



Exploring the Connection Between Prevention and Recovery

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Acknowledgement

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Agenda / Roadmap

- Learning objectives
- Beginning the conversation
- Definition of terms
- Focus on prevention
- Focus on recovery
- Areas of collaboration
- Closing



Objectives



- Participants will be able to
 - Identify the intersections between prevention and recovery approaches
 - Define common terms used in prevention and recovery
 - Describe a more holistic approach to the continuum of care
 - Describe specific ways in which prevention and recovery practitioners can better support one another



Guiding our conversation

What?

What is the current relationship between prevention and recovery?

So what?

What is the impact of this relationship?

Is it less than ideal?

Now what?

How can we improve this relationship?



Exploring concepts

Prevention

- ▶ What are we preventing?
- ▶ What is the goal/focus?
- ▶ In what environment(s) does it happen?
- ▶ What models/frameworks are used?

Recovery

- ▶ What are we recovering from?
- ▶ What is the goal/focus?
- ▶ In what environment(s) does it happen?
- ▶ What models/frameworks are used?



LET'S TAKE A LOOK AT THE EVOLUTION OF THE CONTINUUM OF CARE

The Continuum of Care 1970s and 1980s

Prevention → Intervention → Treatment



Prevention → Intervention → Treatment → Aftercare

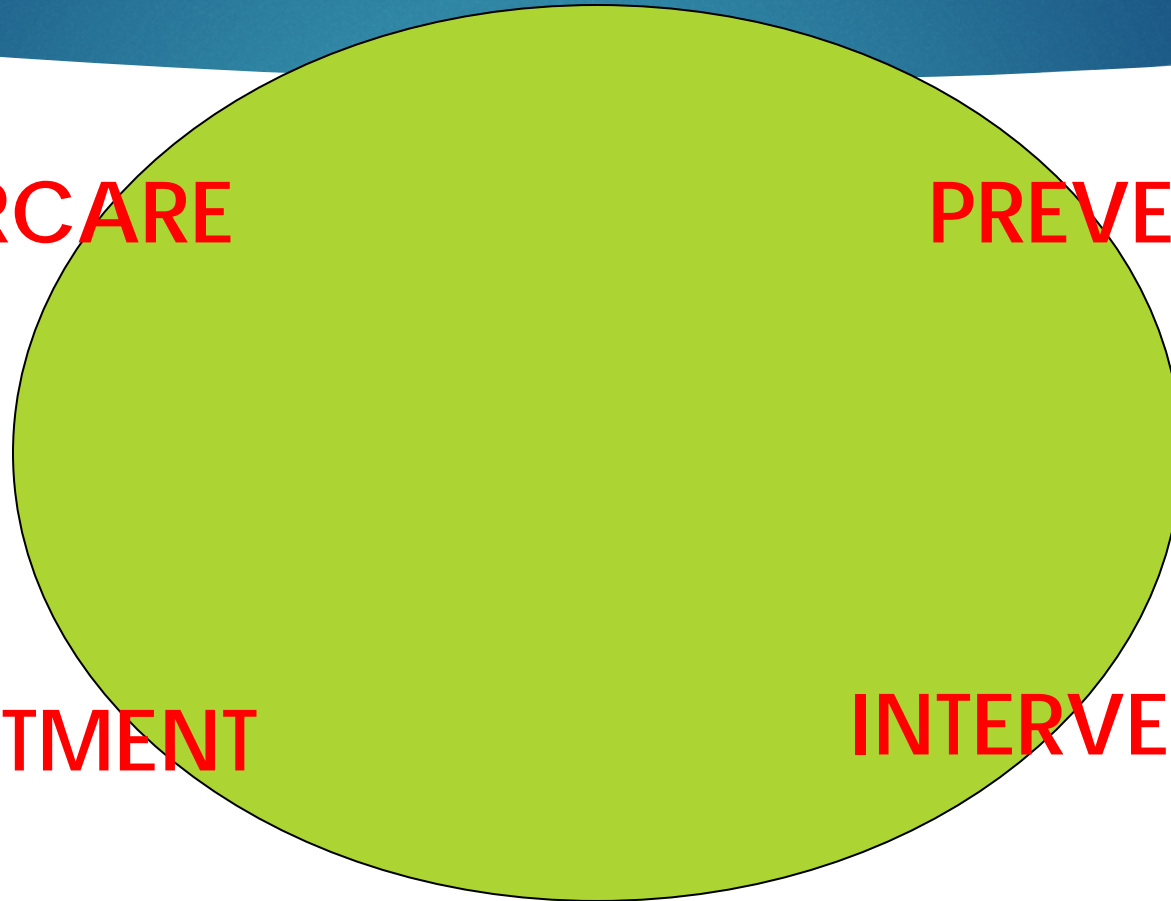
The Continuum of Care – 1990s

AFTERCARE

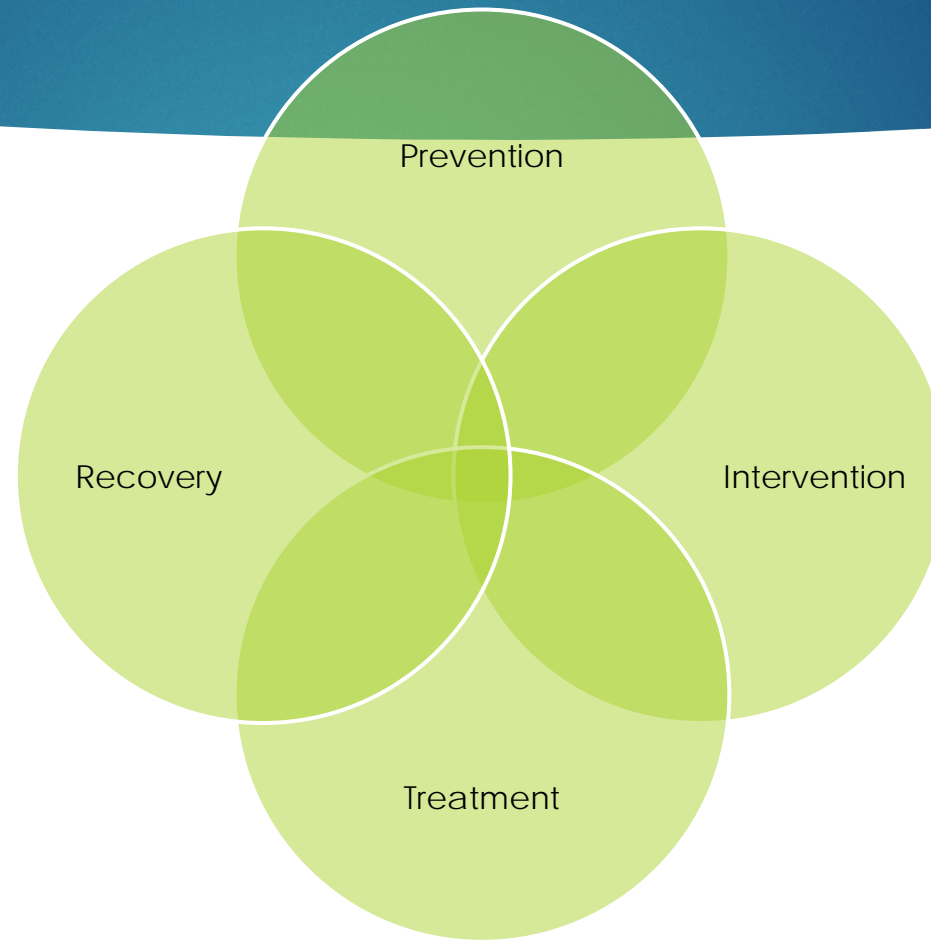
PREVENTION

TREATMENT

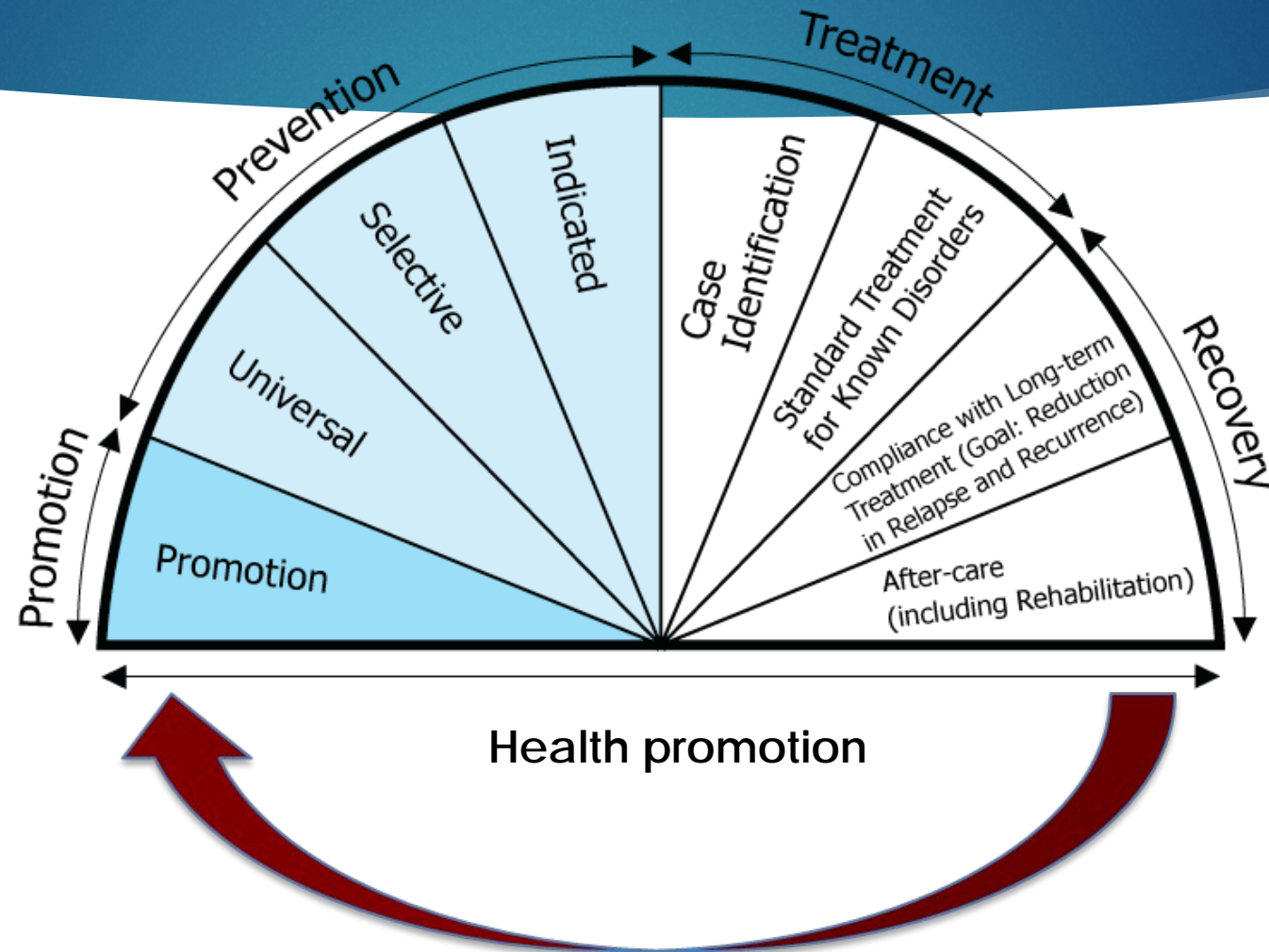
INTERVENTION



Continuum of Care – 2000s



The Continuum of Care Model (IOM 2009)



