Recovery Support Services: Lessons from the Field

Lori Rugle, Ph.D
Mark Vander Linden, MSW
Jim Wuelfing, CARC
Session Agenda

- Definition of Terms
- Lessons from the Field: The Iowa Experience
- Lessons from the Field: Problem Gambling Services, Connecticut
- Lessons from the Field: The Massachusetts Council on Compulsive Gambling
- Discussion, Questions, Answers
A recovery definition

- A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.
Four major dimensions that support a life in recovery

- Health: Overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way.
- Home: A stable and safe place to live.
- Purpose: Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society.
- Community: Relationships and social networks that provide support, friendship, love, and hope.
Supporting All Pathways to Recovery

- Scope of Recovery
  - Primary
  - Primary and Secondary

- Types of Recovery
  - Abstinence-based
  - Moderation-based
  - Medicated-assisted

- Context of Recovery
  - Solo
  - Treatment-assisted
  - Peer-assisted

- Framework of Recovery
  - Religious
  - Spiritual
  - Secular

- Recovery Identity
  - Neutral
  - Recovery-positive
  - Recovery-negative

- Recovery Termination
  - In Recovery
  - Recovered
  - Recovering
Recovery oriented systems of care are health and human service organizations that affirm hope for recovery, exemplify a strength-based (as opposed to pathology-focused) orientation, and offer a wide spectrum of services aimed at the support of long-term recovery.
Recovery Oriented Systems of Care (ROSC)

- Focus on
  - A strength-based recovery focus (rather than pathology focus) on all services
  - Long-term recovery moving away from an acute care model for the treatment of a chronic illness
  - Partnerships emphasizing recovery-linked service practices
  - Community components geared toward building recovery capital.
Recovery Community Organization

- Is an independent, non-profit organization led and governed by local communities of recovery. The broadly defined recovery community – people in long-term recovery, their families, friends and allies, including recovery-focused addiction and recovery professionals – includes organizations whose members reflect many pathways to recovery.
Defining Peer Recovery Support

Peer–based recovery support is the process of giving and receiving non–professional, non–clinical assistance to achieve long–term recovery from severe alcohol and/or other drug–related problems. This support is provided by people who are experientially credentialed to assist others in initiating recovery, maintaining recovery, and enhancing the quality of personal and family life in long–term recovery.

Recovery Support Services: The Iowa Experience

Mark Vander Linden, MSW
Director of Research and Problem Gambling
Massachusetts Gaming Commission
Mark.VanderLinden@state.ma.us
Challenges Facing the Addiction Treatment System

- **Unmet Need**: Very few people who may benefit treatment seek it
- **Low Retention**: > 50% do not “successfully” complete treatment
- **Lack of support after treatment**: GA is sporadic and few other options
- **Gambling Activities**: Some form of gambling is common among adult Iowans, 2 out of 3 in the past month.
Iowa’s ROSC Definition

ROSC supports person-centered and self-directed approaches to care that build on the strengths and resilience of individuals, families and communities to take responsibility for their sustained health, wellness, and recovery from alcohol and drug problems and problem gambling. A ROSC offers a comprehensive menu of services and supports that can be combined and readily adjusted to meet the individual’s needs and chosen pathway to recovery.
ROSC Integrated Strategies: A Public Health Approach

- Prevent the development of new behavioral health disorders
- Reduce the harm caused by addiction and mental illness
- Help individuals transition from brief experiments in recovery initiation to sustained recovery maintenance
- Promote good quality of life, community health and wellness for all
Recovery Oriented Systems of Care shifts the question from “How do we get the client into treatment?” to “How do we support the process of recovery within the person’s environment?”
A ROSC is a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resilience of individuals, families, and communities to achieve abstinence and improved health, wellness, and quality of life for those with or at risk of alcohol and drug problems.
ROSC encompass and coordinates the operations of multiple systems...
A Chart of Compulsive Gambling and Recovery

WINNING STAGE
- Frequent Winning
- More Frequent Gambling
- Fantasises About Gambling
- Frequent Gambling
- Occasional Gambling
- Excitement Prior To And With Gambling
- Increased Amount Bet
- Big Win

LOSENING STAGE
- Prolonged Losing Episodes
- Covering Up Losing
- Losing Time From Work
- Personality Changes
  - Irritable, Restless, Withdrawn
- Gambling Alone
- Thinks Only About Gambling
- Can't Stop Gambling/Borrowing Illegally
- Careless About Spouse/Family
- Delays Paying Debts
- Home Life Unhappy
- Unable To Pay Debts
- Heavy Borrowing/Legal & Illegal

DESPERATION STAGE
- Reputation Affected
- Alienation From Family And Friends
- Blaming Others
- Illegal Acts
- Bailout
- Marked Increase In Amount And Time Spent Gambling
- Remorse
- Panic

