

BREAKING NEWS

\$1.00

Since 1883

YOUR NUMBER ONE SOURCE FOR HEADLINES

OPIOID CRISIS

25,000 DEATHS
IN THE LAST

OPIOID TRAINING

RECOVERY SUPPORT BASICS

SOCIAL SERVICES

day more than 90
after

reassure
community that patients
become addicted to
pain

understand
deaths due to
overdoses have ac
underrep

- This training is offered by the Florida Alcohol and Drug Abuse Association and JBS International. It is supported by funding from the Florida Department of Children and Families (DCF), Office of Substance Abuse and Mental Health (Contract #LD987) as part of its Substance Abuse and Mental Health Services Administration (SAMHSA) State Targeted Response to the Opioid Crisis (O-STR) grant efforts.



PURPOSE OF THE OPIOID STR GRANT

The grant aims to address the opioid crisis by:

- ✓ Increasing access to treatment;
- ✓ Reducing unmet treatment need; and
- ✓ Reducing opioid overdose related deaths.

MODULE LEARNING OBJECTIVES

Participants will:

- List the four dimensions of recovery.
- Describe two or more examples of recovery supports.
- Provide two examples of concrete actions they can take to provide relevant recovery support to individuals with an opioid use disorder (OUD).

FOUR MAJOR DIMENSIONS THAT SUPPORT A LIFE IN RECOVERY



SAMHSA has delineated four major dimensions that support a life in recovery:

- **Health** — overcoming or managing one's disease(s) or symptoms (e.g., abstaining from the 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.

OPIOID-SPECIFIC “HEALTH” FOCUSED RECOVERY SUPPORT NEEDS

- Opioid misuse takes a toll on almost every major body system. A comprehensive health exam is needed through Federally Qualified Health Centers (FQHCs) or other health resources (e.g., county health departments, community health centers and primary care physicians).
- Overdose can be a “fatal” health condition; persons with opioid use disorder (OUD) and their family and friends should be trained in Naloxone administration, and have it readily accessible for emergency use.
- Immediate linkage to prenatal care is essential for pregnant women with OUD who may need opioid treatment medication.
- If the method of opioid use involved injection, chronic venous disorders (CVD), cellulitis, abscesses, and more may result and require prompt treatment.
- Sharing infected injection equipment and/or having unprotected sex with an infected person can lead to exposure to HIV, hepatitis, and other infectious diseases. Prompt screening is necessary, and associated treatment may be needed.
- Opioid misuse can cause greater sensitivity to pain. For persons in recovery, this can often be safely managed with non-opioid pain treatment and alternative therapies.

FIND A FQHC OR OTHER HEALTH RESOURCE

- FQHCs are in most cities, and many rural areas.
- They will help individuals, even if they have no health insurance.
- The person pays what they can afford, based on their income.
- <https://www.fqhc.org/find-an-fqhc/>
- Other resources identified by the Florida Department of Health:
<http://www.floridahealth.gov/diseases-and-conditions/cancer/colon-cancer/crc-other-resources.html>



The image shows a screenshot of the 'Health Center Locator' website. At the top, there is a blue header with a white circular icon containing a stethoscope and the text 'Health Center Locator'. Below this is a large orange box with the title 'Find a Health Center'. Inside the orange box, there is a search form with the label 'Near:' followed by a text input field containing the placeholder 'Enter a location'. Below the input field is a red button with the text 'FIND CENTERS'. Underneath the button, there is a line of text: 'Enter a City name, ZIP Code, such as "20002", address, State name, or place name'. At the bottom of the orange box, there are three buttons: 'Search' (orange), 'Share' (grey), and 'Embed' (grey). Below the orange box, there is a blue link that says 'Access to Spanish Language Locator'.

A close-up photograph of several hands of different skin tones cupped together, holding a small white house with a red roof. The hands are positioned in a way that they form a protective bowl around the house. The background is slightly blurred, showing green grass and a blue denim jacket.

