

XI Meeting of CICAD's Demand Reduction Expert Group

Providing Substance Abuse Treatment Flexibility, Accountability, and Choice

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Substance Abuse and Mental Health Services Administration/CSAT

SAMHSA's Mission:

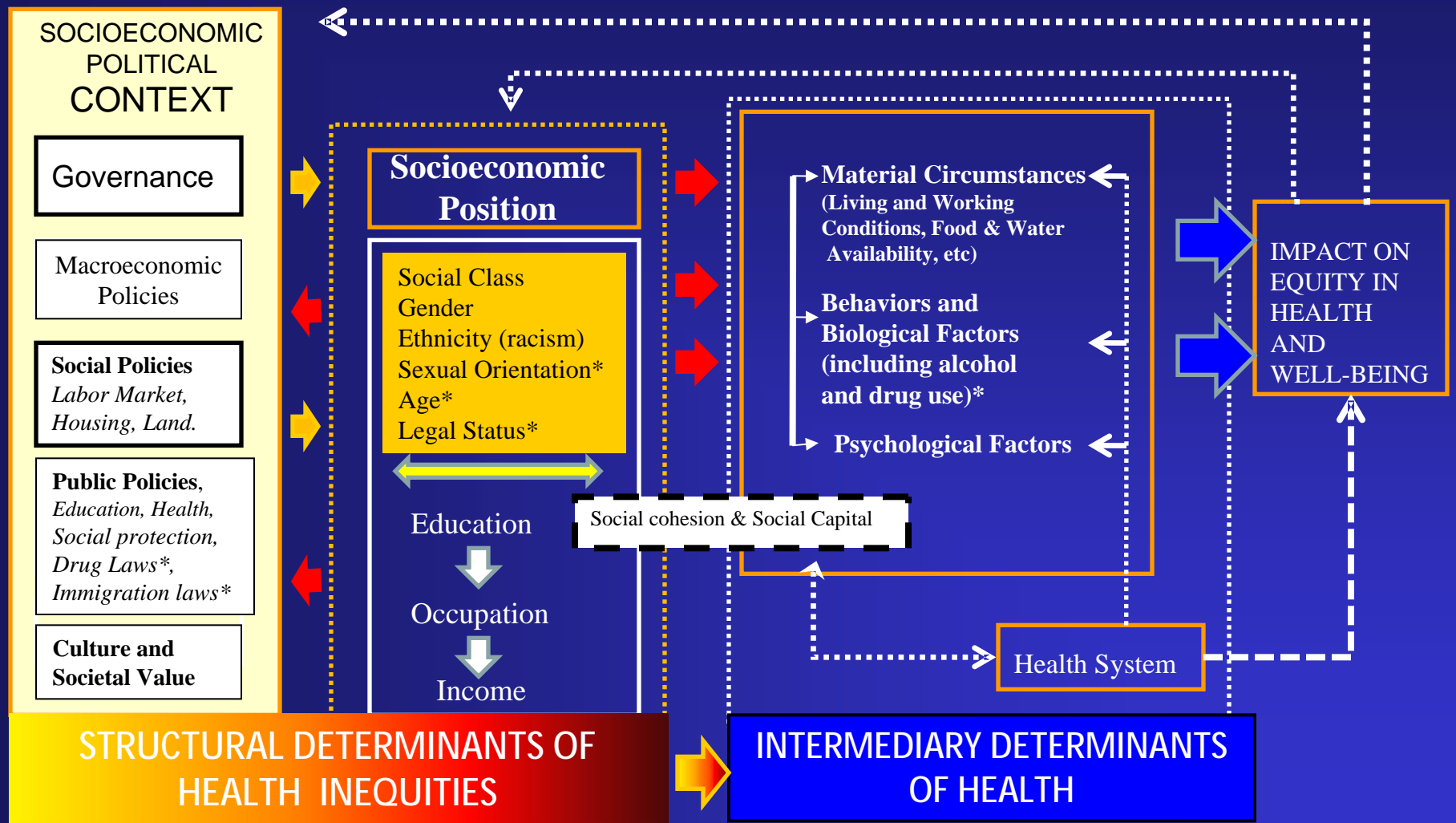
- To build resilience and facilitate recovery for people with or at risk for substance abuse and mental illness.

Center for Substance Abuse Treatment (CSAT)

Mission:

- To improve the health of the nation by bringing effective alcohol and drug treatment to every community.

The Social Determinants of Health*



* Adapted from the World Health Organization

The Impact of Addiction

- Addiction impacts an individual's behavior, health, thinking process, quality of life, and overall functioning.
- Alcohol & other drugs are powerful reinforcing psychoactive substances that take on a life of their own.

The Issue...

