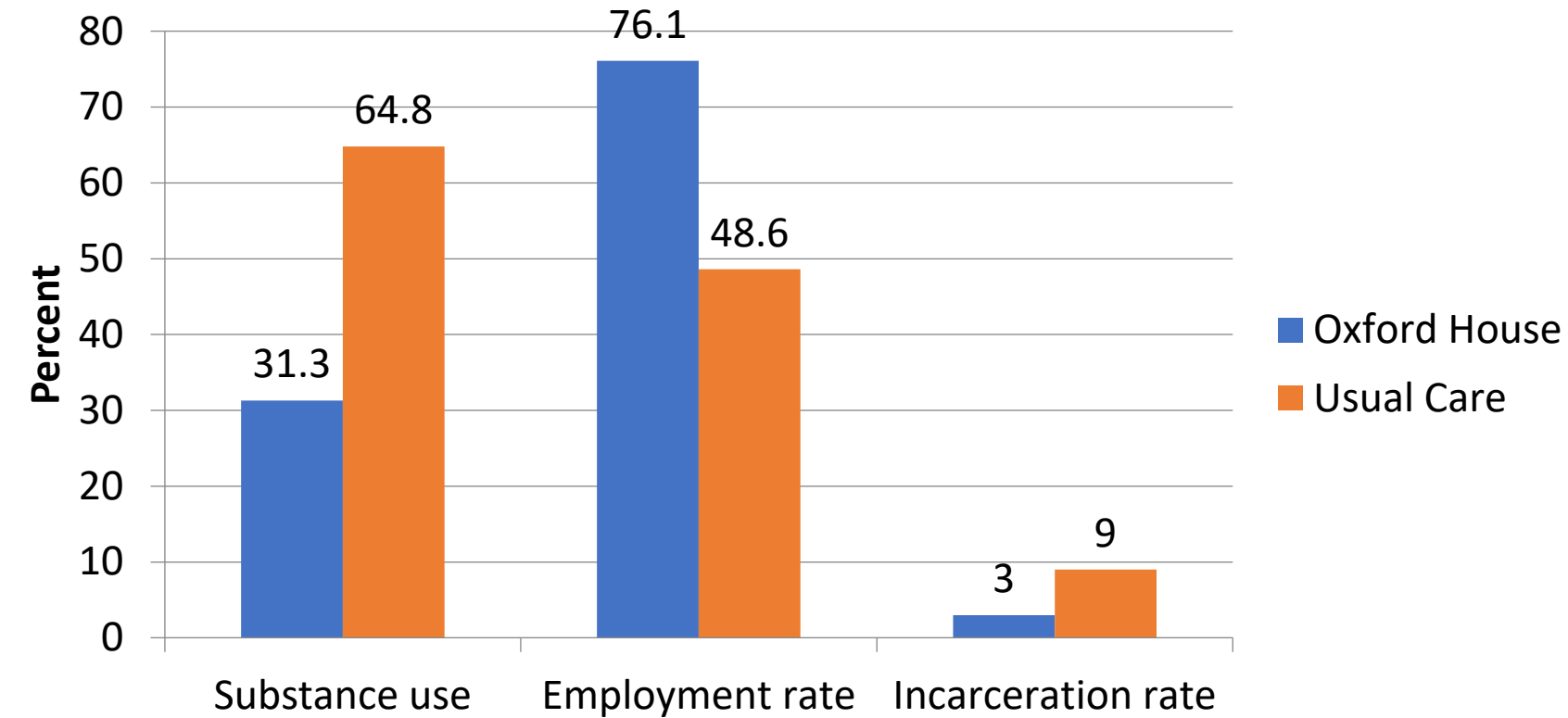
- Interacting with peers who have lived experience of addiction and long-term recovery and who support recovery help reduce return to use. They can facilitate...
 - Acquisition of coping skills
 - Increases in abstinence self-efficacy
 - Maintenance of recovery motivation
 - Serve as a healthy recovery role model and social contact
 - Provide community service
 - linkages and emotional support