FOUR MAJOR DIMENSIONS THAT SUPPORT A LIFE IN RECOVERY

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

OPIOID-SPECIFIC “HOME” FOCUSED RECOVERY SUPPORT NEEDS

- Housing and shelter offer more than just places to stay for people with OUD experiencing or at risk of homelessness. They provide a range of essential recovery support services, including behavioral health, employment, and mainstream benefits.
- FL’s DCF has housing coordinators and continuum of care staff to help link eligible individuals in need to safe, affordable, stable housing.
- Emergency shelters: These are often the first place people experiencing economic shock turn to, for support through a wide range of services.
- Permanent supportive housing: These are safe and stable housing environments with voluntary and flexible supports and services.
- Transitional housing: This typically involves a temporary residence of up to 2 years, with wrap-around services to help people stabilize their lives.

OPIOID-SPECIFIC “HOME” FOCUSED RECOVERY SUPPORT NEEDS

- Housing and family relations are vital to successful recovery from OUD and other disorders. Sadly, too many persons in recovery experience housing discrimination, even by recovery support housing communities.
- The American with Disabilities Act (ADA), the Rehabilitation Act, the Fair Housing Act (FHA), and other laws protect qualified individuals with current, past, or perceived disabilities against discrimination.
- Individuals with current alcohol problems, and those with past or perceived alcohol or illegal drug use problems, are protected against discrimination under these laws.
- Individuals currently using illegal drugs are not protected against discrimination under these laws, although they may not be excluded from or denied health services or other services provided in connection with drug rehabilitation (if they are otherwise entitled to such services).

FOUR MAJOR DIMENSIONS THAT SUPPORT A LIFE IN RECOVERY

- **Purpose** — conducting meaningful daily activities (e.g., a job, school volunteerism, family caretaking, or creative endeavors), and having the independence, income, and resources to participate in society.



**BIG
JOURNEYS
BEGIN WITH
SMALL
STEPS**

OPIOID-SPECIFIC “PURPOSE” FOCUSED RECOVERY SUPPORT NEEDS



- Because of the way that opioids interact with the brain, persons in recovery for opioid misuse may have challenges in finding personal happiness, fulfillment, and a sense of purpose, especially in early recovery (as their brains are healing from natural dopamine depletion).
- Recovery supports such as finding intrinsically rewarding activities that don't require substances to be enjoyed (e.g., exercise, yoga, sports, hobbies, volunteerism, etc.) can be beneficial as can engaging in peer recovery support services or even becoming a peer recovery specialist (see handout for details).

FOUR MAJOR DIMENSIONS THAT SUPPORT A LIFE IN RECOVERY

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



OPIOID-SPECIFIC “COMMUNITY” FOCUSED RECOVERY SUPPORT NEEDS

- Being part of a community – a part of something larger than oneself, a sense of belonging, and inclusion. In recovery, a community provides a lifeline.
- Community can be found in the workplace, through family, faith/spiritual sources, or school. Support from safe and illicit substance-free circles can be offered from mutual aid groups (see right for a few examples).
- <http://www.dcf.state.fl.us/programs/samh/publications/peer-services/DCF-Peer-Guidance.pdf>
- Association of Recovery Community Organizations: <http://www.facesandvoicesofrecovery.org>
- Narcotics Anonymous: <http://www.na.org>
- Heroin Anonymous: <http://www.heroinanonymous.org>

HOPE AND RECOVERY

- Hope -- the belief that these challenges and conditions can be overcome, is the foundation of recovery.
- A person's recovery is built on his or her strengths, talents, coping abilities, resources, and inherent values. It is holistic; addresses the whole person and their community; and is supported by peers, friends, and family members.



PROCESS OF RECOVERY

- The process of recovery is highly personal, and occurs via many pathways.
- It may include clinical treatment, medications, faith-based approaches, peer support, family support, self-care, and other approaches.



