



Recovery Community Organizations

Basics for Increasing a Communities Recovery Capital within a Recovery Oriented System of Care Framework



This training is supported by Florida Department of Children and Families
Office of Substance Abuse and Mental Health

Learning Objectives

1. • Identify both the fundamental concepts and building blocks of the a recovery community organization.
2. • Distinguish between peer based and clinical services.
3. • Draw connections between recovery community organizations and other recovery oriented agencies recognizing that all are essential to a recovery oriented system of care.



Wildfire Analogy

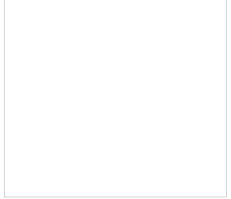

**We Need
Everyone's
Bucket of
Water**

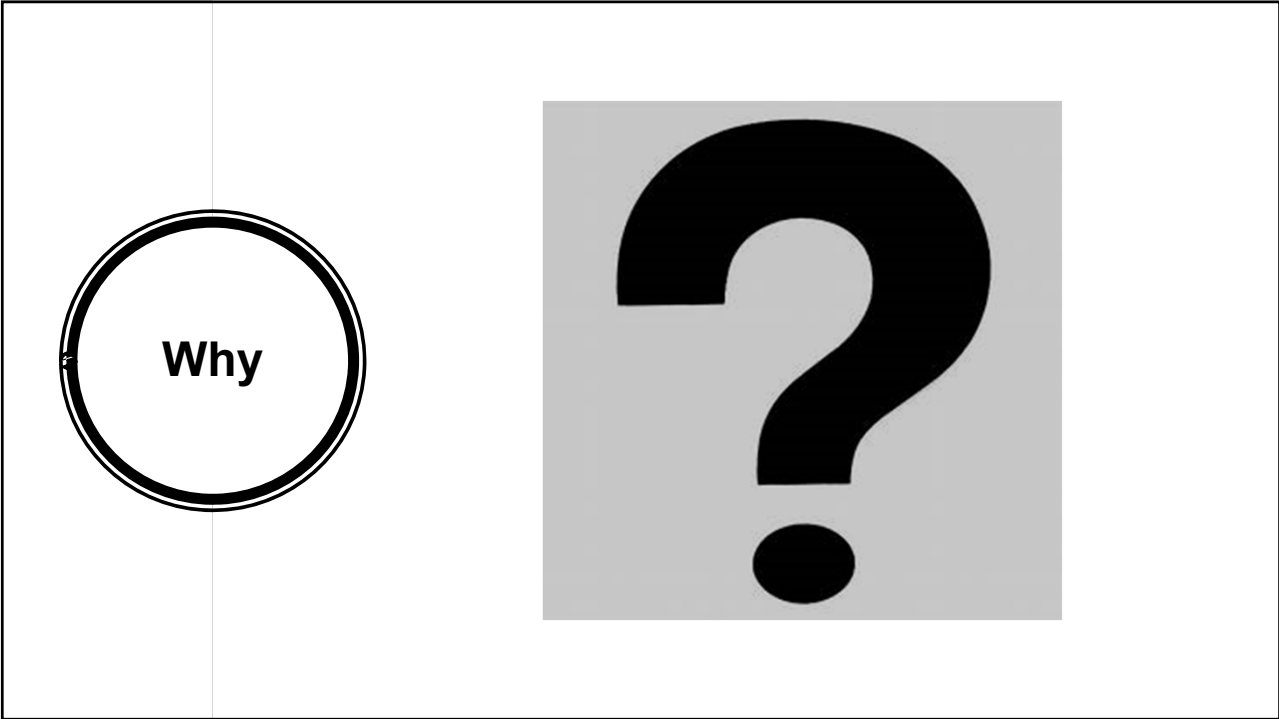
Communities of recovery

Recovery community organizations

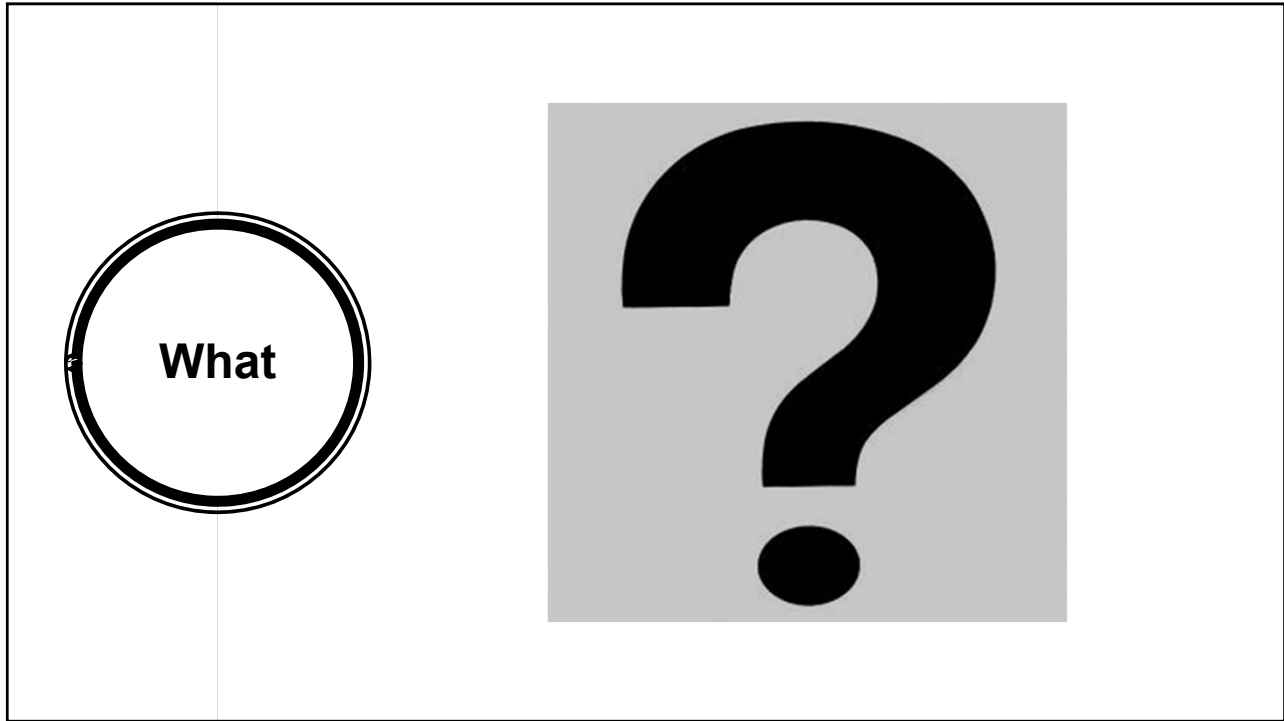
Other human service providers

<p style="text-align: center;">Recovery Community Organizations</p> <hr style="width: 20%; margin: auto;"/>	<p style="text-align: center;">Why? What? Who? How? When?</p>
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<p style="text-align: center;">A Quote from the Book “Creating Sanctuary”</p>		<p style="text-align: center;"><i>“We must begin to create naturally occurring, healing environments that provide some of the corrective experiences that are vital for recovery.”</i></p>
<p style="text-align: center;">By Sandra Bloom</p>		



<p>Why were Recovery Community Organizations Developed ?</p>		<ul style="list-style-type: none"> • Response to unmet needs in the community by individuals and families. • To offer opportunities to express a collective voice. • To bring about positive change in community life through public action. • To assist individuals in sustaining long-term recovery post-treatment.



What are Recovery Community Organizations?



- RCO's are independent, non-profit organizations
- They are governed by representatives of local recovery communities
- They do not provide clinical services
- They offer a variety of peer based services and programs including:
 - Public education
 - Policy advocacy
 - Recovery support services

Valentine, P., White, W. & Taylor, P. (2007) The recovery community organization: Toward a definition.