Prevention

- ▶ Promotes emotional health and wellness, prevents or delays the onset of and complications from substance use disorders and mental illness, and identifies and responds to emerging behavioral health issues
- ▶ Proactive process of creating conditions and fostering attitudes that promote well-being

SAMHSA Strategic Initiatives Goal 1.1, Leading Change 2.0, Advancing the Behavioral Health of the Nation 2015-2018

Lofquist, W. (1983). *Discovering the Meaning of Prevention: A Practical Approach to Positive Change*.

Treatment

- ▶ Specialty centers provide various levels of care to individuals with substance use and mental health disorders
- ▶ Specialty treatment may include
 - ▶ Psychotherapy
 - ▶ Medication
 - ▶ Case management
 - ▶ Hospitalization
 - ▶ Support groups

DISCUSSION QUESTION

▶ What is prevention?

- ▶ a. Promotion of emotional health and wellness.
- ▶ b. Prevents or delays the onset of and complications from SUD and MH.
- ▶ c. Responds to emerging BH issues.
- ▶ d. Proactive process of creating conditions and fostering attitudes that promote well-being.
- ▶ e. A and D
- ▶ f. A, B and C
- ▶ g. All of the above



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's working definition

Engagement

- ▶ Identifying and making contact with members of the target group in their natural environments
- ▶ Establishing rapport
- ▶ Enlisting commitment to behavior change
- ▶ Providing information about risk behaviors and strategies to eliminate or reduce risk.

Outreach Competencies: Minimum Standards for Conducting Street Outreach for Hard-to-Reach Populations.
www.attcnetwork.org/regcenters/productDocs/2/2009%20updated%20Outreach%20Compentencies.pdf