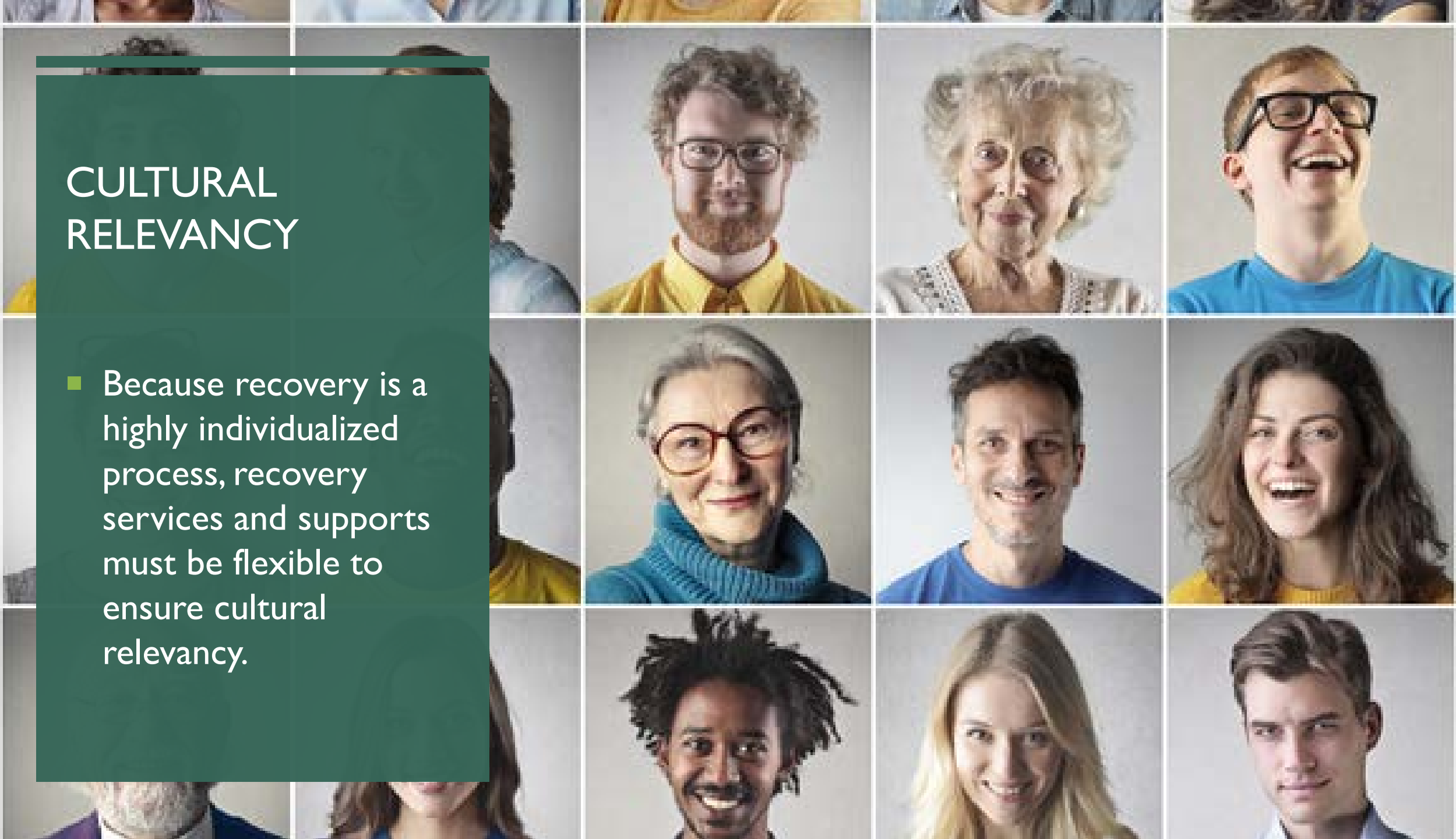
PROCESS OF RECOVERY

- Recovery is characterized by continual growth and improvement in one's health and wellness (that may involve setbacks).
- Because setbacks are a natural part of life, resilience becomes a key component of recovery.



CULTURAL RELEVANCY

- Because recovery is a highly individualized process, recovery services and supports must be flexible to ensure cultural relevancy.



