



Widening the Door of Entry To Recovery For Young People



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Young People's Networking Dialogue on Recovery (YPNDR)

- Convened by Substance Abuse and Mental Health Services Administration (SAMHSA) on Monday, Dec. 13, 2010
- 38 young people from around the country interacted in panel discussions & work groups to give a voice to their ideas and creative input for how to improve youth recovery outcomes
- Opportunity for young people in recovery to share creative ideas about developing community-based recovery-oriented systems of care that supports young people in or seeking recovery

Project Advisory Team (PAT)

- Association of Recovery Schools
- Chestnut Health Systems
- Community Anti-Drug Coalitions of America
- Connecticut Turning to Youth and Families
- Faces & Voices of Recovery
- MOMSTELL
- National Council on Patient Information and Education (NCPIE)
- Office of National Drug Control Policy
- Peer Assistance Services (Colorado)
- SAMHSA, CSAT
- The Partnership for a Drug-Free America
- Tennessee DMHDD / Div. of Alcohol and Drug Abuse Services
- Texas Tech University, CASR

Young People's Networking Dialogue on Recovery (YPNDR)

Objectives:

1. To provide a forum for young people to describe the challenges and successes of their own personal recovery that could inform elements of a new recovery-oriented system of care.
2. To identify those services and supports that young people believe are critical to recovery.
3. To provide participants the opportunity to contribute to the conversation about recovery.
4. To instill in participants a sense of optimism about future directions in building a recovery-oriented system of care.
5. To describe creative ways to effectively mobilize community-based resources to support youth recovery.

Dialogue Participants

- 38 confirmed participants
- States represented (15): AZ, CA, CO, CT, IL, MD, MA, MN, NJ, NY, PA, TN, TX, VA, WA
- Average Age: 22.3 years
- Age Range: 18 – 27
- Gender: Female: 21; Male: 17

The Experts Were In The Room

- 91+ Total Years Of Sustained Recovery
- 2.4 Years Average of Sustained Recovery



Voices of Youth Recovery

- “The recovery process is not easy; it’s a really tough road.”
- “I maintain a feeling of serenity through peer support.”
- “Recovery is a way of life, it isn’t just about abstinence.”
- “What is needed to help more young people sustain long-term recovery?”



Involve Young People in Recovery

- Design culturally-competent, developmentally-appropriate services – *“Nothing About Us Without Us!”*
 - *Youth-oriented recovery housing options*
 - *Recovery supports in schools*
 - *Replicate alternative peer groups (APG)*
- Resource and referral systems to facilitate youth or their families to access treatment and recovery services
- Develop training and technical assistance services to assist with the connections to and growth of youth and family peer-to-peer support communities locally

Create School-Based Recovery Programs

- Promote the expansion of High School and Collegiate recovery schools
- Integrate recovery support services into public high schools and on college campuses
- Harness the powerful resource of youth with “lived experience” to engage and outreach all support services
- Create Student Assistance Programs on college campuses – similar to Employee Assistance Programs
- Educate school personnel about addiction and recovery
- Support family members as well as the students
- Develop relapse prevention education

Increase Family Engagement

- Increase access to recovery information for youth and their families
- Educate parents prior as well as during treatment
- Provide ongoing recovery support to families
- Expand the current paradigm of family
- Increase outreach in rural and low-income communities

Change Public Perception of Addiction

- Make recovery attractive - “It’s cool to be sober”
- Provide a more reality-based definition of alcoholism and/or addiction that youth can identify with
- Reframe prevention messaging to include recovery - get away from “Just Say No” or scare tactics
- Develop a youth-oriented educational campaign on recovery for the public to reduce stigma
- Encourage and educate young people about recovery advocacy
- Use modern communication tools (video, internet, social media, etc.) for recovery messages and programs

Develop Youth-Oriented Recovery Community Centers

- Include them in the continuum of care
- Provide activities, structure, and resources
- Structure the programming to be peer-based
- Assure accessible space – perhaps even virtual spaces or existing community centers with expanding programs
- Provide family support services
- Offer volunteer or employment opportunities
- Promote outreach to reduce stigma
- Support advocacy
- “Not one size fits all”

Building a Recovery Model for a Community in 2020

- Design a more “holistic” approach - making the goals of prevention, treatment, and recovery to be about more than abstinence - address co-occurring disorders
- Address gaps in care continuum (i.e. peer recovery coaches)
- Establish linkages among health care professionals to peer recovery support services
- Create formal networks of support for young people and their families
- Offer earlier intervention and more effective prevention programs

Building a Recovery Model for a Community in 2020

- Assure person-centered care and recovery management planning
- Include care systems that embrace multiple pathways to recovery
- Work with all community systems
- Provide treatment on demand (i.e. “a young person doesn’t need to be high to access services”)
- Include youth in advocacy and policy change – social norm change