Sober Living Environments



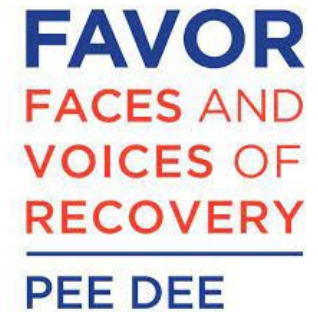
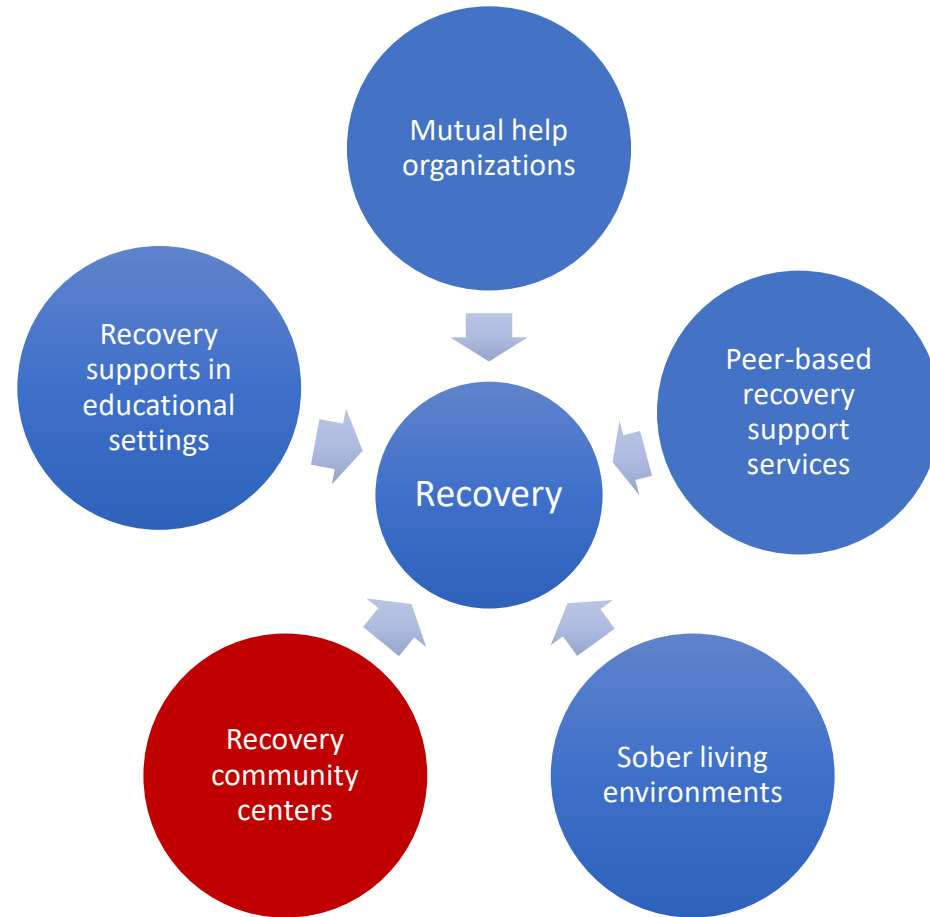
Sober Living Environments are effective... Oxford House vs. Usual Care



Sober living had –

- half as many individuals using substances across 2 yr follow up as usual care
- 50% more likely to be employed
- 1/3 re-incarceration rate

Recovery Community Centers



Recovery Community Centers are...

...locatable sources of community-based recovery support beyond the clinical setting, helping members achieve sustained recovery by building and successfully mobilizing personal, social, environmental, and cultural resources.

Source of recovery capital at the community level

- Provide different services than formal treatment
- Offer more formal and tangible linkages to social services, employment, training and educational agencies than do mutual-help organizations