RECOVERY SUPPORT

- Recovery support services also include access to evidence-based practices such as supported employment, education, and housing; assertive community treatment; wellness; and peer-support services.



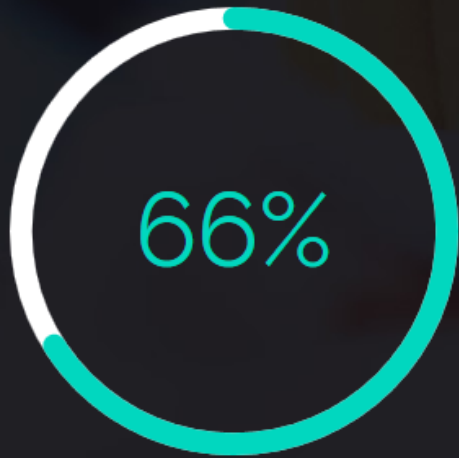
RECOVERY SUPPORT

- Recovery support services may be provided before, during, or after clinical treatment. They may also be provided to individuals who are not in treatment, but seek support services.
- These services (provided by professionals and peers) are delivered through a variety of community and faith-based groups; treatment providers; schools; and other specialized services.

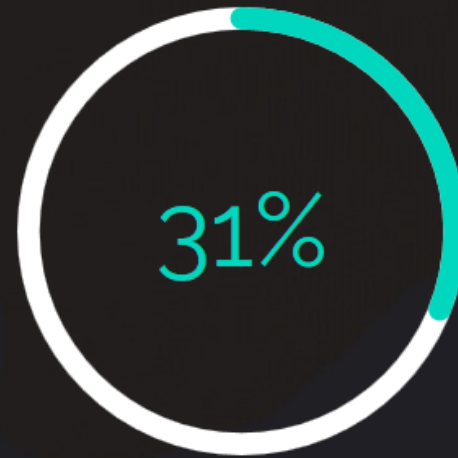
OPIOID RECOVERY MEDICATIONS

- SAMHSA emphasizes that evidence supports that medications are best used in combination with recovery support, lifestyle changes, and professional treatment.
- Treatment with recovery medication is the most effective path to long-term recovery.
- More people completed a 6-month treatment program when they used recovery medication.

More people completed a six-month treatment program when they used recovery medication



With recovery
medication,
buprenorphine



With placebo

RECOVERY
MEDICATION

What recovery
support can you
offer or arrange for
a person with an
OUD?



FOR QUESTIONS, OR FOR ADDITIONAL INFORMATION

For additional opioid training modules:

- [FADAA.org](https://www.fadaa.org)

For additional information about Florida's opioid treatment options or other DCF opioid information:

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Florida Department of Children and Families

