

Recovery Ready Communities

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SAMHSA
Substance Abuse and Mental Health
Services Administration

Recovery

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

There are four major dimensions that support a life in recovery: health, home, purpose and community.

Recovery



Recovery Oriented Systems of Care

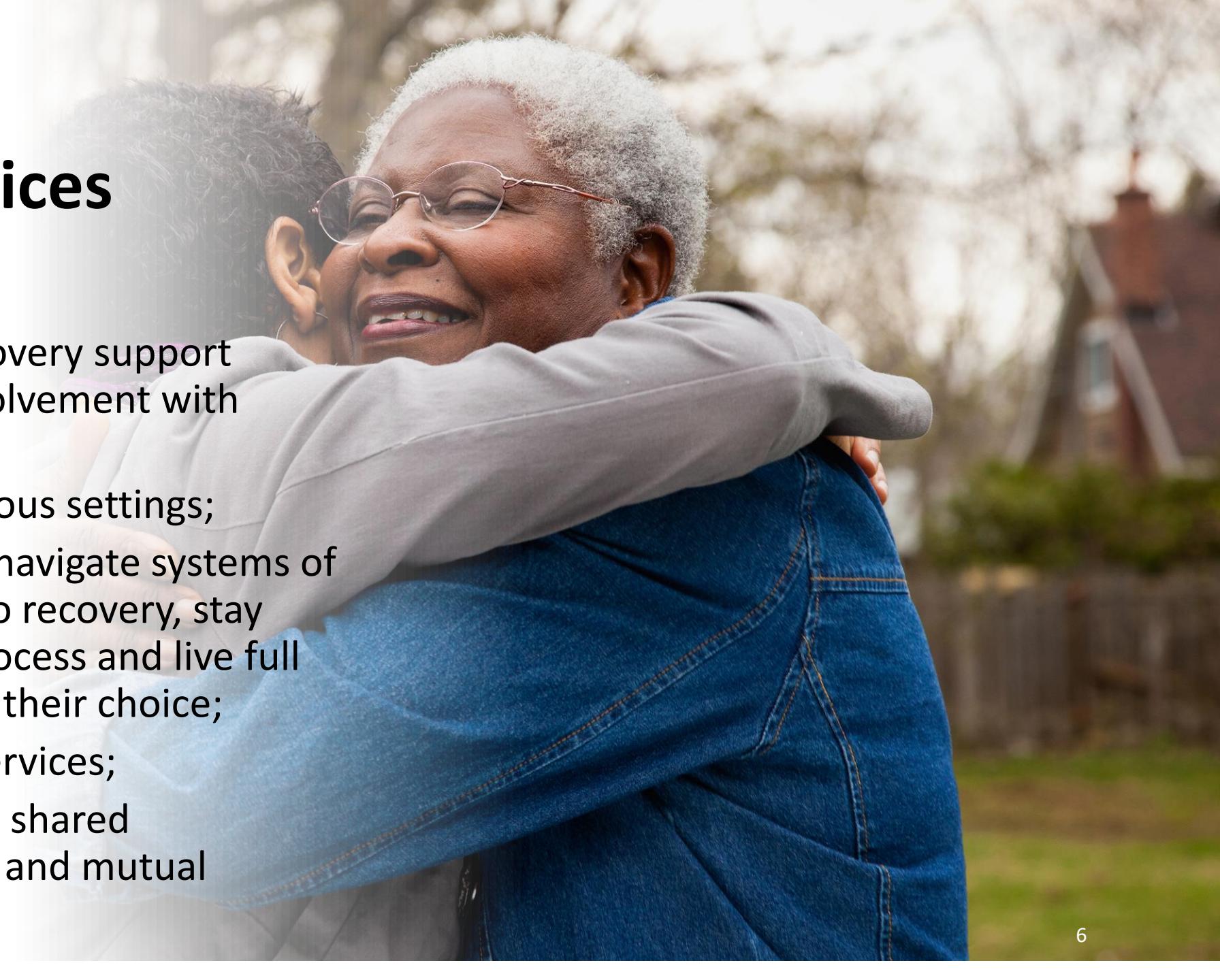
- The successful recovery of individuals with SUDs is positively impacted by the use of medical, community, and social supports, especially within the first 5-years of the recovery process (Granfield & Cloud, 2001; Hibbert & Best, 2011; Jason, Olson, Ferrari, & Lo Sasso, 2006; McKay, 2017; Sheedy & Whitter, 2009; White et al., 2013).
- Most individuals will engage within processes of recovery within the community they live (HHS, 2003), suggests that long-term supports will be most beneficial when they exist within an individual's local community.
- The ROSC model brings together existing resources and stakeholders at the micro and mezzo level, with the primary goal of providing continuity of services and care, provide all stakeholders a voice, and to continue to build upon existing resources to further support individuals in recovery. (Sheedy & Whitter, 2013)