There are many pathways to recovery

- RCCs are not allied with any specific recovery philosophy or model

Services offered

All Recovery Meetings

Telephone Recovery Support

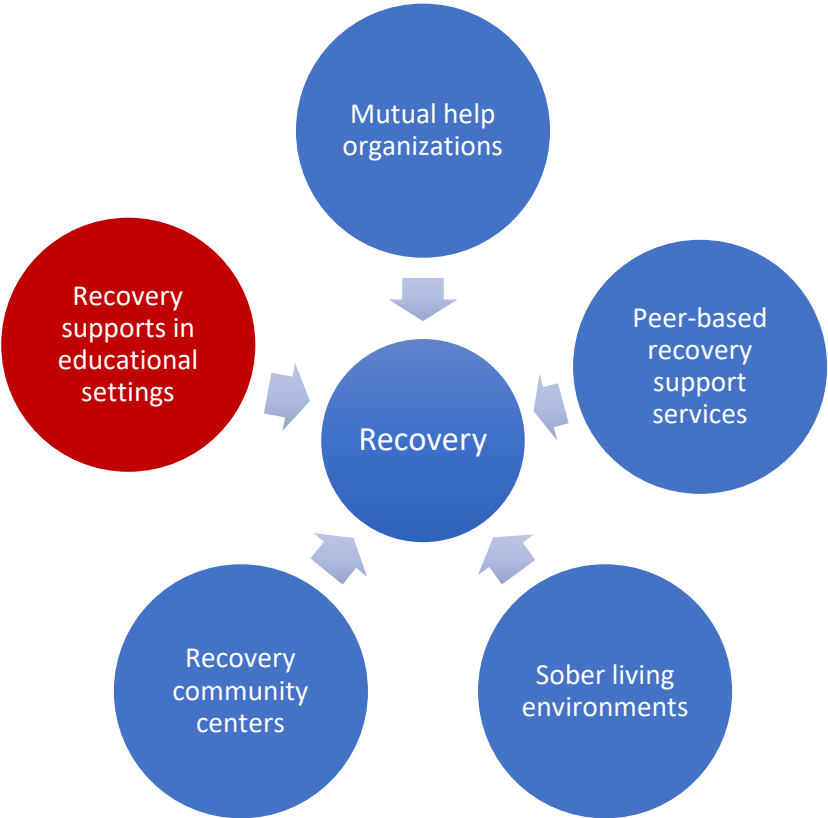
Recovery Coaching

Family Support Groups

Recovery Trainings

Access to resources

Recovery Supports In Educational Settings



Recovery High Schools....

... are secondary schools designed specifically for students in recovery from SUD.

Each school operates differently depending on available community resources and state standards, but each recovery high school shares the following goals:

- To educate all students in recovery from SUD and/or co-occurring disorders
- To meet state requirements for awarding a secondary school diploma
- To support students in working a strong program of recovery

<https://recoveryschools.org/>
Association of Recovery Schools

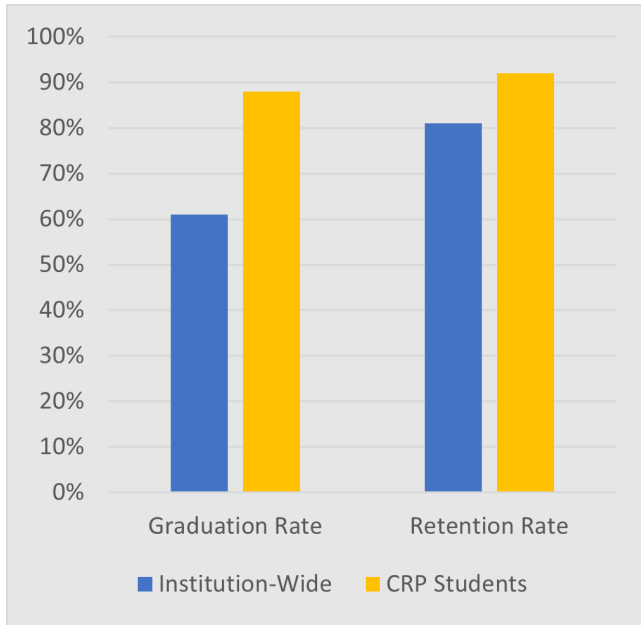
Collegiate Recovery Programs



<https://collegiaterecovery.org/>

The Association of Recovery in Higher Education (ARHE)

Student Success



Students involved in CRPs collectively have a higher average GPA than the general student body.

(Laudet, et al., 2013; Ashford, et al, 2018)

Student Support

Each program is as unique as the institution itself

Best Practices:

A dedicated space

Dedicated staff

Programming supporting recovery

Peer support



What's the return?

CRPs reduce the recovery and relapse cycle by 15 years while producing educated citizens

(Laudet, et. al., 2014)

Engaged students become engaged alumni

Recovery Support Services

- RSSs open up new pathways to recovery and can enhance and extend the effects of professionally-delivered care by....
 - Helping change social networks towards those that model and support recovery in the communities in which people live
 - Helping build resilience, buffer stress, and increase recovery coping, confidence and motivation over the long-term
 - Help individuals build further “recovery capital” by providing supports in high risk educational environments like colleges/high schools, providing linkages to employment opportunities, and health/social services
 - Providing ongoing recovery-specific support at little cost, reducing burden on professional health services while enhancing remission rates, thereby reducing health care costs.