- Recovery from substance abuse is a holistic process that is different for each individual.
- A treatment program must respond to the individual's needs – personally and culturally.
- Offering the client a treatment program that is flexible, provides a choice of services and is accountable for its effectiveness increases the probability that the client will continue with treatment.

From Treatment to Recovery: Shifting Paradigms

- Treatment is part of recovery --- but it is not equal to recovery.
- The goal of treatment is absence of symptoms.
- The goal of recovery is holistic health.
- Recovery support services must focus on wellness and a full reengagement with the community.

The Response...

- Two Center for Substance Abuse Treatment programs, in particular, address the issues of flexibility and choice in recovery:
 - **Access to Recovery**
 - **Recovery Community Support Program**
- Both programs make use of recovery support services as part of their programs.

Defining Recovery Support Services

- Recovery Support Services are non-clinical services that assist individuals and families to recover from alcohol or drug problems.
- They include social support, linkage to and coordination among allied service providers, and a full range of human services that facilitate recovery and wellness contributing to an improved quality of life.

Defining Recovery Support Services (cont'd)

- These services can be flexible stages and may be provided prior to, during, and after treatment.
- Recovery support services may be provided in conjunction with treatment, and as separate and distinct services to individuals and families who desire and need them.
- Recovery support services may be delivered by peers, professionals, faith-based and community-based groups, and others.

Access to Recovery

- The Access to Recovery program expands access to treatment and recovery support services.
- Access to Recovery's voucher system allows clients to seek out services from non-traditional substance abuse treatment providers, such as community and faith-based organizations.
- This increased flexibility ensures each client is receiving the services and treatment that is needed for his or her recovery.

ATR Program Goals

- Ensure genuine, free, and independent client choice for clinical treatment and recovery support services at the appropriate level of care.
- Ensure that assessment, clinical treatment, and recovery support services funded by Access to Recovery are provided pursuant to a voucher or vouchers given to and presented by a client.

More Choices for Clients

- Access to Recovery has helped mobilize community networks and build collaborative partnerships that result in more choices and more services for clients with substance abuse issues.
- Faith-based organizations have expanded the concept of choice by offering faith-based options to clients who may have a more spiritual approach to their recovery

More Flexibility

- Access to Recovery empowers clients to directly participate in their own recovery by offering them choices about where and from whom they receive treatment.
- The use of vouchers encourages the involvement of smaller and newer providers, who can address the issues of their particular communities.

ATR Grantees

Access to Recovery grantees target a wide range of populations, including:

- Minority and underserved populations,
- Veterans
- Those in the criminal justice system – including referrals from Treatment Drug Courts and re-entry programs.
- Adolescents and young adults
- Methamphetamine users
- Women and children

Examples of Services That Can be Paid for Using Access to Recovery Vouchers

- Employment coaching
- 12-step groups
- Recovery coaching
- Spiritual support
- Child Care
- Housing Support
- Literacy Training
- Traditional Practices, e.g.:
 - Sweat lodge
 - Ceremonies
 - Beading
 - Elder mentoring
 - Other

The Role of Community- and Faith-Based Providers in Access to Recovery

- Community- and faith-based organizations are expected to be participants in this program as clinical treatment and recovery support service **providers**.
- They are not ATR grantees, but can become a part of the provider network by contacting the respective state or tribal organization

The Role of Faith-based Providers in Access to Recovery Programs

- About 29% of the dollars paid for recovery support and clinical services have been to faith-based organizations.
- Faith-based providers account for 32% of all recovery support providers and 29% of all clinical treatment providers, based on voucher redemptions.

Benefits of Faith- and Community-based Treatment Programs

- Individuals who, in addition to receiving treatment, attend spiritually-based support programs are more likely to maintain sobriety.
- Individuals in successful recovery often show greater levels of faith and spirituality than those who relapse.

Contributions of Community and Faith-based Organizations

- Community and faith-based organizations have expanded the concept of choice by offering faith-based options to clients who may have a more spiritual approach to their recovery.
- In many cases clients consider them trustworthy sources that were located within the client's community and who were unaffiliated with any formal state or federal structure.

Contributions of Community and Faith-based Organizations

- Community and faith-based organizations are particularly effective in engaging and retaining clients who had been incarcerated or had criminal records.
- Community and faith-based organizations infused the treatment networks with recovery support services such as transportation, child care, scriptural study groups, faith-based counseling, and peer-to-peer support.

Community and Faith-based Organizations: Addressing the Methamphetamine Epidemic

- People addicted to methamphetamine tend to need sustained recovery support services and clinical services over a longer period of time to rebuild their lives.
- Aftercare services and relapse prevention, and other recovery support services offered by community and faith-based organizations are crucial factors in the successful treatment of methamphetamine-addicted individuals.

