

# **Recovery in the Community: An Emerging Framework – A Recovery- oriented Systems Approach**

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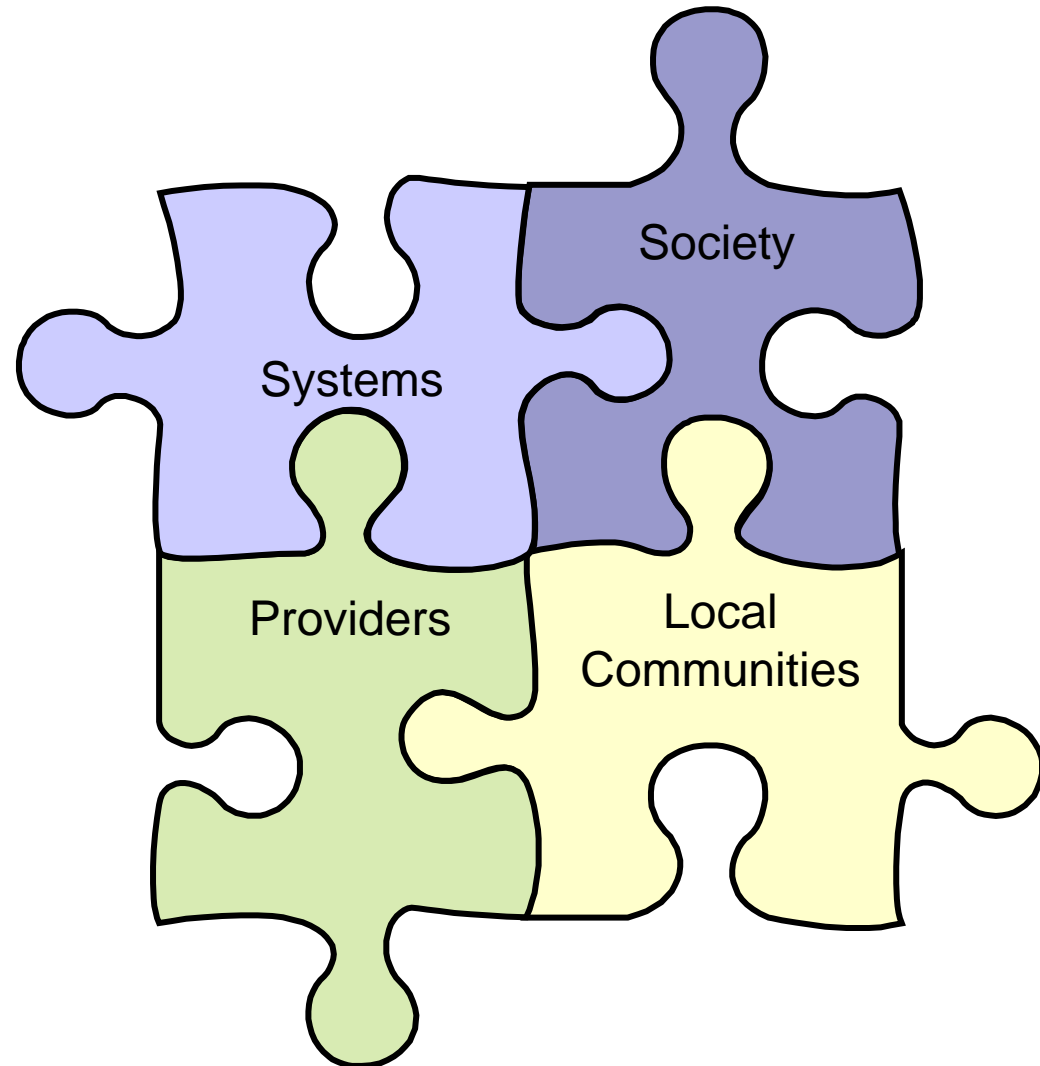


# Presentation Goals

- What is a recovery-oriented systems approach?
- What are the benefits of this approach?
- How does this apply to you?

*Any problems faced by the individual substance user cannot be seen in isolation from their family, local community and society.*

*- Scottish Advisory Committee on Drug Misuse, 2008.*





# **A Recovery-Oriented Systems Approach: An Emerging Framework**

# Draft Description

**A recovery-oriented systems approach supports person-centered and self-directed approaches to care that build on the strengths and resilience of individuals, families, and communities to take responsibility for their sustain health, wellness, and recovery from alcohol and drug problems.**

# Adoption of a Public Health Approach

- A public health approach is used to address substance use problems and related health conditions.

