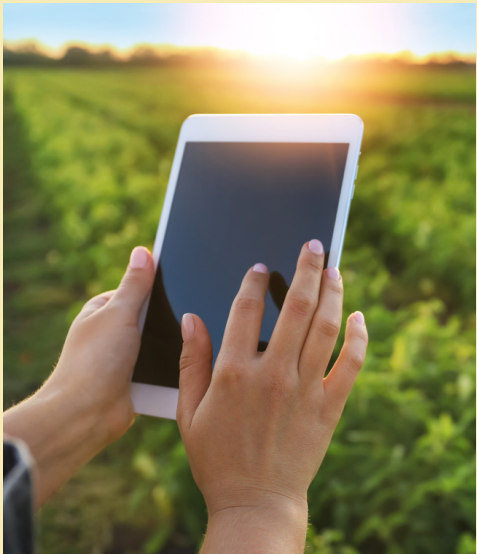


RECOVERY

*The official newsletter of the
Fletcher Group Rural Center Of Excellence*



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A NEW ERA IN RURAL RECOVERY

By Founder and Chief Medical Officer Dr. Ernie Fletcher

This is an exciting time for the Fletcher Group RCOE as we launch three major initiatives that promise to greatly benefit recovery housing in rural America.

The goal of our new partnership with SMART Recovery is to evaluate the effectiveness of their program in 100 rural recovery residences. See page 2 for details, including a stipend you may qualify for by participating.

I'm equally excited about our new collaboration with Wayne State and Washington State universities described on page 3. Researchers there will be working with us to to design training in collaboration with RH and to implement a pilot project incorporating a valuable tool called "Contingency Management" which is already being used by New York City, the Veteran's Administration, and the UK national health system.

Last but not least is our new "RH Portal," cutting-edge technology described on page 4 that will benefit rural operators, clients, researchers, and policy makers.

I hope you share my excitement regarding these new tools and the tremendous potential they have to improve rural RH.

AN EXCITING NEW PARTNER WITH INCENTIVES FOR YOU

SMART Recovery is an abstinence-oriented, not-for-profit organization devoted to helping people with substance use disorders. (SMART stands for Self-Management and Recovery Training.) Their self-empowering mutual support meetings focus on ideas and techniques that can help an individual change from a destructive and unhappy lifestyle to one that's more constructive and satisfying.

Based on what addiction science has shown to be effective, SMART Recovery teaches coping skills that work well both short-term and long-term. Rather than dwelling on the past, recovery focuses on present-day events and the real-time causes of destructive behavior.

A New Partnership

Having already supported over 3,500 face-to-face mutual-support groups and over 250 monthly online meetings, SMART Recovery recently partnered with The Fletcher Group Rural Center of Excellence to evaluate the effectiveness of their program in 100 rural recovery homes. Data gathered during the evaluation will help the Fletcher Group RCOE gauge the impact and effectiveness of different approaches to mutual aid.

Awareness and Change

SMART Recovery's approach to behavioral change is built around a 4-Point Program:

- Building and maintaining the motivation to change
- Coping with urges to use
- Managing thoughts, feelings, and behaviors in an effective way without addictive behaviors
- Living a balanced, positive, and healthy life

Meeting Methodology

The meeting format is straightforward and highly organized. Facilitators are trained to follow the SMART Recovery program and principles with discussion focused on how to apply the program's tools and "Successful Life Skills" Handbook.



Apply Now To Participate

To see if your Recovery Home qualifies for assistance, including a possible \$1,200 stipend for participating in the program, go to the "[SMART Recovery](https://www.fletchergroup.org/SMART-Recovery)." web page at [fletchergroup.org](https://www.fletchergroup.org)



SMART Recovery®

Life beyond addiction

A BETTER WAY TO CHANGE BEHAVIOR? TRY IT FOR FREE

We can't help it. As humans, we're hard-wired to seek and repeat what feels good. It's why the longing for reward sensations creates such a powerful temptation to relapse and reuse.