Recovery Oriented Systems of Care

- As a foundational framework, ROSC centers the recovery experience (the individual, the family, and the community) as the focal point and continuously self-improves
- The model can also be used as a starting point for community assessment and recovery support efficacy evaluation

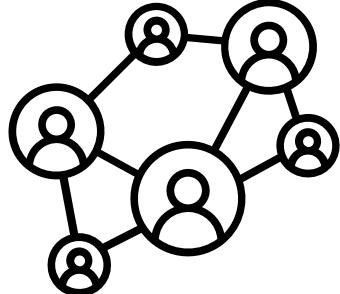
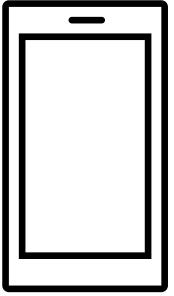
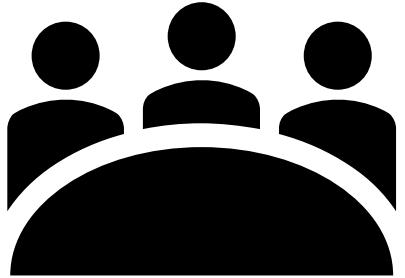
Recovery Support Services are Essential

- SAMHSA advanced recovery support systems promoting involvement with people in recovery;
- Can be provided in various settings;
- Help people enter and navigate systems of care, remove barriers to recovery, stay engaged in recovery process and live full lives in communities of their choice;
- Full range of support services;
- Include peers providing shared understanding, respect and mutual empowerment.



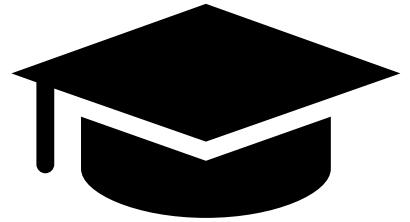
Why Recovery?

- Any individual, either those with severe and chronic substance use disorders can, with help overcome their illness and regain health and social function.
- Strong support systems have a positive effect on recovery.
- Compared to other illness, substance use disorder has a good prognosis. According to the Recovery Research Institute, 42-66% of people with substance use disorder achieve full remission.



Creating Recovery Ready Communities

8



SAMHSA's Rural Behavioral Health Activities



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Challenges of Rural Healthcare

- **Lack of access to Healthcare**
 - Very low number of physicians work in rural area.
 - A lot of hospitals in rural areas closed in the past 25 years.
 - 20% of rural counties lack Mental Health services versus 5% in metropolitan areas.
 - Rural facilities serve larger areas, and these facilities have fewer treatment services for SUDs compared to urban areas.
 - The majority of first responders in rural areas are volunteers.
- **Poorer Population**
 - About 14% of rural America live below the poverty line compared to 11% in urban areas.
- **Worse Outcomes**
 - Suicidal rate in rural areas are higher than in urban areas, and even higher in Tribal communities.
 - Death rates are higher in rural areas for young man and women (ages 1 to 24) than in urban areas.

