

Recovery Support: Quick Reference Tool

SAMHSA has delineated four major dimensions that support a life in recovery. Each is reviewed below along with some relevant Florida-specific resources

- **Health**—overcoming or managing one’s disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has a substance use disorder—and, for everyone in recovery, making informed, healthy choices that support physical and emotional well-being



It's a New Day in Public Health: The Florida Department of Health works to protect, promote and improve the health of all people in Florida through integrated state, county, and community efforts. Florida's public health resources can be reviewed below:

<http://www.floridahealth.gov/diseases-and-conditions/cancer/colon-cancer/crc-other-resources.html>

Also, most cities and many rural areas have Federally Qualified Health Centers (FQHCs), information about which can be obtained through the weblink below:

<https://www.fqhc.org/find-an-fqhc/>

- **Home**—having a stable and safe place to live

Each Department of Children and Families (DCF) Managing Entity has identified relevant local stakeholders and maintained a resource listing of available local housing resources to be used to resolve housing-related issues for the individuals served by the Network Service Providers, and to provide a framework for communication and resolution of problems. The resource listing identifies stakeholders including:

- Network Service Providers and other community agencies delivering supportive housing services;
- Community agencies providing affordable housing opportunities;
- Community affordable housing and homelessness advocacy groups; and
- County and municipal government agencies addressing homelessness and housing.

The chart below clarifies the managing entity for each DCF region that can be contacted for guidance about available health, housing and other human resources in each DCF region that may be needed by individuals with opioid use disorders (OUD).

Managing Entity	DCF Region(s)
Broward Behavioral Health Coalition (BBHC)	Southeast Region
Central Florida Cares Health System (CFCHS)	Central Region
Central Florida Behavioral Health Network (CFBHN)	Suncoast & Central Regions
Lutheran Services Florida Health Systems (LSFHS)	Northeast & Central Regions
Big Bend Community Based Care (BBCBC)	Northeast Region
South Florida Behavioral Health Network (SFBHN)	Southern Region
Southeast Florida Behavioral Health Network (SEFBHN)	Southeast Region
State of Florida	

- **Purpose**—conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society

To find out what's available in a community:

- Call a local SUD treatment program
- Ask community spiritual leaders, like a minister, rabbi or priest
- Ask around at community mutual self-help group meetings, like AA or NA
- Do an internet search for "recovery support services" and your city, county or state name

- Association of Recovery Community Organizations:
<http://www.facesandvoicesofrecovery.org>
- Narcotics Anonymous: <http://www.na.org>
- Heroin Anonymous: <http://www.heroinanonymous.org>

- **Community**—having relationships and social networks that provide support, friendship, love, and hope

The link below provides access to DCF's Florida Peer Services Handbook. An excerpt from page 9 of that handbook follows that details the types of Florida programs using Peer Specialists.

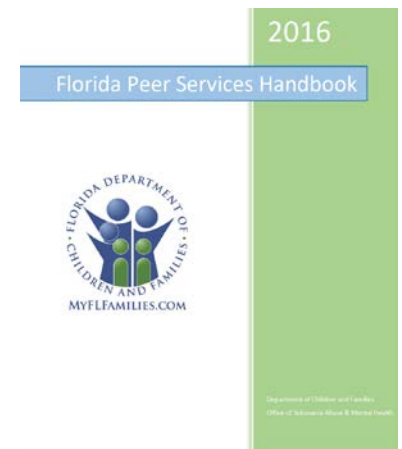
<http://www.dcf.state.fl.us/programs/samh/publications/peer->

Programs Utilizing Peer Specialists

Florida has multiple programs and services in which peer specialists play a meaningful role, including but not limited to the following:

- A Recovery Support Navigator or Recovery Support Bridger may work in outreach, Florida Assertive Community Treatment (FACT) Teams, Comprehensive Community Service Teams (CCST), Community Action Teams (CAT), and Family Intensive Treatment Teams (FIT), or jail diversion programs.
- A Crisis Recovery Support Specialist may work in crisis stabilization, crisis/emergency support, such as mobile crisis, crisis support, crisis emergency screening, crisis telephone, and emergency walk-in, peer-run respite, and substance abuse detoxification.
- A Whole Health Recovery Support Specialist or Peer Wellness Coach may work in day treatment, drop-in/Self-help center, psycho rehabilitation centers, outreach, aftercare, and outpatient detoxification.
- An Employment Support Specialist/Coach may work in Clubhouse, supported employment programs, Comprehensive Community Service Teams, and FACT Teams.
- A Housing Support Specialist/Coach may work in Projects to Assist in Transition from Homelessness (PATH), Outreach, supported housing/living programs, and Comprehensive Community Service Teams.
- A Recovery Coach may work in in-home and onsite service, residential, recovery residences, and assisted living facilities.
- A Self-Directed Care Coach may work in a self-directed care program or other voucher modelled programs.

[services/DCF-Peer-Guidance.pdf](#)



Examples of Recovery Support Services (not an exhaustive list)

- Transportation services or transportation payment assistance (so you can make it back and forth to treatment, community self-help meetings, school or work)
- Family or marriage counseling, pastoral counseling and others
- Life skills training programs (social skills, time management, budgeting and financial planning, communication, anger management, etc.)
- Health and well-being services (acupuncture, yoga, dance, etc.)
- Housing assistance programs (sober housing, low income housing, tenant and landlord mediation services, etc.)
- Dental services
- Parenting classes and access to child development support services (if necessary)
- General education or tutoring
- Relapse prevention classes
- Mentoring or recovery coaching services
- Employment assistance (such as job training or job-finding assistance, resume help, career aptitude testing, interview skills training, etc.)
- Case management services (working with a case manager to get linked in with services, such as legal services, food stamps, social services, and others)
- Outreach services (where a case worker might visit you at home)
- Child care services (so you can attend treatment or classes, for example)
- Spiritual and faith-based support programs
- General self-help and recovery self-help support groups²
- Civic restoration (repairing the damage of a criminal record tarnished reputation)³

(Source: <https://www.choosehelp.com/topics/recovery/dont-think-you-need-aftercare-think-again>) References

References (this page):

1. <https://www.samhsa.gov/recovery>
2. https://www.samhsa.gov/sites/default/files/rosc_resource_guide_book.pdf
3. <https://www.oasas.ny.gov/recovery/index.cfm>