*The science and art of preventing disease, prolonging life and promoting health through the organized efforts and informed choices of society, organizations - public and private - communities and individuals.*

- C.E.A. Winslow,  
Professor of Public Health,  
Yale School of Medicine, 1920

# Key Elements of a Public Health Approach

- Population-based
- Holistic
- Risk factor-oriented
  - With attention to vulnerable populations
- Focused on:
  - Health promotion
  - Disease prevention
- Evidence-based



# Draft Description

- A comprehensive menu of services and supports that can be combined and readily adjusted to meet the individual's needs and chosen pathway to recovery.
- An ongoing process of systems-improvement that incorporates the experiences of those in recovery and their family members.
- The coordination of multiple systems, providing responsive, outcomes-driven approaches to care.





*Ongoing Systems Improvement*



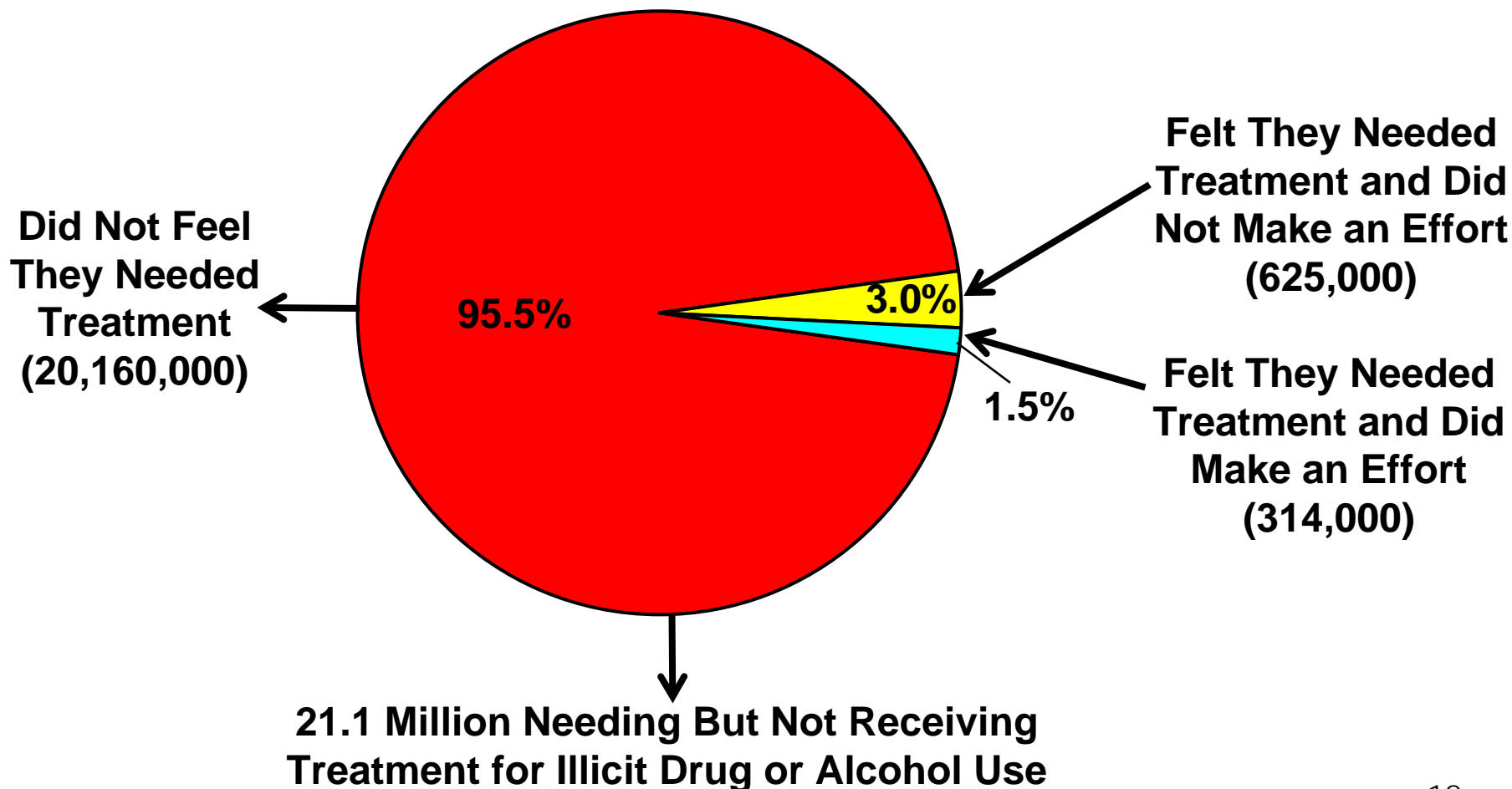
## **Role of State Prevention, Treatment and Recovery System**