Digging Deeper: Focus on Prevention and Recovery





A focus on prevention



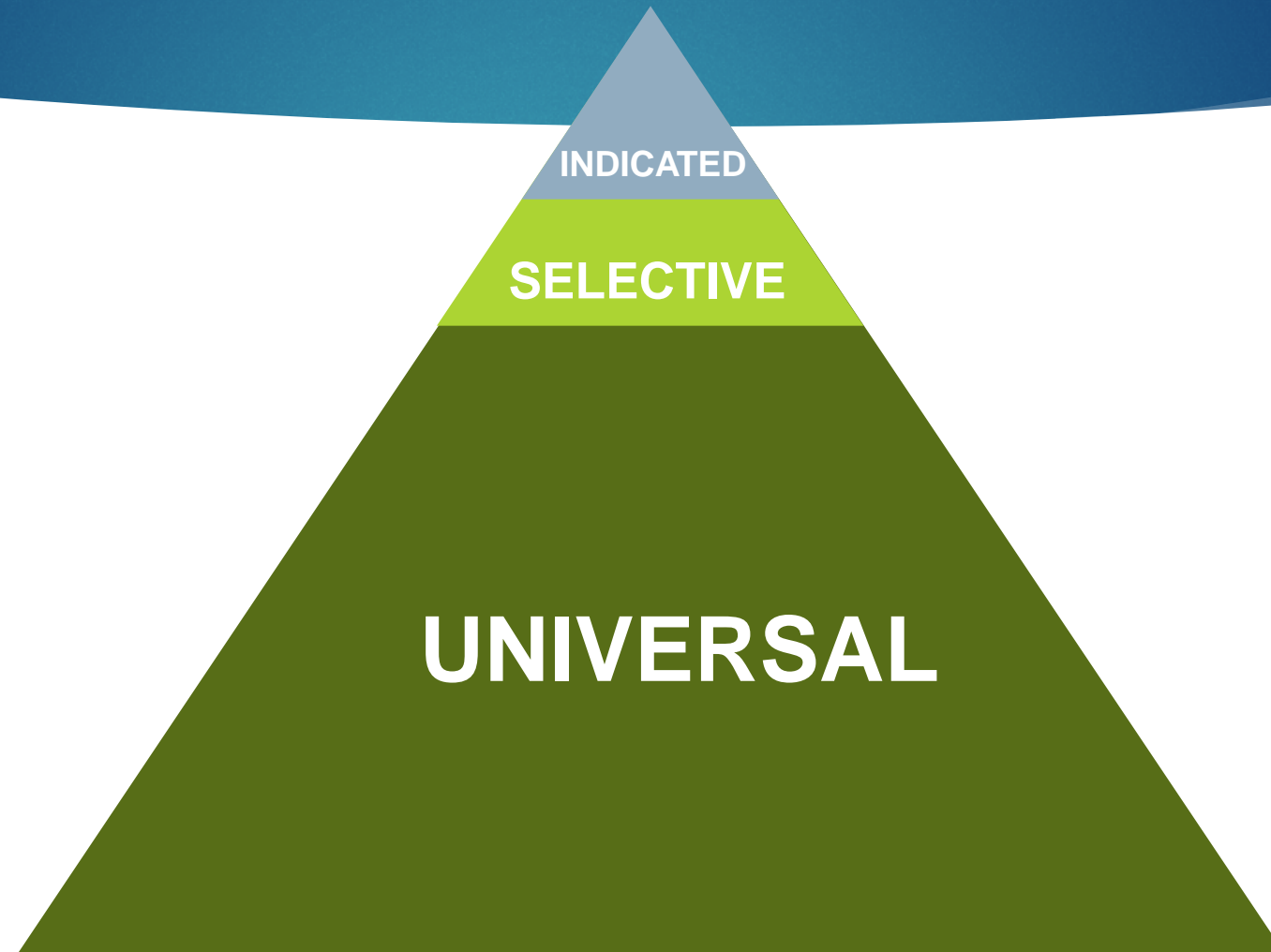


Prevention



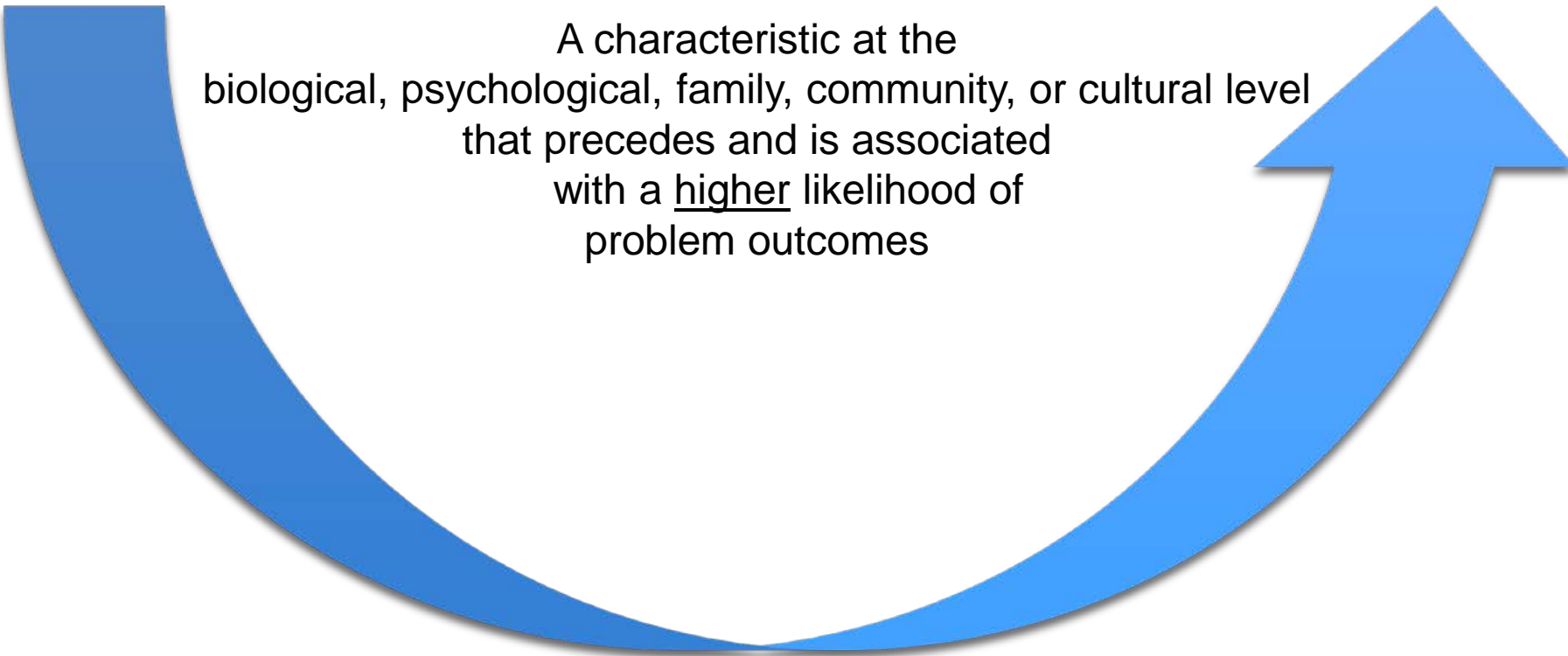
Interventions that occur prior to the onset of a disorder and are intended to prevent or reduce risk for the disorder.

