There is no single road to Recovery. No absolute path. Each person must identify that which works. Some roads are paved, some are rough, and others are ill defined. No matter. Recovery works, but the burden rests on the individual, the family, the community, and or the tribe.
Manage Care Innovations with Recovery Support: Helping Peers and Communities Get Back on our Financial Feet

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Executive Director
APAA
Association of Persons Affected by Addiction
APAA From Grassroots to BRSS TACS

- 1998 - SAMHSA/CSAT RFP for 1st Recovery Community Support Project grants
- In 2002 New Era in Peer RCSS
- 2003 APAA receives SAMHSA/CSAT Recovery Community Support Services Grant
- 2005 Recovery Summit – Faces and Voices of Recovery
- 2007 North Star/Value Options 1st Recovery Community Organization as Peer Provider
Guiding Principles:
1. Recovery First
2. Inclusion
3. Authenticity

Connecting with & Mobilizing the Community
Building Relationship & Linkages with Others
Supporting Recovery/Being of Service
Healthcare and Recovery
Building a Recovery Community Organization

12 Guiding Principles (ROSC)
Building Capital & Capacity with Peer Recovery Supports & Services

Commercial insurers, employers, private donors and families are increasingly investing their financial resources in recovery support services. The behavioral health manage care company Value Options has **contracted the first peer ran, driven and led RCO** in Dallas (Association for Persons Affected by Addiction) for recovery support services for persons seeking addiction & COD/Dual recovery.
Value Options & NorthSTAR

- The NorthSTAR program is an innovative behavioral health managed care project led by Value Options in partnership with the Texas Department of State Health Services and the North Texas Behavioral Health Authority. NorthSTAR serves consumers in seven North Texas counties in the Dallas area by providing an integrated system for behavioral health care and substance use disorder services.
APAA/VALUE OPTIONS FIRST

• NorthSTAR is the first managed care model in the country to contract with an outside peer recovery organization, the Association of Persons Affected by Addiction (APAA), to provide peer support and recovery services to its members.

• It is also the first program in the state to credential peer-run organizations to provide recovery support. Value Options reimburses APAA peer providers for allowable services and encourages their utilization.
Recovery Community Support Services Defined

• RSS are social vehicles for recovery
  – Existing Mutual Aid groups and many paths to recovery

• Non clinical services operated to initiate or support recovery in conjunction with, before, during or after SUD tx

• Strength based & Person Centered

• Provide recovery maintenance and management assistance

• Involves family members and cultural emphasis

• Focus on pro-social healthcare (don’t wait engage social supports) and community advocacy
Peer and Family Support

• VO/APAA peers provide individual recovery supports to eligible customers and their families.
• These services can include, enhanced day treatment, support for parents/caregivers, group facilitation and referral to community resources.
• APAA peer coaches/specialists excel at engaging members by sharing their own stories of recovery from mental health and substance use.
Peer and Family Support

- VO peers facilitate peer-to-peer support groups, family groups, and are in the process of initiating a group specifically for senior citizens with mental health (MH) issue

- 2,200 peers/consumers and their families in Texas touched by Peers from ValueOptions ® and the Association of Persons Affected by Addiction
• NorthSTAR and APAA peers work with a wide variety of advocacy and stakeholder groups in the communities they serve and at the state level.
  • Dallas Behavioral Health Leadership Team, DSHS, etc.
• One example is the Texas Health Steps Coalition, which holds special events, including early and periodic screening, detection and treatment (epstd) for children in Medicaid.
• This is part of the program’s overall efforts to detect MH issues early and to integrate individuals’ behavioral and physical health care needs.
Multiple Pathways
Recovery Oriented Systems of Care
Prevention, Education and Outreach

• NorthSTAR and APAA have forged strong partnerships with area law enforcement and other parts of the criminal justice system to reduce the revolving door of unnecessary admissions to hospitals and incarcerations for people with behavioral health diagnoses.