- Acts as one of the coordinators for process
- Directly provides person-centered services
- Accesses services from other systems for clients
- Supports improvement in addressing substance use issues within other systems

# Why do we need this approach?

- The field faces many challenges:
  - Different values, approaches, & perspectives
  - Insufficient and inefficient use of resources
  - Cumbersome, fragmented, and inflexible systems
  - Access, engagement, retention and appropriate services

# Past Year Perceived Need for and Effort to Receive Treatment (NSDUH 2006)



# Why do we Need this Approach? (cont'd)

Many clients do not present for treatment, do not return after the initial interview, and do not remain in treatment.

- 46% of referrals to inpatient alcoholism treatment did not show up for their initial interview
- 44% of those who did show up for their initial interview did not return
- 52-75% of alcoholic clients dropped out of treatment by their fourth outpatient session
- 4.7 was the average number of outpatient alcoholism treatment sessions. (Dennis Donovan, Ph.D., 2003)

After an individual has received treatment, the majority will return to the system before sustaining recovery.

- Studies report that most clients undergo 3 to 4 episodes of care before reaching a stable state of abstinence (Dennis, Scott & Funk, 2003).

# ...but we have a lot to build upon

- Factors contributing to recovery-oriented system change:
  - Federal and State initiatives
  - Institute of Medicine (IOM) Report
  - Advances in science and technology
  - Growth of recovery communities
  - Emergence of recovery advocacy
  - Focus on collaboration and accountability



# **Systems Elements & Goals**

# Initiating a National Dialogue



## National Summit on Recovery

Conference Report

Washington, D.C.  
September 28-29, 2005





# Systems Elements

## Person-Centered:

- Individualized & Comprehensive Services Across the Lifespan
- Responsive to Culture & Personal Belief Systems
- Partnership-consultant Relationships
- Strength-based
- Community-based
- Commitment to Peer Services
- Involvement of Recovering Individuals, Families and other Allies

# System Elements (cont'd)

## Efficiency and Cost Effectiveness:

- Outcomes-oriented
- Integrated Services
- Systems-wide Education and Training
- Continuity of Care
- Monitoring and Outreach
- Research-based
- Adequately & Flexibly Financed



# Goals of a Recovery-Oriented Systems Approach

- To support preventive strategies related to substance use problems & disorders;
- To intervene early with individuals with substance use problems;
- To support sustained recovery for those with substance use disorders; and
- To improve individual, family and community outcomes.



# **Enhancing Current Systems**

# Enhancing Current Systems

*Many elements of this approach are not new.*

## Systems enhancements include:

- Incorporation of ongoing prevention, early engagement and early intervention across systems;
- Emphasis on recovery support services throughout the continuum of care;...

# Enhancing Current Systems (cont'd)


## Systems enhancements include: (cont'd)

- Adoption of individualized and flexible menu of services;
- Inclusion of chronic care approaches (i.e., recovery management);
- Emphasis on evidence-based practices; and
- Incorporation of community networks & resources.

# Enhancing the Continuum of Care to Provide a Recovery-Oriented Approach

Prevention	Intervention	Treatment	Post-Treatment
<p>Across the Lifespan</p> <p>Community, Individual, &amp; Family Focused</p> <p>Evidence-based</p> <p>Recovery Individual &amp; Community Involvement</p>	<p>Screening, Brief Intervention, Referral to Treatment</p> <p>Early Intervention</p> <p>Pre-treatment</p> <p>Evidence-based</p> <p>Recovery Support Services</p>	<p>Menu of Services</p> <p>Individualized &amp; Strength-based Care</p> <p>Evidence-based</p> <p>Client-Informed decision-making</p> <p>Recovery Support Services</p> <p>Recovery Individual &amp; Family Member Involvement</p>	<p>Continuing Care</p> <p>Recovery Support Services</p> <p>Follow-up Communication</p> <p>Self-Monitoring</p> <p>Early Re-intervention</p> <p>Recovering Individual, Family Member, Ally and Community Involvement</p>

- A full continuum should be made available through coordination with multiple systems.
- Individuals should have access to a full continuum of care regardless of the system they enter or the community in which they live.



