

## Road to Recovery: Purposeful Post-Treatment Planning Small Group Activities for June 9, 2020

### 1. Fred's Story

Fred was having a hard time with injection heroin use and wanted to stop using heroin. He tried finding treatment with his local providers, but the only ones that would accept his insurance didn't have any openings for at least 30 days. He ended up going to a detox-only service at a local hospital, where he spent 3 days detoxing. On his last day there, he was handed a list of methadone providers on his way out (no other planning or aftercare services were offered). He spent the afternoon calling methadone providers from the list, but none of them took his insurance or were accepting new patients. After spending the night alone with intense cravings and feeling hopeless in his search for treatment, he began using heroin again the next day. He was apprehended by police and subsequently incarcerated.

**Discussion question: What could have the provider done differently in order to support better recovery outcomes for Fred?**

(Please select a group member to report back to the larger group on what strategies and services your group identified)

### 2. Marcy's Story

**First**, decide your group's role in this case scenario: residential treatment provider, recovery housing provider, outpatient treatment provider, recovery community organization, or another kind of service provider.

Marcy is about halfway through her residential treatment program. She has let staff know that she can't go back home because her husband is the one who "got her hooked on drugs" and that he'll find ways to pressure her to use again if she goes back home. Her top priority is finding a safe place to live post-treatment, followed by continuing her MAR/MAT, and securing income. She's open to considering outpatient-based treatment and community recovery support, although she's not really sure how that could help in her situation.

**Discussion question: What discharge planning needs to you identify? What services and resources would you offer (within the role your group chose) to support Marcy's long-term recovery?**

(Please select a group member to report back to the larger group on what services and resources your group identified)

### **3. Continuing Recovery Planning (CRP): Marcy's Next Chapter**

**In your small groups, select one of the CRP areas (described below) and develop a continuing recovery plan based on Marcy's situation. (Select a member to report out to the large group)**

Marcy is preparing to complete outpatient treatment and needs to review and update her continuing recovery plan with her outpatient team. She has maintained safe and stable housing and is working full-time. She's interested in pursuing work in the treatment and recovery field, either as a recovery coach or as a certified drug and alcohol counselor. She continues to be prescribed MAR/MAT as part of her outpatient care and will need linkage to community-based MAR/MAT. She has a mutual aid sponsor but shares that she gets more support from treatment staff and others in the treatment program than from her sponsor or community recovery meetings. She started to reconnect with her sisters, whom she describes as a great source of support, shortly after her husband (from whom she was separated) died of an overdose. Marcy shares that she's grieving her husband's death and feels somewhat guilty about having left him in his addiction while she got help. She's interested in staying connected to ongoing supports within the treatment program but isn't sure what aftercare services are available and how they might fit with her work schedule. (Use your imagination to fill in any gaps in the scenario)

#### **Four CRP Areas (select one as a group)**

##### **A. Maintain Treatment Gains**

1. Individualized coping skills toolbox to deal with cravings and cues ("triggers")
2. Anticipate situations that present a high risk to recovery and identify coping strategies
3. Make a recovery setback response plan

##### **B. Greater Life Goals / Needs**

1. Identify what's most important for Marcy, what are her greater life goals?
2. How does continuing recovery support her greater life goals?
3. What supports and resources can aid in her greater life goals and needs?

##### **C. Recovery Capital**

Develop a plan that supports Marcy's access to internal and external recovery resources.

1. Human (skills, education, hopefulness, personal values, self-efficacy)
2. Social (family, safe intimate relationships, kinship, social supports)
3. Physical (health, safe housing, basic needs, financial resources, medical access)
4. Community (anti-stigma community, recovery role models, peer support, mutual aid)

##### **D. Aftercare Planning**

1. How can we support continuing recovery and greater life goals post-treatment?
2. How would Marcy like to engage in aftercare services as part of her continuing recovery and greater life goals? How can we support her engagement in aftercare services?