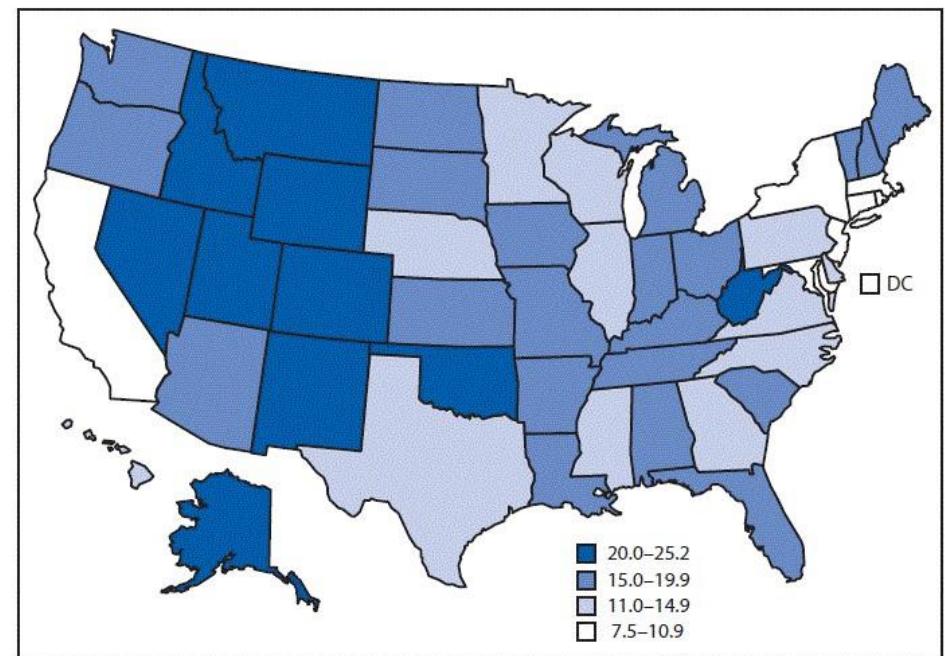
Rural Opioid Crisis

- The opioid epidemic is taking its toll on rural America, and it's hitting farm and ranch families especially hard.
- The CDC analyzed patient opioid prescription data from 2014-2017 and found that the percentage of patients prescribed an opioid was higher in rural areas than in urban settings.
- Rural adults also have higher rates of use for tobacco and methamphetamines.
- Stigma around substance use disorder is higher in rural areas. People are often ashamed or embarrassed to talk about addiction, but everyone needs to be able to openly discuss this problem and face it head-on if we're going to get help to those who need it—before it's too late.



Suicide in Rural Communities

- Rates of suicide are greater in rural communities than in urban centers.
- This difference has widened from 1999 to 2019, increasing 50% in rural areas compared to 31% in urban areas.
- In rural areas, younger men in their 20s and 30s experience higher suicide rates than middle aged men.
- The rate of suicide among rural youth aged 15-19 is 54% higher than that of their urban counterparts (15.8 vs. 9.1 per 100,000 people) and increased 74% over the past 12 years.



Age-Adjusted Suicide Rates by State — National Vital Statistics System, United States, 2018

Closing the Gap Between Rural and Urban Health

- Screening of patient for physical and mental health conditions.
- Increase prevention and early detection programs.
- Encourage health living, physical activity and healthy eating habits.
- Promote smoking cessation.
- Implementation of safer pain management practices (safer prescription of opioids)

How do we do that ?

Creating Healthier Rural Communities

- Collaboration between local, State and Federal partners.
- Implementation of policies and programs that will work for rural communities requires a firm understanding of:
 - ✓ Priorities
 - ✓ Needs
 - ✓ Assets
 - ✓ Values
 - ✓ Culture
- Linkages to primary and specialized care.
- Necessary infra structure (healthcare facilities, roads, internet access, phone towers, well trained EMS service, etc.)
- Preparing and strengthening the local healthcare workforce.