CRITICAL STAGE
- Return To Work
- Decision Making
- Spiritual Needs Examined
- Responsible Thinking
- Hopeful
- Honest Desire For Help

REBUILD STAGE
- Less Irritation Behavior
- Less Impatience
- Accept Self-Weaknesses & Strengths
- Restitution Plans
- New Interests
- Improved Spouse & Family Relationships
- Paying Bills, Budget

GROWTH STAGE
- New Way Of Life
- Giving Affection To Others
- Understanding Self And Others
- Facing Problems Promptly
- Preoccupation With Gambling Decreases

HOPELESSNESS
- Suicidal Ideation
- Arrests
- Alcohol & Drug Abuse
- Emotional Breakdown
- Withdrawal Symptoms

COUNCIL ON COMPULSIVE GAMBLING OF NEW JERSEY, INC.

Robert L. Custer, M.D.
A Recovery Oriented Response

Crisis Zone

Treatment System
Recovery System

Recovery Zone

Promote self care and rehabilitation
Recovery support services are just part of a larger initiative to support a Recovery Oriented System of Care.
Problem Gambling Recovery Support Services

- A broad array of client-selected provider or community-based supports and services intended to further enhance and further the client’s recovery journey.
- Introduced in July 2011
- Maximum client benefit = $1,400 or amount approved by IDPH.
- Based on Access to Recovery (ATR) menu of services
Principles of Recovery Support

1. Individuals have the right to choose recovery and the recovery-related services and supports that best meet their needs.

2. Client choice is enhanced by a recovery-oriented system of care that honors each client’s familial, cultural, spiritual, economic and logistical needs.

3. Individualized choice enhances client retention in treatment and strengthens client commitment to and success in recovery.
Eligibility to receive Recovery Support Services

- Resident of the state of Iowa.
- Admitted to treatment as a problem gambler for a minimum of 30 days.
- Inability to pay for recovery support service based on one of the following:
  - Client at or below 200% of the Federal Poverty Level
  - Burden of gambling related debt drives the client income at or below 200% of the Federal Poverty Level
  - Client is without other financial resources to pay for the service(s)
Recovery Support Services: Lessons Learned from the Field

Lori Rugle, Ph.D., NCGC–II, CARC
Director, Problem Gambling Services
Department of Mental Health and Addiction Services, CT
Lori.Rugle@ct.gov
System Change

In the beginner's mind there are many possibilities, but in the expert's mind there are few.
– Shunryu Suzuki
Creating Gambling Informed ROSC’s
AND
Creating Problem Gambling ROSC’s
Systems Change

- Billing and Funding
Systems Change

- Create and Define Position
Systems Change

- Adequate and Appropriate Supervision
Empowerment and Multiple Pathways

- Out of the Box and Out of the Office
Empowerment and Multiple Pathways

- I am doing the best I can, with what I got
- Everybody is always motivated
Empowerment and Multiple Pathways

- You are in recovery when you say you are.
Recovery Support Services: The Massachusetts Council Experience

Jim Wuelfing, CARC Consultant, Massachusetts Council on Compulsive Gambling
Jim.Wuelfing@gmail.com
Development of an Internal Policy

- Affirms support of all employees in recovery
- List some supports and the willingness to make accommodations
- Discusses relapse and possible responses.
Recovery Rationale

- Affirms that intervention and treatment works but there is a need to better support recovery
- Affirms 12 step programs in supporting recovery
- Discusses singleness of purpose
- Discusses the need to assist in overcoming obstacles in early recovery
- Lists recovery support services
Recovery Support Services

- Recovery space
- An array of weekly 12-step and potential other self-help meetings at the office
- Collaborating with the seven recovery centers and four recovery high schools
- Collaborating with Massachusetts Organization for Addiction Recovery
- Annual First Steps to Change weekend
- All Recovery Retreat
- Telephone Recovery Support
- Gambling Specific Training for Recovery Coaches
- Collaborating with Recovery Peer Specialists in mental health
Getting your own house in order first is a valuable asset:
◦ How do you define recovery and recovery support services?
◦ What internal policies, procedures and protocols do you have or need?

Understand and be able to articulate the value of why recovery support services are valuable and needed.
Lessons Learned

- Be very careful not to alienate the 12-step community
  - Recovery support services are not in lieu of GA and Gam-Anon
  - Understand GA’s Unity Program and singleness of purpose
- Become partners with the ROSC effort in your jurisdiction including recovery community organizations, recovery centers and other recovery support services.
Lessons Learned

- Working with the mental health community can provide additional access and collaboration opportunities.
Time for discussion, questions and answers.