“to mobilize resources within and outside of the recovery community to increase prevalence and quality of long term recovery from substance use disorder for both individuals and family members”

What is the Mission of a Recovery Community Organization?

What are the Different Types of Recovery Community Organizations?

Statewide organizations

Peer service and advocacy organizations

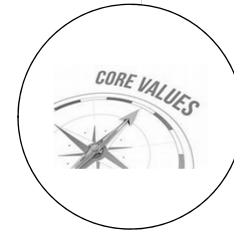
Peer service and recovery housing organizations

Peer service and training organizations

Peer service training and technical assistance organizations

What are the Core Values of a Recovery Community Organization?

- RCO's, their staff and programs always focused on recovery first
- RCO's gear their services to all people. Their programs and services reflect cultural diversity and inclusion
- Decisions are made through the participatory process from the staff, stakeholders, partnerships, and individuals receiving services
- They run on the peer-helping-peer model
- Programs allow for leadership development in staff, volunteers and individuals receiving services
- All programs, services, communications and policies are strength-based
- All programs and services encourage individual autonomy and choice



What are the Core Principles of a Recovery Community Organization?

- Recovery vision-Long-term recovery from substance use disorder happens
- Authenticity of voice-person's in long-term recovery drive the programs and services
- Accountability to the greater recovery community to help and support
- Continued public education & awareness to reduce stigma and help community members understand that recovery is possible
- Continued policy advocacy
- Offer peer-based and other recovery support services that support multiple pathways of recovery



What are Peer Recovery Support Services?

- Peer recovery services are designed and delivered by people who have experienced both substance use disorder and recovery.
- These services help individuals and families stay engaged in the recovery process after initial acute care.
- The services embody a powerful message of hope & experiential knowledge.
- They extend the reach of treatment beyond clinical settings.



Understanding the Differences

Peer Support Services

- Minimal role differential
- Non-clinical settings
- Long-term
- Community-based
- Multiple pathways

Clinical Support Services

- Power differential
- Clinical settings
- Short-term
- Diagnosis
- Medication
- Boundaries

Understanding the Differences

12-Step Programs

- Prescriptive
- Abstinence-based
- One pathway
- Program to follow

Peer Support Services

- Non-prescriptive
- Multiple pathway
- Self-directed program

What are the Domains of Peer Recovery Services?


Developed by the Substance Abuse and Mental Health Services Administration


Emotional


Informational


Instrumental

Affiliational

<h2>Emotional Domain</h2>		<p>Examples</p> <ul style="list-style-type: none"> • Peer coaching • Peer led support groups <p>Peer service providers demonstrate empathy and caring to bolster a person's confidence and self-esteem</p>
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<h2>Informational Domain</h2>		<p>Examples</p> <ul style="list-style-type: none"> • Job readiness training • Wellness seminars <p>Peers share knowledge and information and provide vocational or life skills training.</p>
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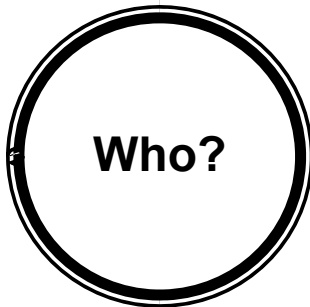
<h2>Instrumental Domain</h2>		<p>Examples</p> <ul style="list-style-type: none"> • Community health and social services • Transportation • Child care <p>Peers directly provide and/or connect or link others to services with accessing public assistance and insurance benefits</p>
		

<h2>Affiliational Domain</h2>		<p>Examples</p> <ul style="list-style-type: none"> • Recovery centers • Sports leagues • Fitness classes <p>Peer service providers facilitate contacts with other people to promote learning of social and recreational skill, create community, and acquire a sense of belonging.</p>
		



What are the Benefits of a Recovery Community Organization?

- Unique capacity
- Offer support
- No power differential allows for rapid trust building
- Often services offered are of no cost
- Provide a sense of belonging
- Provide a variety of pathways and freedom of choice in recovery
- Offer on-going and long-term help.



Who Comprises a Recovery Community?