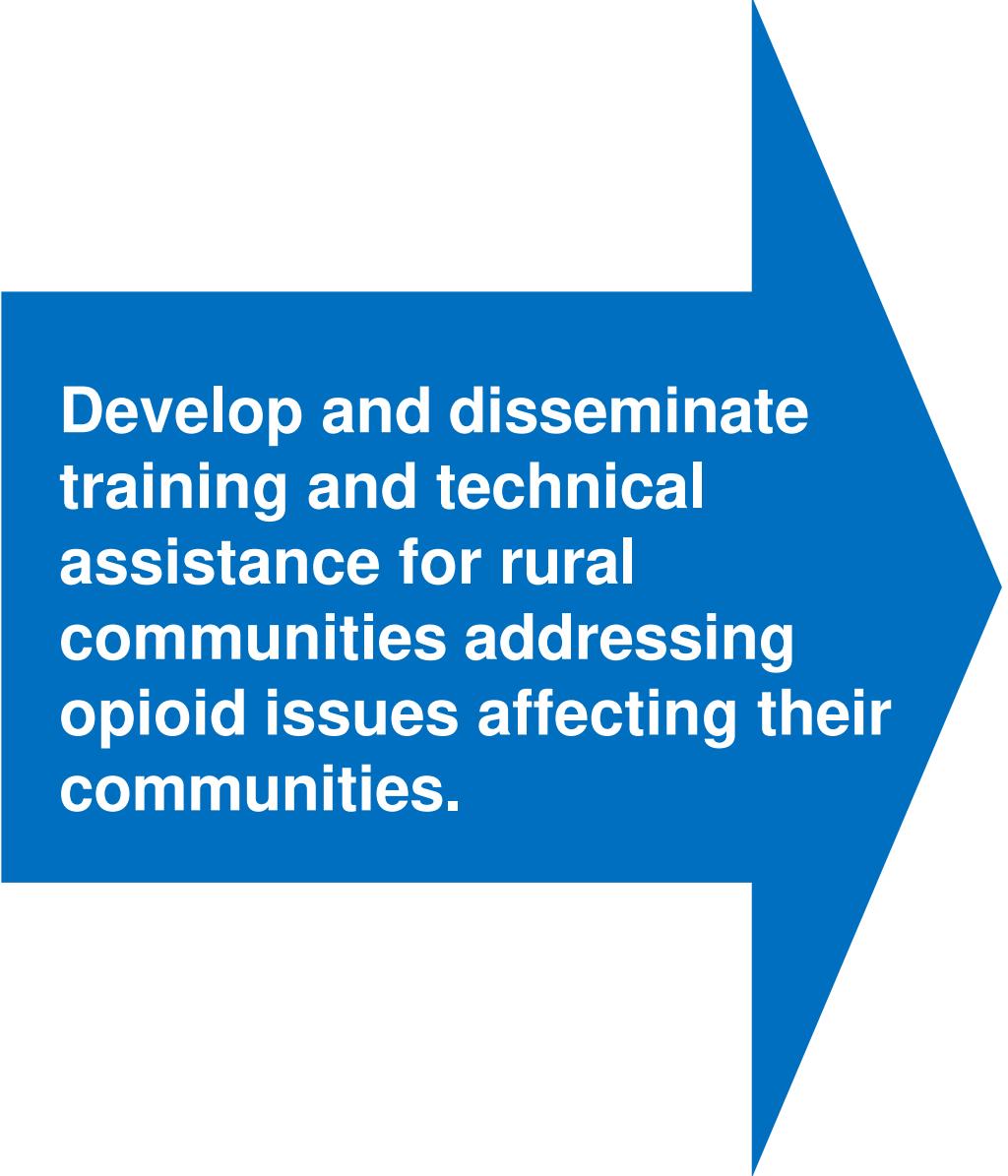


SAMHSA Rural Opioid Technical Assistance - ROTA

- Through the ROTA Program, SAMHSA is building upon a collaboration with the USDA.
- SAMHSA's ROTA grantees are building upon these Cooperative Extensions through expanding their reach.

The ROTA Program enables the existing USDA Cooperative Extensions grantees to build upon their USDA-supported work by expanding the reach of their training to rural communities.

