

About PRO-ACT

- ▶ PRO-ACT, Pennsylvania Recovery Organization – Achieving Community Together, founded in 1997
- ▶ Hosted by Bucks County Council on Alcoholism and Drug Dependence, Inc., which has a 35 year history of community mobilizing, education and advocacy
- ▶ Grassroots advocacy initiative promotes the rights of and ensures opportunities for those still suffering from the disease of addiction, members of the recovery community and their family members
- ▶ Provides advocacy and peer-to-peer recovery support services throughout the 5 counties of Southeastern Pennsylvania
- ▶ 1998, 2001 and 2006 RCSP recipient, helped to grow PRO-ACT



Five strategies to operationalize our work

Five volunteer-driven committees with common goals:

Reduce stigma, Give back to community & build relationships to strengthen and sustain long-term recovery:

Amends
In Action

Recreation
&
Celebration

Recovery
Support
Services

Educating
The
Community

Public
Policy



Ambassadors for Recovery

Early Recovery

- ▶ Often requires a concerted effort to change people, places and things that might trigger relapse
- ▶ A highly active, visible and welcoming Community Recovery Organization provides great competition to drug dealers who are trying to get back a good customer



Approach

- ▶ Focus on Recovery/Wellness, which informs everything we do
- ▶ Build on strengths and resources, which exist within the community
- ▶ We meet individuals where they are in their recovery journey with a strength based approach
- ▶ Acknowledges the benefit of multiple pathways to recovery



Approach

- ▶ Provides and maintains formal linkages and relationships among community resources to support recovery
- ▶ Believes that if more people access and sustain their recovery, overall health costs will go down because individuals and family members will need fewer health care dollars,
- ▶ More importantly, individuals and families give back to their communities, not only as tax payers, moms and dads, but also in helping others find and sustain recovery



Research Shows That Providing Holistic Community Based Support Services Enhances Treatment Outcomes And That Ongoing Community Support Is Important To Sustaining Recovery

- ▶ There is a long history of mutual support groups like AA/NA – this is different
 - Embrace strength/wellness-based thinking
 - Foster empowerment and ideas about recovery capital as core organizing and program design constructs
 - Place high value of authenticity, inclusion, community-building, and leadership development
 - Emphasize participatory process and de-emphasize hierarchical management strategies
 - Are fueled by principles of service/volunteerism



Peer and Other Recovery Support Services

- ▶ Bridge gaps between professional/clinical treatment, incarceration and long-term recovery
- ▶ Are non-clinical services that assist in removing barriers and providing resources to support recovery
- ▶ Are focused on strengths and resources that help people attain and sustain long-term recovery
- ▶ Can be effective pre-treatment, during treatment, in lieu of treatment and post-treatment
- ▶ Can be a key factor in developing collaborative relationships among members of the Recovery Community



Peer Driven / Peer Led Recovery Support Services Can Include:

- ▶ Life skills education
- ▶ Recovery coaching
- ▶ Recovery plan development
- ▶ Practical problem solving
- ▶ Employment help / Job search / Resume development
- ▶ Career Transitions and other special topic training/workshops
- ▶ Family support & relationship enhancement
- ▶ Parenting
- ▶ Special interest support groups
- ▶ Leisure activities
- ▶ Citizen and Identity Reclamation / Voter Registration



Current Life Skills Training / Skill Building Topics

- ▶ Understanding your illness
- ▶ Recovery 101
- ▶ Sustaining Recovery
- ▶ Taking Care of Yourself
- ▶ The Impact of Addiction on the Family
- ▶ Women's Health
- ▶ Fitness
- ▶ Employability
- ▶ Money Management
- ▶ Four-Steps to Credibility
- ▶ Spirituality
- ▶ Nutrition



Recovery Coaching

- ▶ Just like many other illnesses, the experience of someone who has learned to successfully manage their illness can provide great hope and support to those new to the illness
- ▶ Recovery coaching acknowledges multiple pathways to recovery and provides support across those frameworks
- ▶ Recovery coaches provide support services to people at various stages of change and helps support them through stages
- ▶ Recovery coaches: receive initial and ongoing training; vetted by the community
- ▶ Ethical guidelines and supervision protect all parties involved in the recovery support services process

White, W. (2006)



Recovery Planning

– provides a road map and a way to identify strengths and resources to sustain ongoing recovery

Why use a Recovery Plan?