- People in long-term recovery from substance use disorder
- Family members
- Friends
- Recovery-focused addiction and recovery professionals
- Organizations that reflect religious, spiritual and secular pathways of recovery
- Allies
 - Business owners
 - Law enforcement
 - Others in the community who want to help

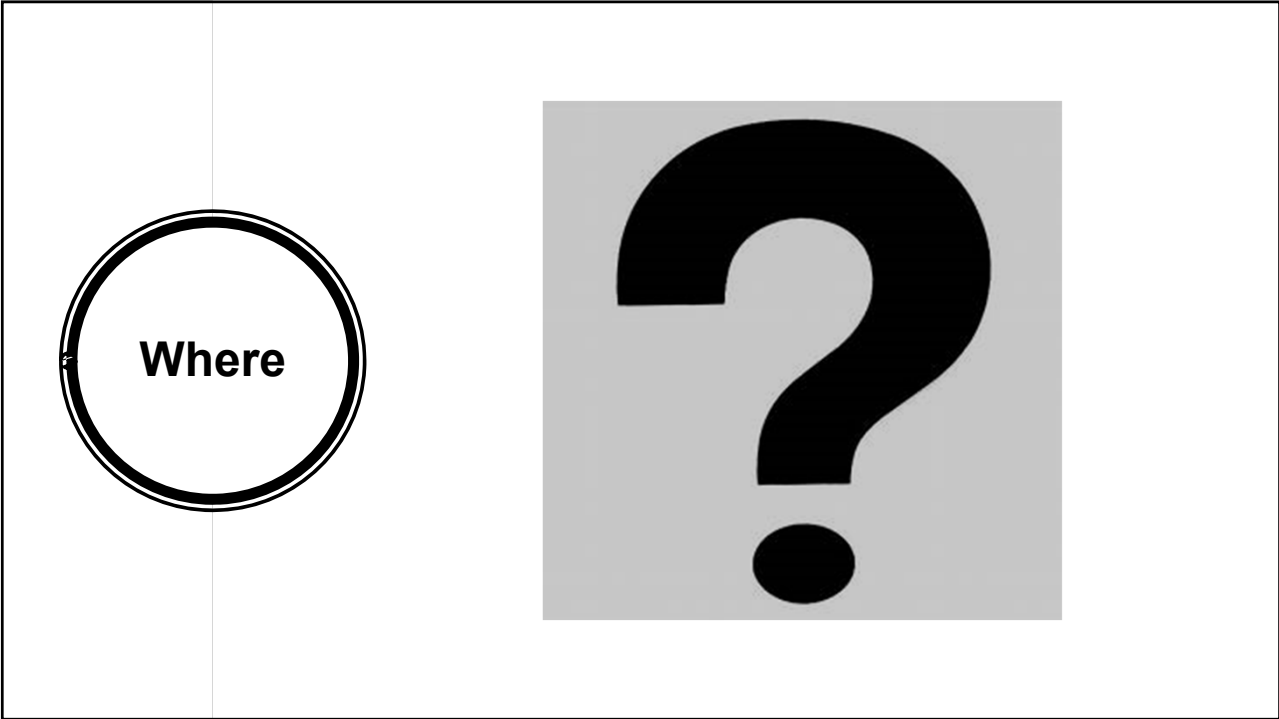
The Role of Community in Addiction Recovery William L. White, M.A., and Christy K. Scott, PhD

Who Works at a Recovery Community Organization?



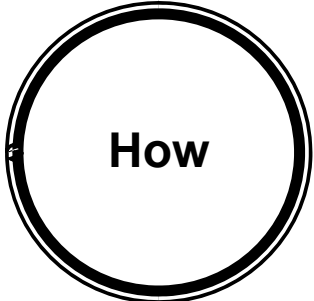

- Recovery community organizations are peer-based.
- The majority of staff, volunteers and board members are in personal & long-term recovery from substance use disorder.