Types of interventions





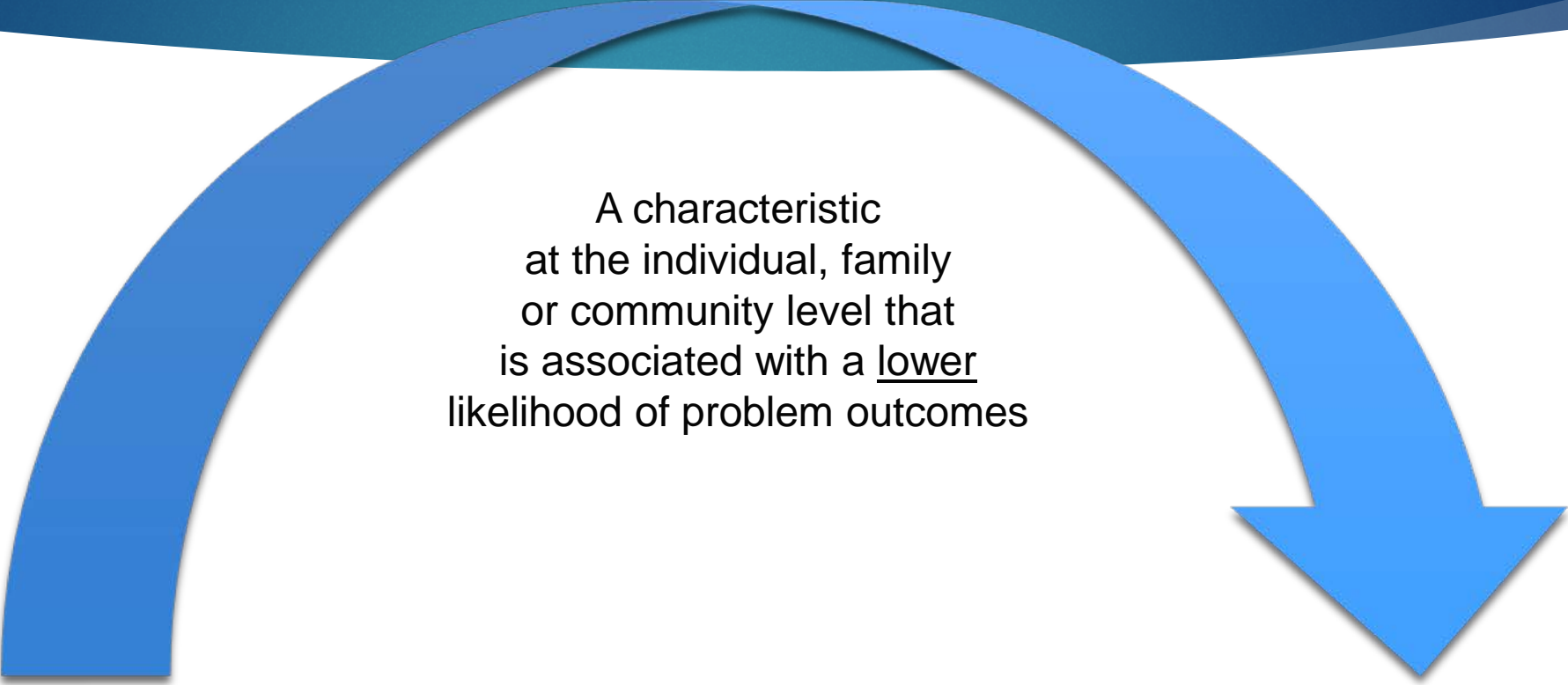
Risk factor



A characteristic at the biological, psychological, family, community, or cultural level that precedes and is associated with a higher likelihood of problem outcomes

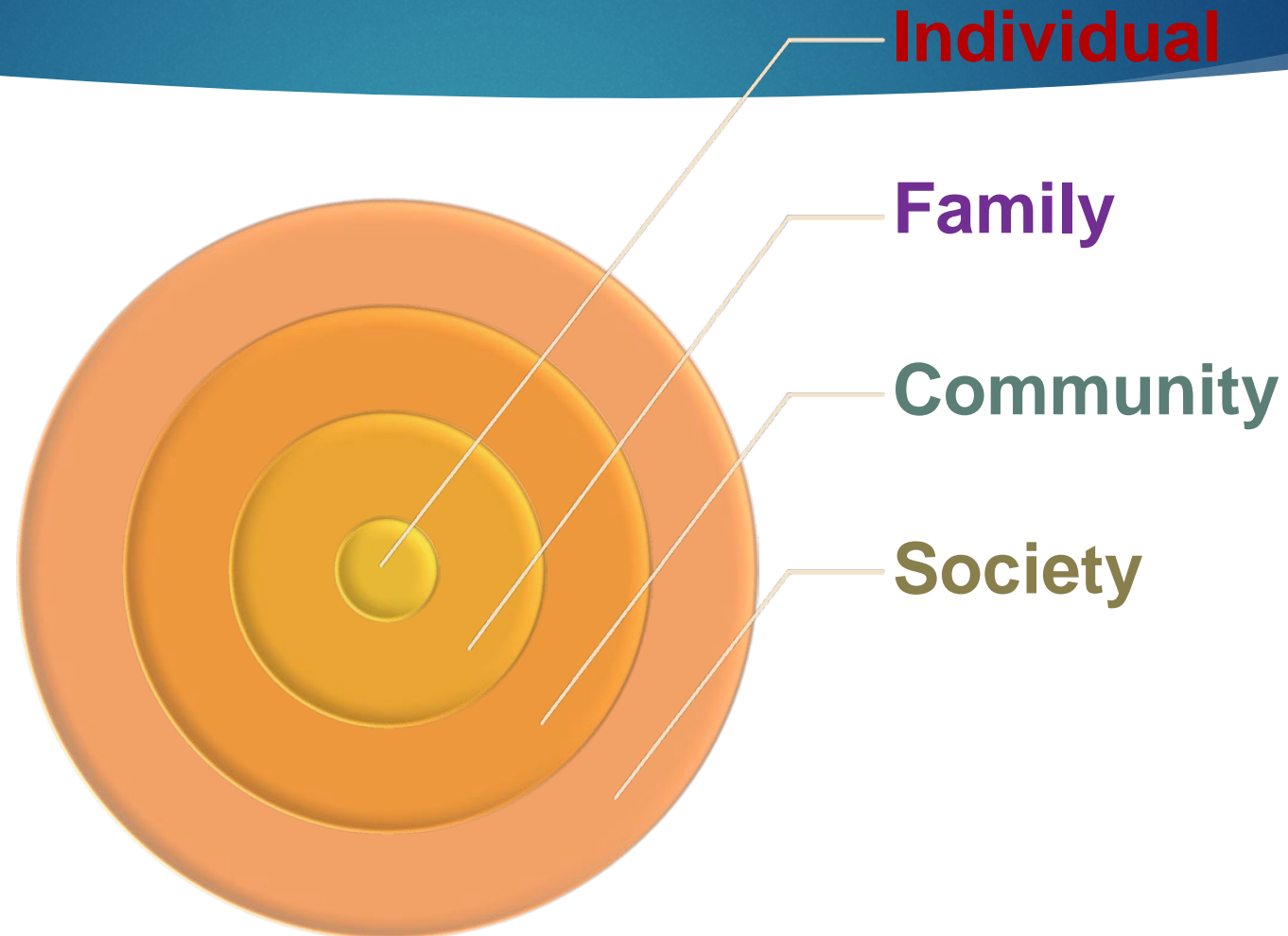


Protective factor



A characteristic
at the individual, family
or community level that
is associated with a lower
likelihood of problem outcomes

Multiple contexts / Domains





A focus on recovery





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.