1317 Winewood Blvd., Bldg. 6, Room 250

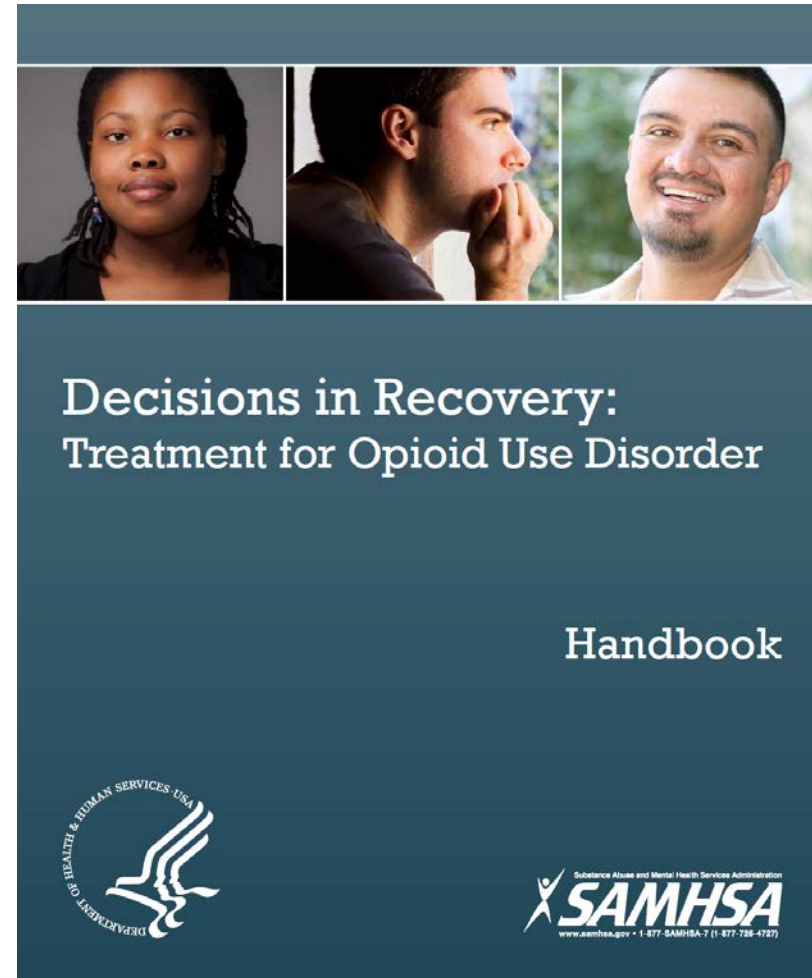
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RESOURCES

- <https://store.samhsa.gov/shin/content/SMA16-4993/SMA16-4993.pdf>



- <http://www.dcf.state.fl.us/programs/samh/publications/peer-services/DCF-Peer-Guidance.pdf>
- Association of Recovery Community Organizations: <http://www.facesandvoicesofrecovery.org>
- Narcotics Anonymous: <http://www.na.org>
- Heroin Anonymous: <http://www.heroinanonymous.org>
- SAMHSA Bringing Recovery Supports to Scale: <https://www.samhsa.gov/brss-tacs>

RECOVERY RESOURCES (ALSO SEE HANDOUT*)

* Located on same webpage as this module - www.fadaa.org

REFERENCES

- Slides, 5, 8, 11, 13, 15, 16, 17, 18, 19, 20: SAMHSA Recovery and Recovery Support; <https://www.samhsa.gov/recovery>
- Slide 7: <https://www.fqhc.org/find-an-fqhc/> AND <http://www.floridahealth.gov/diseases-and-conditions/cancer/colon-cancer/crc-other-resources.html>; Florida Health Center Fact Sheet; http://www.nachc.org/wp-content/uploads/2018/01/FL_18.pdf
- Slide 9: Housing and Shelter; <https://www.samhsa.gov/homelessness-programs-resources/hpr-resources/housing-shelter>; and Permanent Supportive Housing; <https://www.samhsa.gov/homelessness-housing/poverty-housing#supportive-housing>
- Slide 10: Legal Action Center Protection of People in Early Recovery from Discrimination; <https://lac.org/what-we-do/substance-use/protection-of-people-in-early-recovery-from-discrimination/>
- Slide 11: SAMHSA Recovery and Recovery Support; <https://www.samhsa.gov/recovery>

REFERENCES CONT.

- Slide 20: Substance Abuse and Mental Health Services Administration. (2016). *Decisions in Recovery: Medications for Opioid Use Disorder*. [Electronic Decision Support Tool] (HHS Pub No. SMA-16-4993). Available from <http://www.samhsa.gov/brss-tacs/shared-decision-making>; <https://store.samhsa.gov/shin/content/SMA16-4993/SMA16-4993.pdf>
- Slide 21: Advocates for Opioid Recovery; <https://www.opioidrecovery.org/> and Substance Abuse and Mental Health Services Administration. (2016). *Decisions in Recovery: Medications for Opioid Use Disorder*. [Electronic Decision Support Tool] (HHS Pub No. SMA-16-4993), 2016. Available from <http://www.samhsa.gov/brss-tacs/shared-decision-making>
- Slide 22: Advocates for Opioid Recovery; <https://www.opioidrecovery.org/>