Contingency Management, “CM” for short, is a behavioral intervention that uses motivational incentives and tangible rewards to help people abstain from drugs or alcohol.

Research has shown that CM can not only encourage abstinence and healthy behaviors, but can also boost self-confidence and self-efficacy—important qualities that help people in recovery stay on track. Also worth noting: CM can be especially helpful for people who don’t want or can’t take medications, haven’t been successful with other services, or don’t have access to other treatments. (The latter may be particularly beneficial in rural areas.)

Because CM can be such a powerful tool for operators of Recovery Residences, the Fletcher Group Rural Center Of Excellence has launched two important collaborations: one with David Ledgerwood, PhD, of Wayne State University and one with Michael McDonell, PhD, and other faculty members at Washington State University. Both efforts seek to apply Contingency Management in rural recovery residences.

Wayne State researchers will be conducting a pilot project involving 10 to 12 recovery houses in rural communities. Included will be the provision of training and support for recovery residences as well as all necessary materials, technology, and incentives.

Washington State researchers will conduct surveys and interviews with Recovery Residence operators and staff to assess their knowledge of CM and promote its adoption. The information collected will then be used to develop Best Practice applications of CM in rural RH.

Numerous clinical trials have demonstrated CM's effectiveness in promoting abstinence.* It's also proven effective at encouraging people to seek substance use treatment.**

Widely Used

CM is already being practiced at 108 facilities within the U.S. Veteran’s Administration, the nation's largest healthcare system. It’s also been implemented by the New



York City Health and Hospital Addiction Treatment Service and is a standard treatment in the United Kingdom National Health Services.

Sign Up Today. It's Free!

The Fletcher Group RCOE invites your participation, at absolutely no cost to you.

Simply go to the “[Contingency Management](#)” web page at fletchergroup.org where you can fill out and submit your application.

*Benishek et al, 2014; Ellis et al., 2020; and Prendergast et al., 2006

** Ledgerwood et al. 2008 and Petry et al. 2006

THE TECHNOLOGY YOU'VE BEEN MISSING IS ON ITS WAY!

Recovery Housing faces numerous challenges: lack of public awareness, insufficient funding, and a cultural predisposition to punish—rather than treat—addiction. But one major challenge is about to be overcome, thanks to new technology developed by the Fletcher Group Rural Center Of Excellence and the University of Kentucky Center Injury Prevention Research Center.

Within weeks, three important new services will go online, giving RH operators, clients, researchers, and policy makers important new capabilities with which to promote quality standards and best practices while bringing new efficiency to facility and service management.



Win-Win for Everyone

Whether you're an individual looking for a recovery residence, a residence manager needing Best Practice training and state-of-the-art record keeping, or a researcher seeking nationwide data, it will all be in one place, accessible anytime from anywhere.

We'll Keep You Posted

We'll contact you as soon as the new RH Portal is up and running so you can sign up and start enjoying all that the new cutting-edge technology has to offer.

When that time comes, be sure to share the news with others so that every recovery residence in America can enjoy the unprecedented benefits.

1 A New Housing Locator and Recovery Management System

The Housing Locator will let people instantly find a quality recovery residence in their geographic area. The Recovery Management System will enable residence operators to record daily operations in the most efficient manner with the added benefit of receiving feedback regarding a program's effectiveness. Operators can list their residence free of charge. And though a fee will eventually be required to access the full functionality of the system, the first-year costs will be covered by the Fletcher Group RCOE. Rural recovery houses can ensure optimal performance by helping test the RH Portal. If interested, please contact RCOE Director of Administration Michelle Day at mday@fletchergroup.org.

2 An Easy-To-Use Online Learning Management System

To promote Best Practices, operators will have online access to a new Learning Management System where they can find educational materials and take a wide variety of courses relating to RH management and services.

3 A Nationwide Outcomes Database

The RH Portal will also provide researchers with the nation's first coast-to-coast database with which to develop and refine evidence-based Best Practices. (The confidentiality of residence data will always be fully protected.)