• NorthSTAR *Achieve Solutions* provides a state of the art, award-winning website where members and caregivers can locate information on diagnoses, treatments and lifestyle issues.
Prevention, Education and Outreach

- Wellness & Recovery and Clinical staff engage a wide range of stakeholders throughout the year to develop a mutual understanding of Recovery and to transform the culture: within the provider community; among members and their families; and throughout the community at large.
- Their overriding message is that Recovery is not only possible, but to be expected.
- Peers/consumers are Not separate but equal, Resourceful, integrated and inclusive
APAA – Recue and Recovery

• “Peers go where no providers, family members has gone before”  (Purpose)

• “What’s APAAning is Recovery Coaching, Peer Specialist and Peer Navigators inside of
  – Treatment Centers, Recreation Center—"Hoop after Group"
  – Hospital, FQHC, Psychiatric Emergency Room  (Health)
  – Church, Streets,— “Hope n da Hood”  (Home)
  – Recovery Community Center-Coaching, “Jammin n Recovery”
  – Jail, Re-entry, Divert and Drug Courts
  – Community – “Recovery at the Movies”
Pitch for Recovery

– Recovery at the ball park with 500 consumers/peers. Tickets are sponsored by the community partners
  • 10 major baseball league teams promoted Recovery Month in 2010.
– APAA Recovery Community organizations have the opportunity to throw the first pitch.
– Community partners sponsor five hundred seats for people in recovery and family members at one baseball game.

During Recovery Month, the Texas Rangers (a Major League baseball team), proudly dedicates the first pitch of the game to recovery.
In conjunction with the APAA contract, Peer Navigators at the *Front Door Crisis* Facility assisted nearly 10,000 consumers in 2012 and helped link them to community services. Peer Recovery Support Services assisted 360 consumers with histories of multiple services. The state also employs part-time peer and family advocates who provide education and support for members.
Peer Run Programs and Providers

• The Texas NorthSTAR program works closely with community advocacy groups to sponsor fundraisers and educational programs.

• Peers support system change. Connecticut peers contributed to a decrease in the average length of stay (ALOS) and discharge delay days for youth (ages 0-17) in psychiatric hospitals by 10,500 days since the contract’s inception, while increasing outpatient admissions by just over 18%.
More VO Peer Provider Results

• Warm lines for crisis, referral, and resource sharing in Colorado, Connecticut and Illinois. The Illinois office alone served 17,000 members to date, with an overall satisfaction rate of 97%.


• APAA Peers act as Peer Navigators to co-occurring with members who are inpatient or in crisis.
VO Producing Results Nationwide

• Prevention and education programs in Florida last year trained 660 Law Enforcement Officers in Crisis Intervention involving individuals with mental illness; Illinois peers coordinated monthly consumer teleconferences that have reached 23,000 members to date; Maryland peers facilitated 16 Wellness and Recovery Action Plans (WRAP®) classes in 2012;
VO Producing Results Nationwide

• Sponsorship of both the National Alliance on Mental Illness & CCAR Recovery Annual Walks; Maryland peers provide technical assistance and resources to 24 Wellness and Recovery Centers which have engaged 5,000 consumers; Massachusetts peers ran 39 weekly Dual Recovery Anonymous (DRA) Meetings for over 550 unduplicated members in 2012; Pennsylvania’s Healthy Living/Healthy Choices program connects consumers in rural areas with community providers.
SAMHSA #4 STRATEGIC INITIATIVE

Recovery Support Service Relationship Partnership Model: Recovery is based on imbedding the peer/family in recovery supportive relationships that are natural, reciprocal, enduring, non-commercialized and cost savings for all.

RM is focused on continuity of contact in a recovery supportive service relationship over time comparable to role of primary physician.

--Will require stabilization of field’s workforce

Philosophy of Choice / Consultation Role
Recovery Oriented Systems of Care and Recovery Community Organization

- Recovery-oriented systems of care (ROSC) are networks of formal and informal services developed and mobilized to sustain long-term recovery for individuals and families impacted by severe substance use and mental health challenges. The Peer inclusion of ROSC is about funding at a macro level organizations, community, a state and nation.
RCOs require an ongoing process of partnership improvement that incorporates the recovery experiences of Peers in Primary Care and Mental Health, allies of recovery and family members.
Peer Run Opportunities for RCOs is Attraction for manage care in communities

- Recovery-focused anti-stigma campaigns, e.g., Promote Recovery, Recovery is Everywhere campaign, Advocacy
- SAMHSA/Faces and Voices of Recovery/Peer RCOs/ NAMI
- Early screening & brief intervention programs
- Assertive models of community outreach
- Provide Non-stigmatized service sites, e.g., hospitals & health clinics, workplace, schools, community centers
- SAMHSA, ACF TANF Program, Child Welfare, Homeless Youth, and Child Care, HRSA, HUD and CMS