- Helps to identify goals and objectives to attain and sustain holistic wellness
- Provides a tool for measuring progress
- Keeps the role of a coach/mentor defined and provides a platform for relationship building
- Improves confidence and motivation when one has set and achieved goals



Recovery Community Centers

- ▶ Provide a sanctuary in the community where people are supported to move from the culture of addiction into the culture of recovery
- ▶ Help people initiate and sustain recovery and gain overall wellness by reengaging with their family and community
- ▶ Provide a place for individuals to learn and practice recovery skills



PRO-ACT Recovery Community Centers

**Women's Recovery
Community Center**



New Britain, PA

**Philadelphia Recovery
Community Center**



Philadelphia, PA

**Southern Bucks Recovery
Community Center**



Bristol, PA



Ambassadors for Recovery

Typical Member's Experience

Engagement Phase

- ▶ Individuals come to Centers with various needs and interests – engagement is a priority and a process
- ▶ Welcomed with – “How can we help you with your recovery?”
- ▶ Tour Center
- ▶ Interest Survey select
 - 5 interests
 - 5 skills to share
- ▶ Calendar of programs and events
- ▶ Opportunity to participate at whatever level



Typical Member's Experience

▶ Integration Phase

- Participate in life skills group, class on resume writing, job seeking, special focused support meeting (i.e., African American Men in Recovery)
- Request Recovery Coach, develop Recovery Plan
- Ongoing participation in Center activities
- Access other community resources identified in plan
- Weekly meetings with Recovery Coach

▶ Stabilization Phase

- Learn skills to sustain recovery
- Members volunteer and provide support, skill building and leadership for others



Research Targets

– for Recovery Centers

- ▶ To understand what happens between baseline and follow-up and link outcomes to type and amount of services provided
- ▶ Instrument and tracking approach – GPRA - CCAMP
- ▶ Evaluation Tracking Domains
 - Drug and alcohol use
 - Family and living conditions
 - Education, employment and income
 - Crime and criminal justice status
 - Mental and physical health and treatment/recovery
 - Social connectedness



Research Targets

CCAMP Asset Mapping System Also Enables Us To

- Identify community and individual strengths, needs and interests
- Plan programs that are meaningful to potential participants
- Engage volunteers, participants and community groups based on their own unique strengths and interests
- Link community members with common skills and interests and create stronger recovery-oriented networks



Snap Shot of GPRA Results

<u>GPRA Measures</u>	<u>Number of Valid Cases</u>	<u>Percent at Intake</u>	<u>Percent at 6-Month Follow-up</u>	<u>Rate of Change</u>
Increase % of individuals receiving services who:				
<u>Abstinence: did not use alcohol or illegal drugs</u>	80	87.5%	92.5%	5.7%
<u>Crime and Criminal Justice: had no past 30 day arrests</u>	80	98.8%	100.0%	1.3%
<u>Employment/ Education: were currently employed or attending school</u>	80	30.0%	62.5%	108.3%
<u>Health/Behavioral/Social Consequences: experienced no alcohol or illegal drug related health, behavioral, social consequences</u>	80	95.0%	96.3%	1.3%
<u>Social Connectedness: were socially connected</u>	80	100.0%	97.5%	-2.5%
<u>Stability in Housing: had a permanent place to live in the community</u>	79	17.7%	38.0%	114.3%

FFY: 2009 Quarter: All



Ambassadors for Recovery

Investing in Peer-to-Peer Recovery Support Services Changes Lives, Changes Attitudes and Pays Off!

Timeframe: May 1, 2008 – May 31, 2009

Total Unduplicated Individuals participating in Life Skills, Recovery Coaching, Recovery Planning	1,112
Total Hours of Direct Recovery Support Services Provided . . .	12,350
▪ hours provided by paid staff	4604
▪ hours provided by volunteers	7746
Volunteer hours donated by service recipients for sub committee, administrative support, special projects, amends in action	4,902
Total hours of service delivered by Volunteers	12,649
Independent Sector for PA Cost Calculator (\$18.86/hr. x 12,649 hrs) . .	\$238,562



Contact Information

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