# **What are the Benefits of a Recovery-Oriented Systems Approach?**





# What are the benefits of a recovery-oriented systems approach?

- Approach to more effectively respond to individuals, families and communities
- Framework for structuring policy development and planning
- Opportunity to apply knowledge gained from recovery-oriented research



## Approach to More Effectively Respond to Individuals, Families and Communities

# Responsive to Individuals/Families/Communities

- Systems and policies provide clients with options and the ability to make informed decisions regarding their care.
- In a recovery-oriented approach, treatment is viewed as one of many critical resources needed for a client's successful integration into the community.
- Systems and services are more welcoming and flexible.
- Measures of satisfaction are collected routinely from people in recovery and their families.



## Framework for Structuring Policy Development and Planning



# Framework for Policy and Planning

- Comprehensive
- Inclusive
- Adaptive
- Timely



# Applying Recovery-oriented Research

# Recovery-Oriented Research

- **Preventive Strategies** – Prevention approaches that teach social skills and generic personal self-management skills have been found to reduce substance use as much as 44% for up to six years (Botvin et al., 1994,1995).
- **Early Intervention** – Early and brief interventions were found to be effective, up to four years later, in reducing alcohol use, days of hospitalization, and emergency department visits (Fleming et al., 2002).
- **Improving Treatment Outcomes and Sustaining Recovery** – Long-term recovery outcome is enhanced by individual choice and commitment (Laudet & White, 2008).
- **Cost-effectiveness** – Individuals with co-occurring substance abuse/medical problems randomized to integrated care had significantly lower total medical costs than those in independent care (Parthasarathy, Mertens, Moore, Weisner, 2003).

An outline map of the United States with state abbreviations. The text "How Does This Apply to You?" is overlaid in the center in a large, bold, blue font with a white drop shadow.

# How Does This Apply to You?





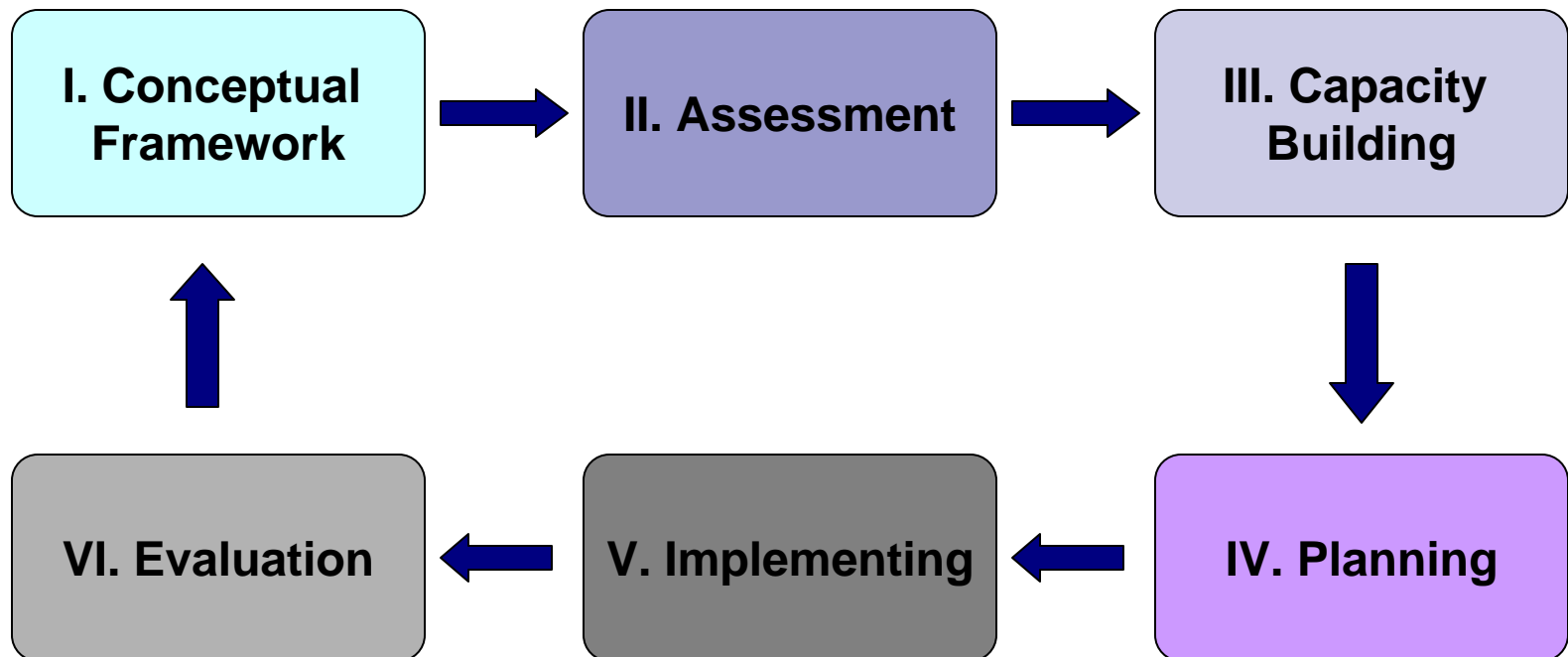
# Lessons Learned from State & Community Activities