Recovery

- ▶ Is wellness
- ▶ Is contagious
- ▶ Differs from person to person
- ▶ Almost always involves connectedness
- ▶ Requires choice



Understanding recovery: Things to keep in mind

- ▶ Differs from person to person
- ▶ Absent a sharp delineation of severities of problems
- ▶ Is resolved without treatment or mutual aid by 75% (does not mean doing it alone)
- ▶ Exposure to the most acute 10% — those in treatment programs can limit our understanding of recovery

The Prevention and Recovery Connection

Getting closer: *Individual* engagement

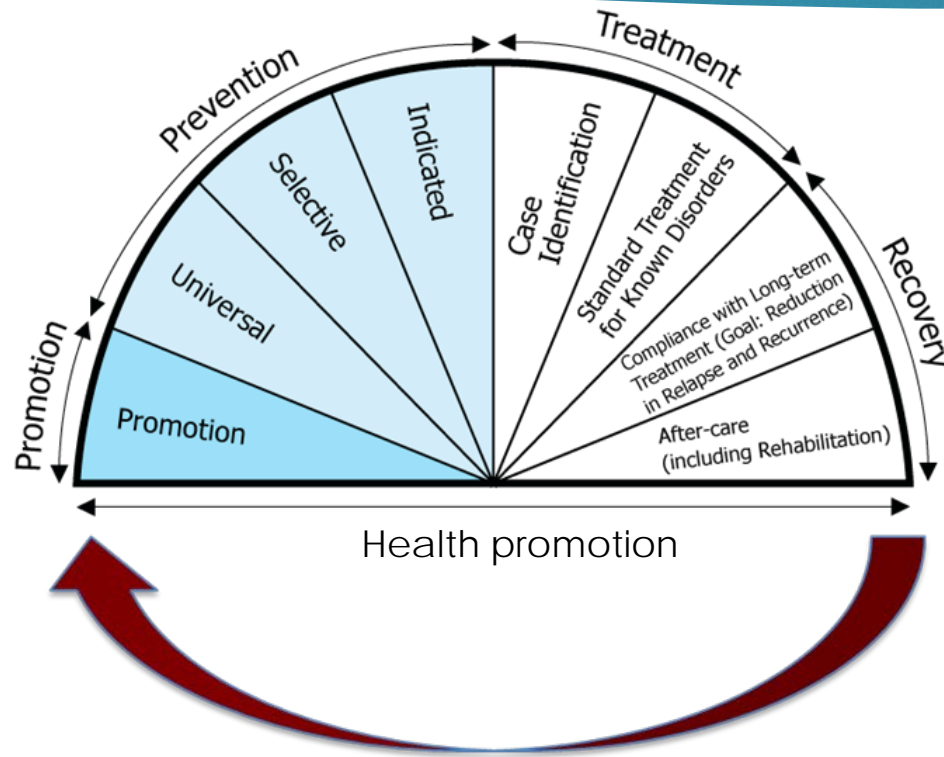
Because they target *individuals*, selective and indicated prevention interventions begin to connect with persons who may need recovery.



The Prevention and Recovery Connection Getting closer: Community

A person in early recovery is often faced with the need to abandon friends and/or social networks that promote and help sustain a substance use disorder, but has no alternatives to put in their place that support recovery.

The Continuum of Care Re-imagined



Based on what you have learned about recovery what changes might you make to this model?

What does the current model not reflect about recovery?

