United to Transform

Welcome

Webinar

March 26, 2024

Listening for Understanding– Barriers

- What challenges, gaps or barriers have you and your community experienced while navigating the substance use disorder ecosystem?

- What are the greatest needs you and your community are facing?

Barrier Insights

- Continuum of care disruptions and limited treatment options, especially access to MOUD/MAT
- Lack of basic needs, transportation, housing
- Funding
- Workforce shortages and low pay, particularly for peer workers
- Stigma

Listening for Understanding– Bright spots

- What services and programs are currently working on the local level and serve as bright spots for progress in supporting individuals and their loved ones with SUD?

- What innovation is occurring in your community that could become models for practice in other regions and statewide?

Bright Spot Insights

- Collaboration between community organizations and providers

- Peer support models are being built

- Drug/Recovery Courts

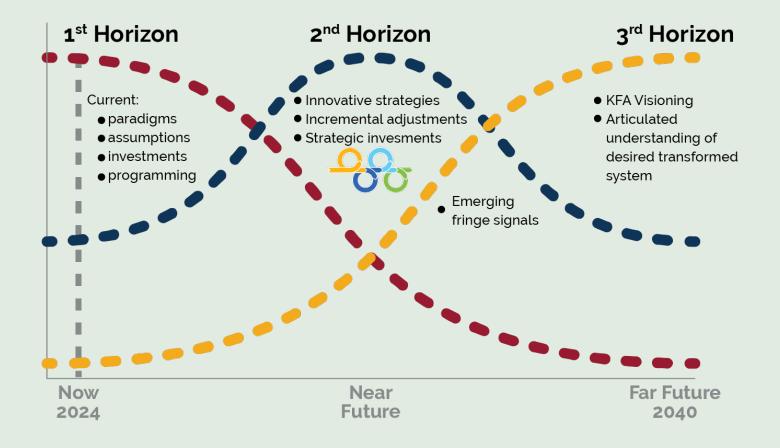- Prevention programs

- Employer partnerships

Imagine 2044

- What changes are emerging as completely new paradigms and novel ways to understand and undertake SUD-related actions?

- What are the visionary leaders saying?

2044 Insights

- Peer Credentialing Model and Pipeline to lead the SUD system

- Wrap around and co-located services that are available when needed/wanted

- Abundant supportive housing

- Novel treatment approaches

- Expanded view of recovery with no stigma

Next steps

- Analysis of themes within and between geographical areas

- Follow-up on barriers, bright spots, and Horizon 3 vision

1ˢᵗ Horizon

Current:
- paradigms
- assumptions
- investments
- programming

2ⁿᵈ Horizon

- Innovative strategies
- Incremental adjustments
- Strategic invesments

- Emerging fringe signals

3ʳᵈ Horizon

- KFA Visioning
- Articulated understanding of desired transformed system

Now
2024

Near
Future

Far Future
2040

What is recovery?

"A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential."

SAMHSA
samhsa.gov/sites/default/files/samhsa-recovery-resources_0.pdf

Signal of hope: Recovery Friendly Workplaces

What is the signal?

A new national institute will provide training and resources for companies willing to hire and help people in substance-abuse recovery

Why does it make you hopeful?

This evidence-based model would help people throughout the US access jobs while recovering from SUD and equip workplaces to better support these employees.

Where can we learn more about it?

route-fifty.com/workforce/2023/11/sununus-recovery-friendly-workplace-serves-model-new-national-institute/391915/

Defining Recovery

Briefly, how do you define or describe 'recovery' as it relates to you and your work?

Any improvement in self respect and care

Recovery is hope and belief in a positive future

Knowing that while relapse can happen, having a support system to get back on track. Not hiding a relapse in shame – no secrets

not needing damaging drugs to feel fine

the first inkling of hope

flourishing

lifelong journey with highs and lows to work towards healthy self

coping with demands of life without depending upon substances to get through the day

being stable

Defining Recovery (continued)

Being able to openly admit and comment on the journey and feel no stigma toward it.

Helping others as you heal yourself

having basic needs met to remove need to dull experience

being resilient

paying it forward to others that are struggling

all the basic needs met

ability to have agency to affect changes in life that help someone feel capable and able to cope and contribute

engaging with resources that are available to deal with underlying mental health conditions

having a supportive social system

Having patient, understanding supports especially in the early days to "tail up" the person, making sure they're doing ok, going to work, avoiding substances, taking prescribed medications, eating healthy

Defining Recovery (continued)

having the support of friends and family who understand your challenges

Being able to develop meaningful goals and processes/practices to help achieve them

Lack of mental illness support alongside addiction issues. Lack of funds or insurance to pay for treatment

peer supports

paying it forward to others that are struggling

not thinking you are worth it

Sticking to what works for the individual – and let them define it

engaging with resources that are available to deal with underlying mental health conditions

Support and empathy from your social networks including family, friends, colleagues, etc.

Defining Recovery (continued)

Recognizing when you need help and knowing where to go

embracing that it will be a non-linear process

Lack of insurance or ability to pay for treatment. Lack of support for mental illness alongside addiction issues

Agree with basic income so person can buy healthy groceries, have stable housing, and transportation

returning to the same environment

basic needs not met/money problems

Community support for individuals so responsibility doesn't fall solely on family and loved ones

Joy

healthy social environment

The Recovery Process

Share 1 experience, service, or concept that you think is an important part of the recovery process.

Being vulnerable to honesty and transparency

having basic needs met so no need to dull experience

Finding what works for the individual and sticking to it

Support and empathy from social networks including family, friends, colleagues, etc.

Achieving physical and mental safety

Stable housing

Community

being alone

Being able to set goals and have meaningful processes and practices to help achieve them

Having an adequate support network

Barriers to Recovery

Share 1 thing that holds people back from participating in or completing the recovery process.

Not knowing where and how to start	Their friends and family giving up on them	Not ready to start
uncoordinated resources to help	a strong and coordinated system of peer support and other support services	Funding
		having to struggle alone
Services that are hard to access or aren't helpful for the individual	Resources and services aren't available long enough	Lack of a support network

Recovery is Strength

Share 1 goal or outcome of supported recovery that shows critical it is to the SUD ecosystem.

Finding a healthy community and being active within it	Knowing the signs within yourself if you are verging on relapse	Self–sufficiency
a strong and coordinate system of peer support and supportive communities	People around you understand relapse and know what signs to look for	Public awareness
		Acceptance

Help spread the word

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