- Systems change requires conceptual clarity, overcoming resistance, organizational commitment, strong leadership, definition of roles, transparency, and an infrastructure to support the process, including staff and education and training.
- A perfect plan is not necessary to begin the process.
- Change agents in your State will assist you with the implementation process.
- Constant communication is essential.

# State & Community Recommendations

- Pursue efforts where you can achieve early success and promote those accomplishments.
- Use all tools available to you, such as peer-to-peer services and case management.
- Conduct evaluation and performance measurement at the beginning of the implementation process.
- Invest in a good grant writer to leverage resources.

# Planning Recovery-oriented System Change





# Questions to Assist you in Implementation

- Have you developed a conceptual design for your systems change efforts?
- Has a systems needs assessment been conducted?
- Have you inventoried the current systems services and supports?
- Have awareness and engagement activities occurred with diverse groups of stakeholders?

# Questions to Assist you in Implementation (cont'd)

- Do you have a plan to implement systems change?
- Do your policies support recovery-oriented change?
- Do you have the infrastructure and mechanisms to support the development and maintenance of the systems?
- Does your workforce have the capacity to implement recovery-oriented systems change?
- Do you have a way to evaluate your systems and use that information for systems improvement?

# Strategies for Change

- Multi-year implementation process
- On-going systems improvement process
- Requires broad consensus building
- Re-orient all systems to support recovery-orientation
- Identify strengths & gaps in existing systems
- Build on the strengths that currently exist
- Implement recovery-oriented performance outcomes
- Adjust systems based on outcomes

# Where are States in their Development & Implementation of Systems Change?





## **Of the 49 States, DC & Puerto Rico that participated in the Regional Recovery Meetings:**

- 10% have started planning and actively implementing recovery-oriented systems change
- 35% are implementing systems elements and beginning to plan recovery-oriented systems implementation
- 43% are implementing selected systems elements
- 12% are considering a recovery-oriented approach





## **Steps that States are prepared to take in the next 12 months:**

- **Creating a recovery website;**
- **Conducting State hearings to promote buy-in;**
- **Providing education and training activities for providers and stakeholders; and**
- **Holding recovery-oriented conferences.**

## **Steps that States are prepared to take in the next 12 months: (cont'd)**

- Conduct strategic planning to formalize a State recovery-oriented Plan;
- Appoint a State-funded Recovery Coordinator position;
- Offer mini-grants to build recovery-oriented capacity;
- Ensure that the State's management information systems (MIS) can track recovery support activities; and
- Seek or enhance Medicaid funding for recovery-oriented approaches.

# Federal Recovery-Oriented Activities & Resources

- **CSAT Cross-Cutting Work Group on Recovery** – Representatives from all CSAT Divisions and Offices focus on coordinating recovery-related efforts to ensure a unified voice to the field.
- **Regional Recovery Meetings** – Five regional meetings, 210 participants representing 49 states, D.C., and Puerto Rico.
- **White Papers** – Three white papers describing recovery-oriented approaches in States and communities, one paper describing the role of recovery support services in recovery-oriented systems, & one paper presenting research related to the recovery principles and systems elements.
- **Literature Review** – A review of publications citing the need for recovery-oriented systems change, conceptual designs, literature related to recovery principles and systems elements, and implementation efforts.

# Federal Recovery-Oriented Activities & Resources (cont'd)

- **Conference Report** – Report on emerging peer recovery support services indicators of quality. The report can be accessed via: <http://rcsp.samhsa.gov/lessons/index.htm>.
- **Recovery-oriented Tool Kit** - Resource which includes plans, practice guidelines, vision statements, workforce competencies, training outlines, surveys, protocols, and literature review.
- **Educating State Legislators on Recovery-Oriented Approaches**  
Developing website, fact sheet, three web-assisted audioconferences, presenting at Health Chairs Meeting and drafting issue brief.
- **State Systems Development Conference** – An entire track will be dedicated to the topic of recovery-oriented systems change.



# Questions & Comments