

Building a Culture of Recovery through Coaches and Peers

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AGENDA & OBJECTIVES

Introduction

Recovery contingency management

Peer Respite and Recovery Coaches as Case Managers

Identify two factors of recovery contingency

List three ways coaches/peers build recovery capital

Learn two supervision considerations

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Introduction

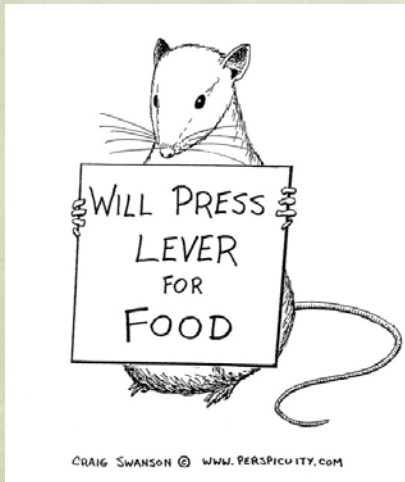
A brief origin story



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RECOVERY Contingency



The Contingency Management approach is adapted from the theory of social control suggesting that if a behavior is rewarded it will more likely occur again in the future.

Also sometimes called motivational incentives

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RECOVERY Contingency

RC Behavioral modification is based on 3 tenants

1. Develop an environment where target behaviors are readily detected
2. Provide tangible reinforcers (rewards) when target behavior is demonstrated
3. When the target behavior does not occur, you systematically withhold these rewards

A Clinician's Guide for Implementing Contingency Management Programs – Petry, Nancy M.

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RECOVERY Contingency

Managing Drug Involved Probationers with Swift and Certain Sanctions: Evaluating Hawaii's HOPE (Hawaii Opportunity Probation with Enforcement) 2009

60% more adherent to probation meetings,

70% fewer positive urine tests

55% fewer new arrests

53% lower revocation rates and 48% lower incarceration

Angela Hawken, Ph.D. and Mark Kleiman, Ph.D. 2009

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RECOVERY Contingency

South Dakota 24/7 Sobriety Program 2007
(WI ACT 389 – 2015)

- Positive tests result in 24 hr incarceration
- Pass rates of 96.9 and 80% for urinalysis and drug patches
- Additionally, 77.9% of individual who wore SCRAM bracelets (devices that continuously monitor alcohol exposure) didn't once violate the terms of the 24/7 Sobriety program

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RECOVERY Contingency

Voucher-Based Reinforcement (VBR)



- Person receives a voucher for every drug-free urine sample provided
- Voucher has monetary value that can be exchanged for food items, movie passes, or other goods or services that are consistent with a drug-free lifestyle.
- Voucher values are low at first, but increase as the number of consecutive drug-free urine samples increases; positive urine samples reset the value of the vouchers to the initial low value.

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RECOVERY Contingency

Voucher-Based Reinforcement (VBR) 2006 Clinical Trial

Treatment duration was 14 weeks, and outcomes were assessed for 12 months posttreatment. Findings suggest that

- Abstinence-based vouchers were effective for engendering extended periods of continuous marijuana abstinence during treatment
- Cognitive-behavioral therapy did not add to this during-treatment effect
- Cognitive-behavioral therapy enhanced the posttreatment maintenance of the initial positive effect of vouchers on abstinence

Clinical trial of abstinence-based vouchers and cognitive-behavioral therapy for cannabis dependence.

Budney, Alan J.; Moore, Brent A.; Rocha, Heath L.; Higgins, Stephen T.

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RECOVERY Contingency

Prize Incentive

- Opportunities to win cash or prizes
- Every passed test and breathalyzer allows for a chance to draw a prize of varying amounts.



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RECOVERY Contingency



- Frequency
- Successive approximations
- Priming
- Immediacy
- Magnitude
- Escalating reinforcers and bonuses
- Consistency

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RECOVERY Contingency



VOCATIONAL OPPORTUNITIES

STEP Industries is a social enterprise offering HOPE to recovering alcoholics, chemical dependents and co-dependents; by providing vocational and personal growth through transitional employment.

- 136,755 hours of Job Skills, Job Training and Soft Skills Training
- Each person received mentoring, access to a recovery coach and support
- Our participants "earn while they learn"
Collectively, they received \$1,087,169 in wages in 2015

Survey Results

- 100% reported feeling more secure in their recovery after coming to STEP
- 94% feel their family relationships have improved
- 100% feel they have gained self-respect

www.stepindustries.com

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Coaches & peers as case managers

HOPE  **OF RECOVERY**

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Coaches & peers as case managers

Are Coaches & Peers meant to be Case Managers?

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Coaches & peers as case managers

Case management offers the client a single point of contact with the health and social services systems. The strongest rationale for case management may be that it consolidates to a single point responsibility for clients who receive services from multiple agencies.

SAMHSA - Comprehensive Case Management for Substance Abuse Treatment.