Social capital = Recovery capital

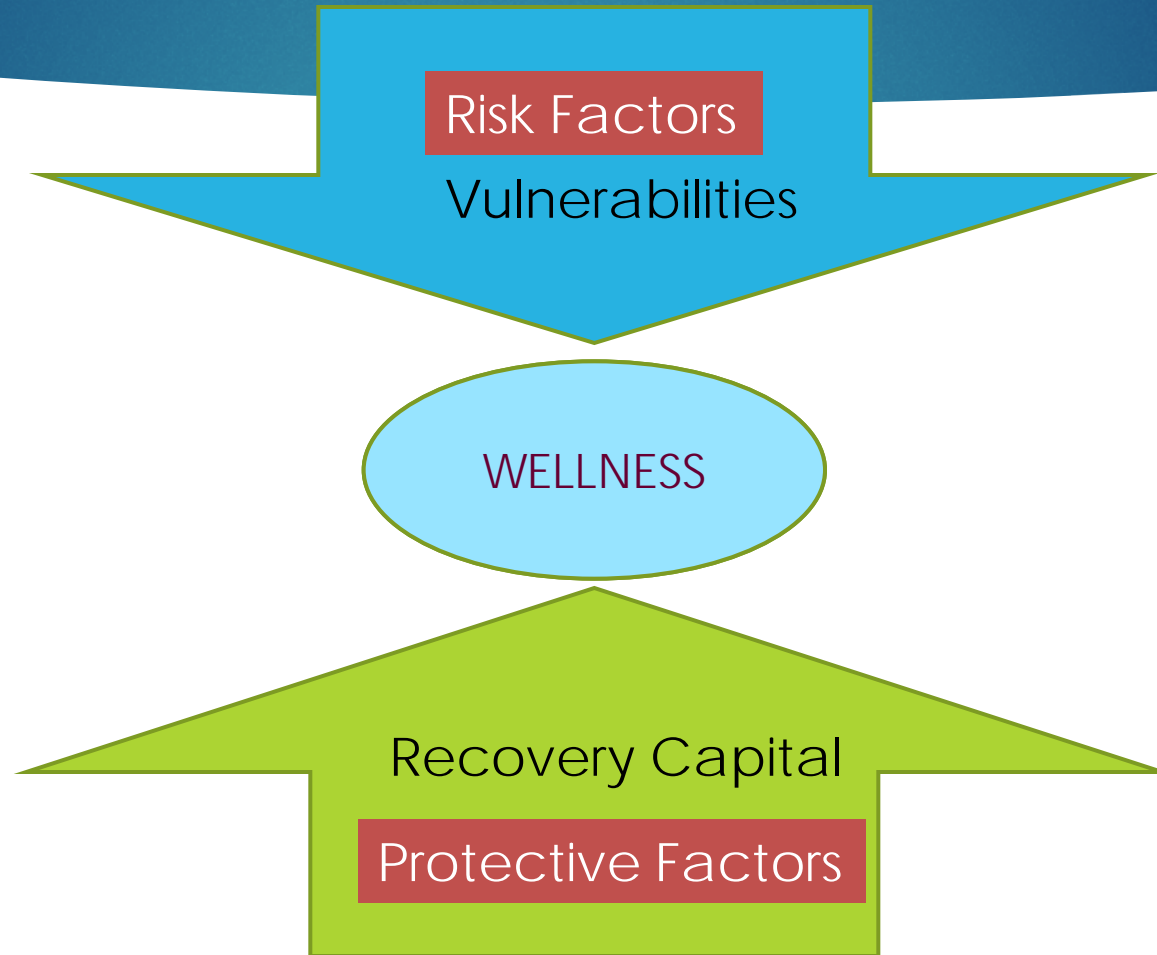
The internal and external assets required to prevent problems and to initiate and sustain long term recovery.



