

Establishing a Recovery Oriented System of Care in Alabama for Substance Use Disorders

What Do We Know About Recovery?

- A current “buzzword”
- Historically associated with 12-step fellowships
- Sometimes evokes controversy
- Somewhat elusive

Organizational Definitions of “Recovery”

- Recovery is the process of pursuing a fulfilling and contributing life regardless of the difficulties one has faced. It involves not only the restoration but continued enhancement of a positive identity and personally meaningful connections and roles in one’s community. Recovery is facilitated by relationships and environments that provide hope, empowerment, choices, and opportunities that promote people reaching their full potential as individuals and community members.

Philadelphia Department of Behavioral Health and
Mental Retardation Services

Organizational Definitions of “Recovery”

- Recovery is defined as overcoming both physical and psychological dependence to a psychoactive substance while making a commitment to sobriety.

Organizational Definitions of “Recovery”

- Recovery from substance dependence is a voluntarily maintained lifestyle characterized by sobriety, personal health, and citizenship.
 - Sobriety refers to abstinence from alcohol and all other non-prescribed drugs.
 - Personal health refers to improved quality of personal life.
 - Citizenship refers to living with regard and respect for those around you.

The Betty Ford Institute Consensus Panel.

Organizational Definitions of “Recovery”

- Recovery from alcohol and drug problems is a process of change through which an individual achieves abstinence and improved health, wellness, and quality of life.

“Recovery” is Difficult to Define

Even though...

Treatment is Supposed to Lead to “Recovery”
and

We Want Each of Our Clients to Attain
“Recovery”

If we can't define "recovery" how do we...

- Know what services are needed to assist our clients in moving from active addiction to recovery?
- How will we know when a client reaches recovery?
- How can we establish a recovery oriented system of services?
- How will we determine performance and progress along the way?

Does Alabama's current system of services for treatment of alcohol and drug use disorders support movement towards recovery?

There is widespread belief that addiction to alcohol and drugs is a chronic, biopsychosocial, progressive disease.

Addiction is historically treated as an acute disorder in which we...

- view prior treatment as a predictor of poor prognosis and often grounds for denial of admission
- convey the expectation that all clients should achieve enduring sobriety following a single brief episode of treatment
- punitively discharge clients for becoming symptomatic

Addiction is historically treated as an acute disorder in which we...

- relegate post-treatment continuing care services to an after thought
- terminate the service relationship following brief intervention
- treat serious and persistent AOD problems in serial episodes of self-contained, unlinked interventions

William White, Recovery Management: What if We really Believed that Addiction was a Chronic Disorder, GLATTC Bulletin

The acute care model of care for addiction has resulted in the following limitations:

- Failure to attract
- Failure to engage/retain
- Inadequate service dose
- Lack of continuing care
- Recovery outcomes
- Revolving door
- Lack of trust by the public in the efficacy of treatment for alcohol and drug use disorders
 - William White, Recovery Management: What if We really Believed that Addiction was a Chronic Disorder, GLATTC Bulletin

The Substance Abuse Services Division believes that...

- addiction is a chronic disease;
- that recovery from this disease is possible;
- that we are currently using an acute model of care for treatment of addictive disorders in Alabama;
- that treatment of addictions disease requires the application of a chronic disease model of care...

...in which *each* individual needs to receive:

- the right prevention, intervention and/or treatment and support;
- at the right level;
- for the right period of time;
- by the right practitioner, agency or sponsor;
- **EVERYTIME.**
- No more or no less.

Michael T. Flaherty,
A Unified Vision for the Prevention and Management of
Substance Use Disorders, May 2006

This philosophy will be used to support a recovery oriented system of care for Alabama utilizing the guiding principles established at the
2005 SAMHSA
Recovery Summit.

Guiding Principles of Recovery

1. There are many pathways to recovery.
2. Recovery is self-directed and empowering.
3. Recovery involves a personal recognition of the need for change and transformation.
4. Recovery is holistic.
5. Recovery has cultural dimensions.
6. Recovery exists on a continuum of improved health and wellness.

Guiding Principles of Recovery

7. Recovery emerges from hope and gratitude
8. Recovery involves a process of healing and self redefinition.
9. Recovery involves addressing discrimination and transcending shame and stigma.
10. Recovery is supported by peers and allies.
11. Recovery involves (re) joining and (re) building a life in the community
12. Recovery is reality

Alabama's Recovery Oriented System of Care

- Responsibility of Alabama's Recovery Oriented System of Care (ROSC) must be clearly articulated and key stakeholders identified.
- The ROSC must be guided by a clearly defined vision that is developed in collaboration with key stakeholders.
- The vision must be widely disseminated from the state to the local level.
- Access to care should be widely available regardless of the economic status and/or residence of the individual in need.

Alabama's Recovery Oriented System of Care

- There should be a full continuum of services available for individuals and families impacted by substance use disorders, ranging from prevention and early intervention to detoxification, treatment, and recovery support.
- Partnerships across disciplines should be established to support the continuum of care and address the holistic needs of the target population.

Alabama's Recovery Oriented System of Care

- Services should be available which address needs across the lifespan.
- Services should be welcoming to those individuals with co-occurring disorders.
- Services should be age, gender, and culturally specific.
- Services should be based upon the ongoing assessed needs of the individuals, rather than being program or provider specific.

Alabama's Recovery Oriented System of Care

- Services should be provided in the least restrictive environment possible.
- The ROSC should be user-friendly, in all aspects for all participants, including access to care, movement between levels of care, data sharing, data reporting, reimbursement, regulations, etc.
- Client choice, in all aspects of service selection and delivery, should be the expectation, encouraged, and respected.

Alabama's Recovery Oriented System of Care

- Services provided within the ROSC should be grounded in a sound theoretical framework and consist of evidence – based practices.
- Flexible funding options should be available to support service delivery options within the ROSC.
- All levels of the system, including, program policies and procedures, licensure/certification, funding, reimbursement, etc., should reflect a Recovery Oriented System of Care.

Alabama's Recovery Oriented System of Care

- Every aspect of the system should be accountable for demonstrating and reporting effectiveness.
- Outcome data, from all levels of the system should be widely disseminated.
- Management Information Systems that support accountability, information sharing, and data reporting should be available across the system of care.

Alabama's Recovery Oriented System of Care

- Interdisciplinary recovery-oriented training should be provided for all ROCS partners.
- Activities to support workforce development should be implemented.
- Ongoing communication between all levels of the ROSC is essential, as well as, communication with the general public which demonstrates the hope and reality of recovery.
- Active involvement of client advocacy and persons in recovery should be integrated into every level of the service system