Principle: Earlier the screening, diagnosis & Treatment initiation, the better the prognosis for long-term recovery
Capital Builds Capacity – RSS Policies

- State authority & flexibility to provide RSS & funding.
- Increase resources for Peer RSS throughout the continuum of care.
- There are several opportunities on which to capitalize to increase Peer support across the continuum.
- States and providers can provide research to policymakers and lawmakers to quantify the effectiveness associated with RSS to demonstrate need for additional funding.
- Lastly, private sources and foundations can be educated about the effectiveness of RSS to increase resources.
RCO Support Services, provides Big Boon for the Buck

- Family services
- Parenting and child care
- Child care
- Employment services
- Pre-employment services
- Employment coaching
- Transportation
- Job training
- HIV/AIDS services
- Housing support services
- Peer Support Groups
- Continuing care
- Relapse prevention
- Recovery coaching
- Self-help and support groups
- Spiritual support
- Substance abuse education
- Peer coaching or mentoring
- Peer Navigators
- Social activities
- Information and referral
Local Recovery Partners – Big Boon

- NAMI-DCAA SOUTHERN SECTOR
- MLK FQHC and MLK Center
- 12 Step Community
- Dallas Housing Authority (24,000)
- Salvation Army and Treatment Centers
- Veterans Administrations Drug Program
- Divert Court, Judge Cruzeot, Francis, Hawk,
- Serenity High and other schools
- Recovery Schools-Eastfield College, SMU, Texas Tech U.
- Dallas Independent School District
- City of Dallas – Serial Inebriate Program
- Dallas BHLT-Behavioral Healthcare Leadership Team
State Collaborations

- Department of State Health Services – DSHS
  - BRSS TACS Policy Academy
  - Co-occurring Curriculum
- Addiction Technology Transfer Center
- Northstar Medicaid – Value Options
- Meadows Mental Health Policy Institute
- TAIRCOS – Texas Assoc. of Integrated RCOS
- TAAP – Texas Association of Addiction Professionals
- Texas Recovers “Rally for Recovery”
National Affiliates

- NAADAC, NCADD, ACOA, Million Hearts
- NLC, NAMBA, NAMI, SAMHSA/CSAT/CMHS
- NAADPC – National African American Drug Policy Coalition – Judge Arthur Burnett
- RECOVERY MONTH – Planning Partner
- FAVOR – Faces and Voices of Recovery
  - Board of Directors (OVER 100 RCOs)
  - Media & Message Training
- Johnson Institute – “Recovery Ambassadors”
- Institute of Medicine Report
What Recovery Supports are working

• Emotional support—Lived experience/recovery 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.
What Recovery Supports are Working

- Instrumental support—This includes assistance in filling out applications and obtaining legal assistance, 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 drug free environments.
- Mental health/dual recovery support assistance is especially needed in early recovery.
Welcome to Recovery Friendly Care
APAA/Healthcare PARTNERSHIPS

• **Available** – service and supports exist where people live their lives (live, work, study, play, shop, worship, etc.)
• **Accessible** – Easy Access, Referral process, wait time for appointment, wait time for service, hours and days of operation, travel time, travel access- by car, parking, public transportation
• **Affordable** – No Cost Peers, Peer Operated services
• **Appropriateness** – 1) Recovery service & support offered/provided for prevention - Screening tools, take cultural issues into account in the construction plan, implementation and recovery 2) Self-Diagnoses, accurate and appropriate Interventions including medications are designed to achieve recovery outcomes, Culturally congruent Peer Operated Services
• **Acceptable** services are congruent with cultural beliefs, values, community
Building Capital for Capacity with RSS

- Local, State and Federal Funding for RSS capacity
- Commercial insurers, employers and individuals and families are increasingly investing their financial resources in recovery support services. The behavioral health management company Value Options has contracted with a peer-led RCO in Dallas (Association for Persons Affected by Addiction) for recovery support services for its plan participants with chronic SUDs.
Financial Feet

- Although private foundations and industries donate millions of dollars to improve public health, there has not been a significant private investment in helping people enter into long-term recovery and in making RSS more widely available. The APAA experience and other models of private funding of RSS should be studied and findings should be reported to provide the private sector with better information about how components of these successful Peer projects might be replicated.
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