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Coaches & peers as case managers

Case management is grounded in an understanding of clients' experiences and the world they inhabit - the nature of addiction and the problems it causes, and other problems with which clients struggle

This understanding forms the context for the case manager's work, which focuses on identifying **psychosocial issues** and anticipating and helping the client obtain resources. The aim of case management is to provide the least restrictive level of care necessary so that the client's life is disrupted as little as possible.

SAMHSA - Comprehensive Case Management for Substance Abuse Treatment.

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Coaches & peers as case managers

KNOW YOUR ROLE

A Recovery Coach is NOT a...

- Sponsor
- Counselor
- Doctor or Nurse
- Clergy Person

Four Goals of a Recovery Coach

- Promote recovery
- Remove barriers
- Connect recoverees with recovery support services
- Encourage hope, optimism and healthy living

CCAR Recovery Coach Academy

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Coaches & peers as case managers

COUNSELOR

- Emphasis on formal education - theory and science
- *Works within organizational hierarchy*
- Works within a particular organizational treatment philosophy
- *Significant power differential*
- Explicit ethical guidelines; high external accountability
- *Self-disclosure discouraged or prohibited*
- Considerable focus on past experience
- *Duration of service becoming brief and ever briefer*
- Paperwork extensive and burdensome
- *Works as paid helper; client or third party pays for service*

CCAR Recovery Coach Academy

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Coaches & peers as case managers

SPONSOR

- Vetted by reputation within Recovery Community
- *No formal supervision*
- Works within beliefs of a particular recovery fellowship
- *Relationship governed by group conscience; no external accountability*
- Duration of Services can span years
- *Minimal focus on ecology of recovery; minimal advocacy*
- No fees paid to sponsor or recovery fellowship

CCAR Recovery Coach Academy

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Coaches & peers as case managers

RECOVERY COACH

- Vetted by the community or organization
- *Varied degree of supervision*
- Works across multiple frameworks of recovery via choices of those with whom they work
- *Minimal power differential*
- Focus on present: What can you do today to strengthen your recovery?
- *Focus on linking to community resources and building community recovery capital;
significant advocacy work*
- Works in paid or volunteer role

CCAR Recovery Coach Academy

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Coaches & peers

RECOVERY COACH

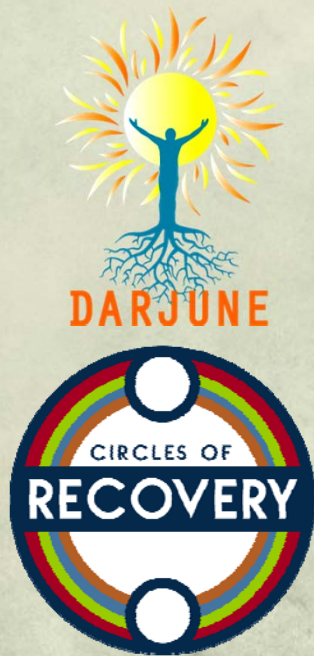
- Motivator & Cheerleader
- Role Model & Mentor
- Problem Solver
- Resource Broker
- Lifestyle Consultant
- Friend & Companion
- An Equal

CCAR Recovery Coach Academy

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Coaches & peers



- Launching Statewide Recovery Coach Network & referral
- Support in the creation of recovery plans
- Client-directed recovery management
- Peer-to-peer support (Recovery Coaching for the family and individual.)
- Teaching tools for coping with stress, anxiety, and depression
- Relapse prevention
- Assist in navigating and accessing community resources
- Assist in locating suitable housing, employment & education
- Career/life planning
- Prison/jail reentry planning & coaching

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Coaches & peers

Rhode Island AnchorED program

Recovery intervention at emergency rooms

In 2014, a total 232 people died of accidental overdoses in Rhode Island.

Seven months after the program began, 112 survivors of overdoses in hospital emergency rooms were seen and 88 percent of them engaged in recovery supports.

Recovery coaches are on call 24/7 at Kent, Memorial, Rhode Island, Miriam, Newport, Hasbro, Landmark and Westerly hospitals.

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Coaches & peers

Minnesota Recovery Connection

2010 – 2014

Number of volunteers 640

Number of volunteer hours 18,129

Time spent by type of volunteering in hours

Recovery coaching 28%

TRS 26%

Administrative volunteering (includes Board meeting hours) 19%

Special events 18%

Celebrating Families 3%

Outreach 2%

Other 2%

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Coaches & peers

Connecticut Community on Addiction Recovery

“The Connecticut Community for Addiction Recovery (CCAR) envisions a world where the power, hope and healing of recovery from alcohol and other drug addiction is thoroughly understood and embraced.”

CCAR provides training, volunteer opportunities, support services, and access to many resources for anyone in recovery. Through our Recovery Community Centers (RCCs), people in recovery or who are seeking recovery are welcomed in a safe environment where they will be greeted with a hot cup of coffee

- The DMHAS funded Recovery Oriented Employment Services (ROES) Program integrates recovery support with vocational tools
- Telephone Recovery Support (TRS) an innovative peer-to-peer support service. TRS offers weekly telephone calls to people in recovery to “check in” and see how they’re doing. Recoverees are given support and encouragement as well as information about community resources, 12-step meetings or other support

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QUESTIONS?



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THANK you

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