ROTA Purpose



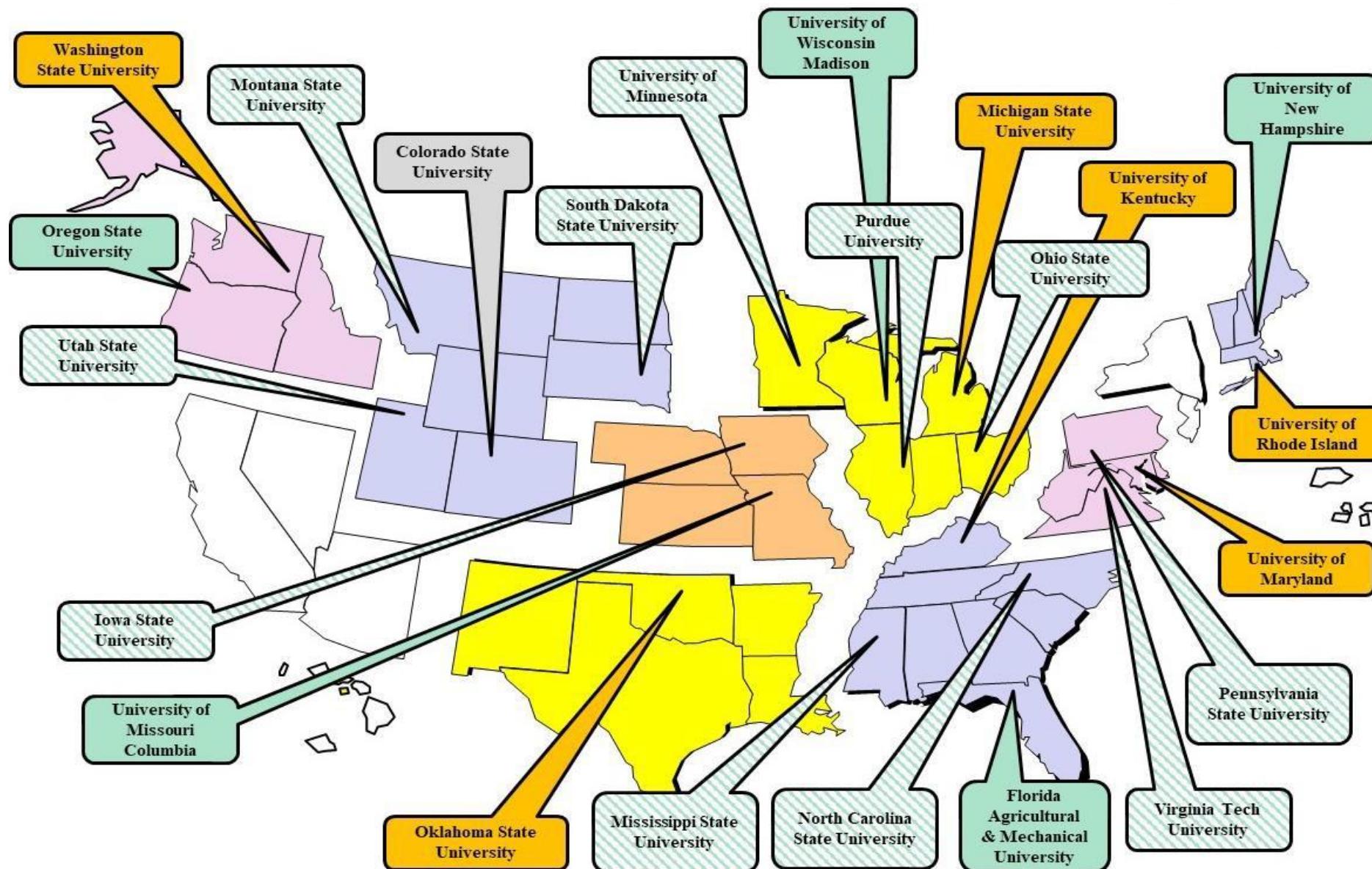
Develop and disseminate training and technical assistance for rural communities addressing opioid issues affecting their communities.