ATR-II Outcomes Data

- The ATR-II program has served 104,665 clients through May 19, 2009

| Clients reporting... | At Intake | 6-Month Follow-up | Difference |
|--------------------------|-----------|-------------------|------------|
| No substance use | 54.4% | 80.0% | ñ 47.2% |
| Being employed | 37.0% | 51.1% | ñ 38.2% |
| Being housed | 38.0% | 46.2% | ñ 21.5% |
| No arrests | 91.6% | 95.6% | ñ 4.4% |
| Being socially connected | 88.2% | 90.6% | ñ 2.8% |

Access to Recovery: Lessons Learned from Grantees

- Clients who received recovery support services were more likely to complete treatment compared to clients who did not.
- For some jurisdictions, the best client outcomes were often the result of a combination of clinical treatment & recovery support services vs. either type of service alone.

Access to Recovery: Lessons Learned from Grantees

- Access to Recovery clients in one jurisdiction on average had lower medical costs compared to similar non-Access to Recovery clients – indicating Access to Recovery’s cost-effectiveness.
- One jurisdiction exemplified the unique role of spirituality in the recovery process – at 12 months post-intake, religious practice was significantly associated with abstinence among some Access to Recovery clients.

Recovery Community Support Program

- In the mid-1990s, the Center for Substance Abuse Treatment recognized the need to bring the recovery community actively into the public dialogue surrounding alcohol and drug use problems.
- **1998:** We initiated the Recovery Community Support Program to help people in recovery and their families and allies organize themselves and educate their communities

Recovery Community Support Program

- **1998 – 2002:** Projects focused attention on overcoming stigma, educating the public about recovery, and contributing ideas to addiction treatment systems.
 - From these first grant projects came the notion of establishing recovery support services as an adjunct to treatment systems.
- **2002:** The program was renamed the Recovery Community Services Program and the peer-to-peer approach evolved.

Defining Peer Recovery Support Services

- Peer Recovery Support Services are designed and delivered by peers who have the shared experience of addiction and recovery
- They meet needs of people at different stages of the recovery process.
- Services may:
 - Precede formal treatment, strengthening the motivation for change
 - Accompany treatment, offering a community connection
 - Follow treatment, supporting relapse prevention
 - Be delivered apart from treatment to someone who cannot enter the formal treatment system or chooses not to do so

Recovery Community Support Program

- Recovery Community Support Program peer-to-peer recovery support services are grounded in a strength-based approach that focuses on wellness and a full engagement and reengagement with the community.
- Peer-to-peer recovery support services build on capacities that already exist within communities.

Peer Recovery Support Services Have a Long and Successful History

- Peer-to-Peer support has a long and successful history.
- Alcoholics Anonymous, Narcotics Anonymous, and other peer-to-peer groups have been actively working to help those in recovery for over 70 years.
- Peer-to-Peer support groups offer emotional support, while giving people a chance to connect with others within an alcohol-free and drug-free community.

Examples of Peer Recovery Support Services

- Peer-led support groups
- Assistance in finding housing, educational, employment opportunities
- Assistance in building constructive family and personal relationships
- Life skills training
- Health and wellness activities
- Assistance in managing systems (e.g., health care, criminal justice, child welfare)
- Alcohol- and drug-free social/recreational activities
- Peer coaching or mentoring

The Impact of The Recovery Community Services Program

- 9,523 clients have been served by Community Support Program grantees through September 11, 2009
- 85% of program participants successfully completed the program in 2009.

Recovery Community Support Program Contributions

- Lead the field in the conceptualization and delivery of Peer Recovery Support Services
- Recovery Community Support Program is an integral part of shifting the Paradigm from An Acute Treatment Model to a Recovery-Oriented Model
- Peer recovery support services meet the needs of people at different stages of the recovery process.

Recovery Community Support Program Outcomes Data

| Clients reporting... | At Intake | 6-Month Follow-up | Difference |
|--------------------------|-----------|-------------------|------------|
| No substance use | 62.8% | 74.5% | ñ 18.5% |
| Being employed | 41.5% | 53.7% | ñ 29.4% |
| Being housed | 40.7% | 53.2% | ñ 30.7% |
| No arrests | 94.8% | 95.9% | ñ 1.2% |
| Being socially connected | 94.9% | 94.0% | ò 0.9% |

Recovery Community Support Program: Lessons Learned

- People in recovery and their families will organize around issues they care about,
- Recovery is at the center of what people in recovery care about,
- Recovery is a bigger construct than treatment – and requires multiple supports, and
- Organizing around recovery requires alignment with recovery values.

Summary

- Treatment is not recovery.
- Recovery is a holistic process that benefits from the participation of a wide range of entities – government, private, non-profit – secular and spiritual.
- Providing flexibility and choice to the person in recovery makes that person accountable for his or her success and increases the effectiveness of the program.
- Recovery Support Services, including peer recovery support services, provide an essential connection between the person in recovery and the community, while providing necessary services that support the recovery process.