*Faces & Voices of Recovery-
Recovery Community Organization Toolkit*



<p>Where are Peer Recovery Support Services Delivered?</p>		<p>Examples</p> <ul style="list-style-type: none"> • In recovery community organizations • In emergency rooms • In hub and spoke models • In medical and behavioral health settings
<p><i>National research provided by Faces & Voices of Recovery-2018</i></p>		

<p>Where do Recovery Community Organizations Fit in the Recovery Oriented Systems of Care?</p>		<ul style="list-style-type: none"> • Precede formal treatment • Accompany inpatient treatment • Accompany outpatient treatment • Follow treatment to assist in relapse prevention • Apart from treatment • Outreach and engagement • Care Coordination
<p><i>White, W. (2009). Peer-based Addiction Recovery</i> <i>White, W. (2008). Recovery management and recovery-oriented systems of care</i></p>		

	
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How to Establish a Recovery Community Organization



The Building Blocks

Faces & Voices of Recovery-

**Establishing
a Recovery
Community
Organization**



Step One-Visioning

The first step in establishing a recovery community organization is community visioning.

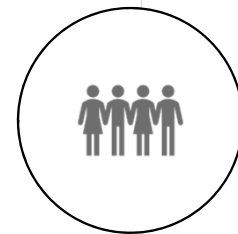
Visioning can be done in three steps.

- Establish a core group
- Develop a shared vision
- Create vision and mission statements



Establish a Core Group

- Identify a core group of dedicated and committed volunteers.
- These individuals should demonstrate leadership, communication and active listening skills.
- This group should also represent the diversity of the greater recovery community.
- A clear structure of the meetings will need to be created along with a variety of meeting options within regions, by conference call or virtually for easier accessibility.



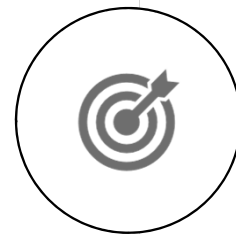
Develop a Shared Vision

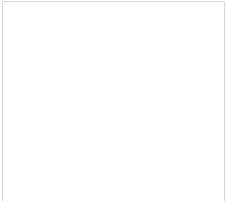

- A shared vision should reflect the divergent views and ideas of the greater recovery community and encourage ongoing involvement in your organization.
- There are multiple ways to gather this information. This process will assist you in prioritizing your agenda.

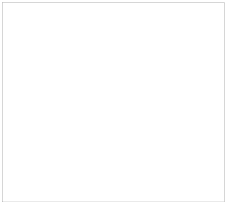



Create Mission and Vision Statements

- A mission statement will be your organization's compass, outlining your fundamental purpose or "mission."
- Mission statements clearly identify who the organization serves, what needs you are trying to satisfy and how you will serve your constituents.
- A vision statement is a process to look to the future, and will help identify any obstacles that may occur.




<p>Step Two</p> <p>Developing an Organizational Structure</p>		<p>A solid organizational infrastructure defines governance roles and processes and establishes authority and decision-making procedures that help recovery community organizations be accountable to the community and funders.</p> <ul style="list-style-type: none"> • Board development • Organizational infrastructure • Financial planning • Sustainability planning
		

<p>Step Three</p> <p>Communications</p>		<ul style="list-style-type: none"> • Build and develop a database of members and supporters. • Make sure to ensure the confidentiality of their information.
		


Step Four

Build Your Agenda



- The priorities expressed by the recovery community during your visioning process will help you to prioritize what programs and activities your organization has the capacity to do.
- Your organization’s leadership will need to decide how decisions will be made and how you are going to get things done.






Additional Resources

- <http://www.williamwhitepapers.com>
- Facesandvoicesofrecovery.org
- www.recoveryanswers.org
- [Substance Abuse and Mental Health Publications | SAMHSA Store](#)

Final Questions



Thank You for Participating



This block contains a large rectangular frame with a thin border. Inside the frame, the text "Thank You for Participating" is centered in a bold, black font. Below the text, there are three horizontal rectangular boxes. The middle box is the largest and contains a simple smiley face icon (a circle with two dots for eyes and a curved line for a mouth). The boxes on either side of the smiley face are smaller and are currently empty.