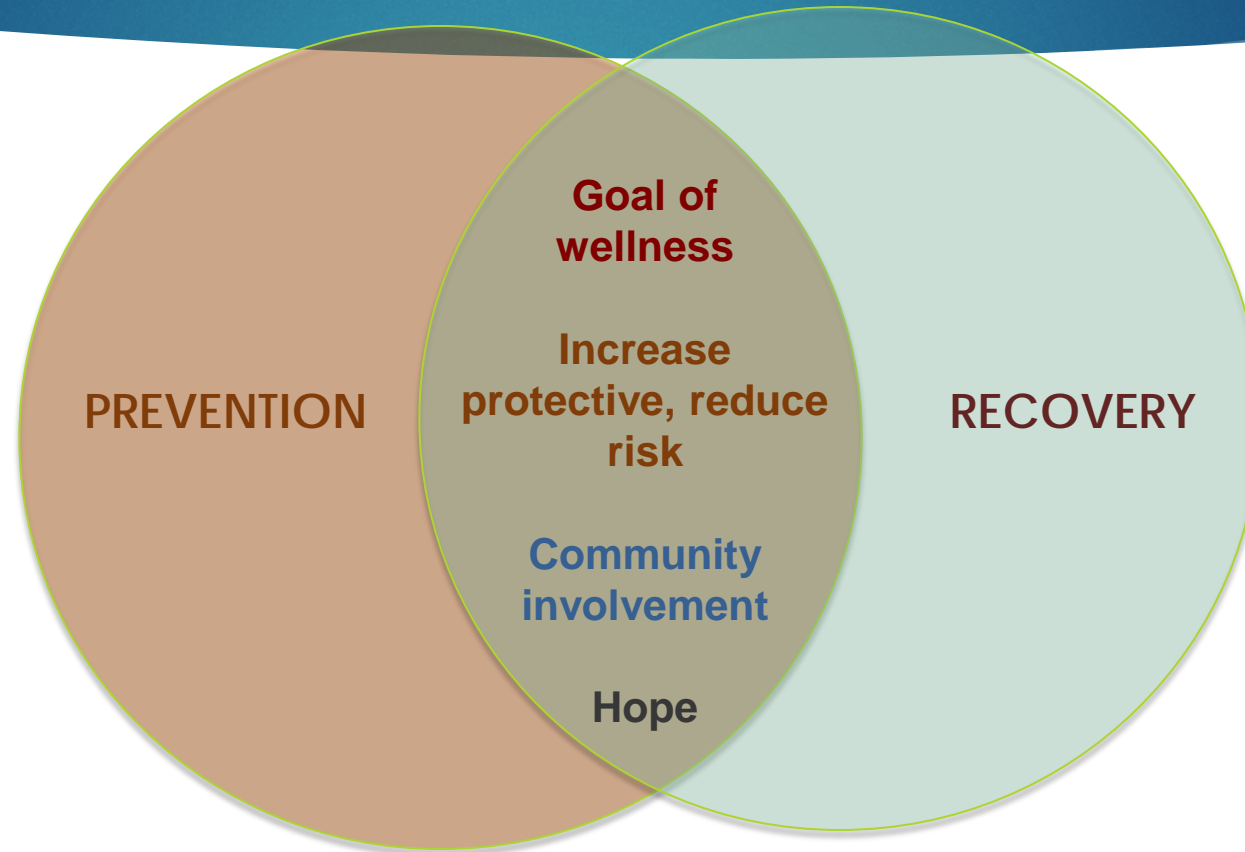
Types of recovery capital



The prevention and recovery dynamic



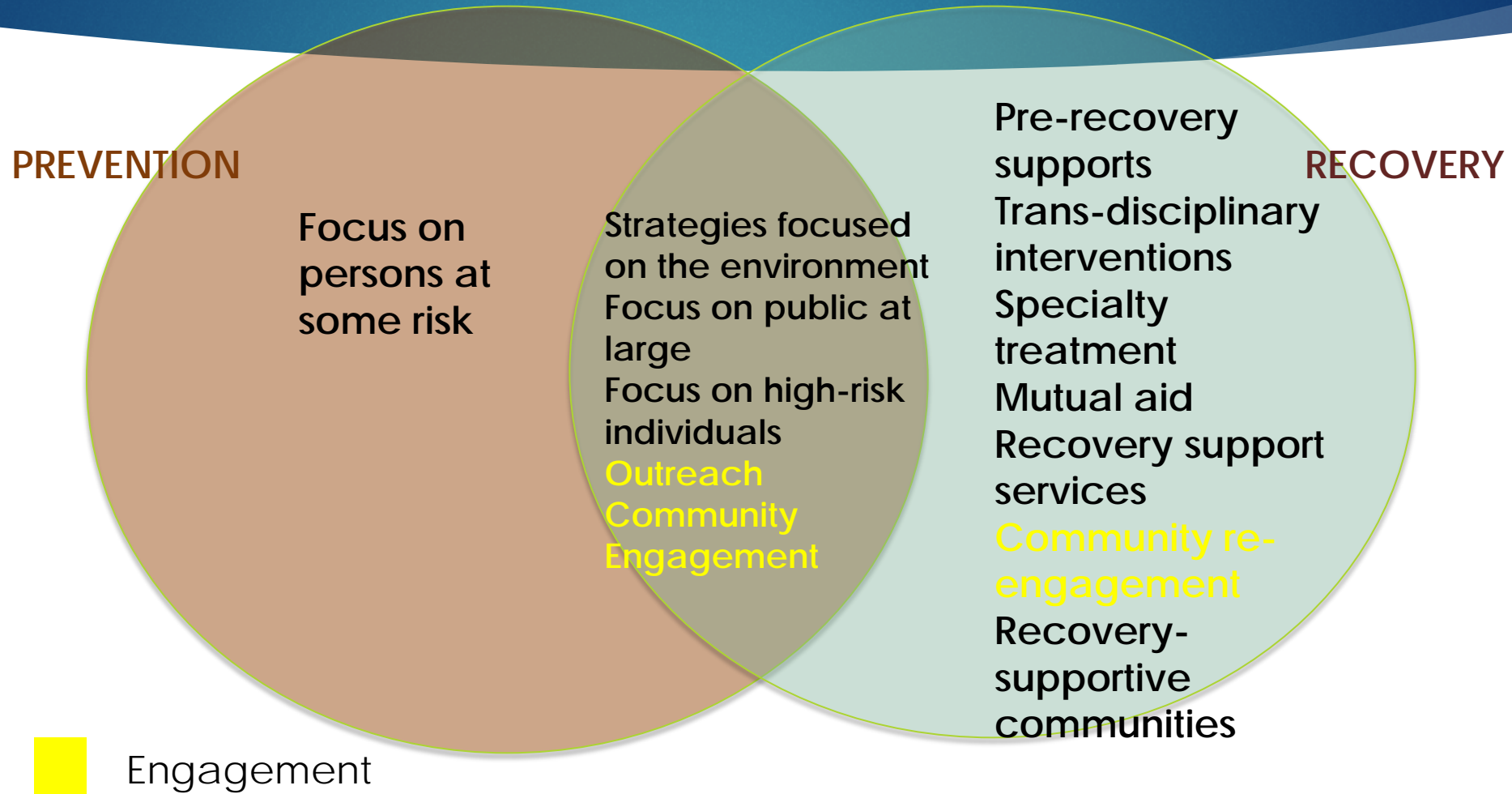
What do prevention and recovery have in common?



Strategies for health promotion

- ▶ Prevention
- ▶ Engagement
- ▶ Recovery

Health promotion approaches





Connecting prevention and...

- ▶ Individuals in recovery?
- ▶ The “recovery movement”?
- ▶ Recovery support services?
- ▶ Recovery community organizations?

DISCUSSION QUESTION

- ▶ What do prevention and recovery have in common?
- ▶ a. Community involvement
- ▶ b. Hope
- ▶ c. Goal of wellness
- ▶ d. Increase protective factors, decrease risk factors
- ▶ e. None of the above
- ▶ f. All of the above





Recovery community organizations



- ▶ A recovery community organization (RCO) is an independent, non-profit organization led and governed by representatives of local communities of recovery
- ▶ The sole mission of an RCO is to mobilize resources within and outside of the recovery community to increase the prevalence and quality of long-term recovery from alcohol and other drug addiction
- ▶ They organize recovery-focused policy advocacy activities, carry out recovery-focused community education and outreach programs, and/or provide peer-based recovery support services



Recovery community organizations: Core strategies

- ▶ Public education and awareness
- ▶ Policy advocacy
- ▶ Peer-based and other recovery support services

RCOs and prevention: Common tasks

- ▶ Leadership development
- ▶ Community strengths and needs assessments (data collection)
- ▶ Public education and awareness
- ▶ Policy advocacy

The Prevention and Recovery Connection: The Future Is Ours

- ▶ We have examined many possible areas of common goals, tasks and potential areas for collaboration.
- ▶ Let's continue the conversation!
- ▶ Thank you!