- Community events and training
- Empowering youth and families
- MAT and Naloxone training
- Mental health
- Reducing stigma
- Drug take back events

ROTA Activities Overview

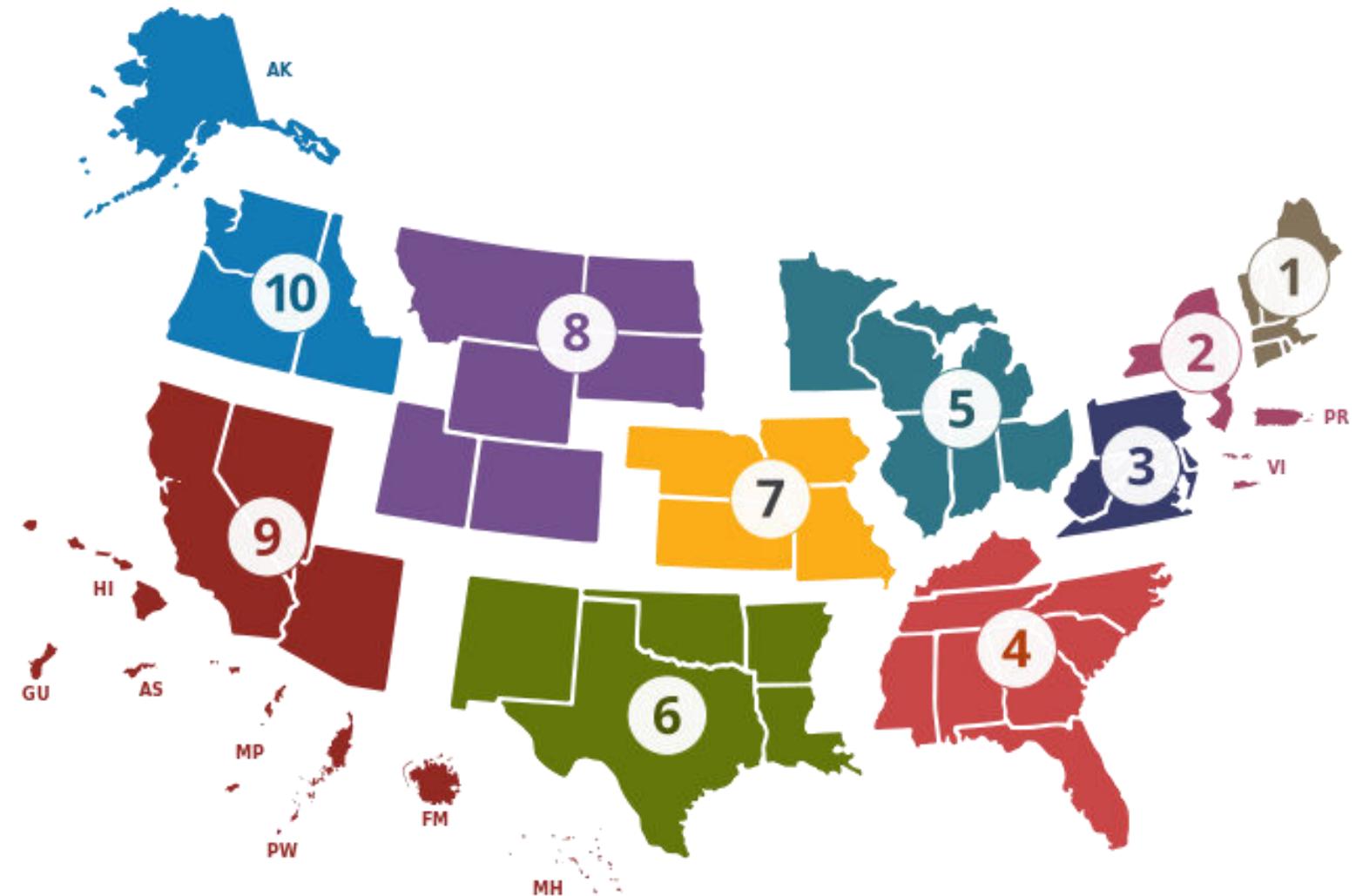
- Implemented over 2,000 events serving more than 50,000 rural community members and providers in rural areas.
- Facilitated webinars by content experts to audiences of professionals and community members.
- ***Adult Mental Health First Aid*** courses have been delivered in several communities as well as ***Youth Mental Health First Aid***.
- Opioid misuse prevention-focused training workshops have been conducted.
- Community workshops focused on “***Suicide and Opioid use in Rural Communities***” have been delivered.
- Working with rural tribal communities to address opioid use/misuse among older adults and developing educational materials and programming for the communities.

Current ROTA Centers



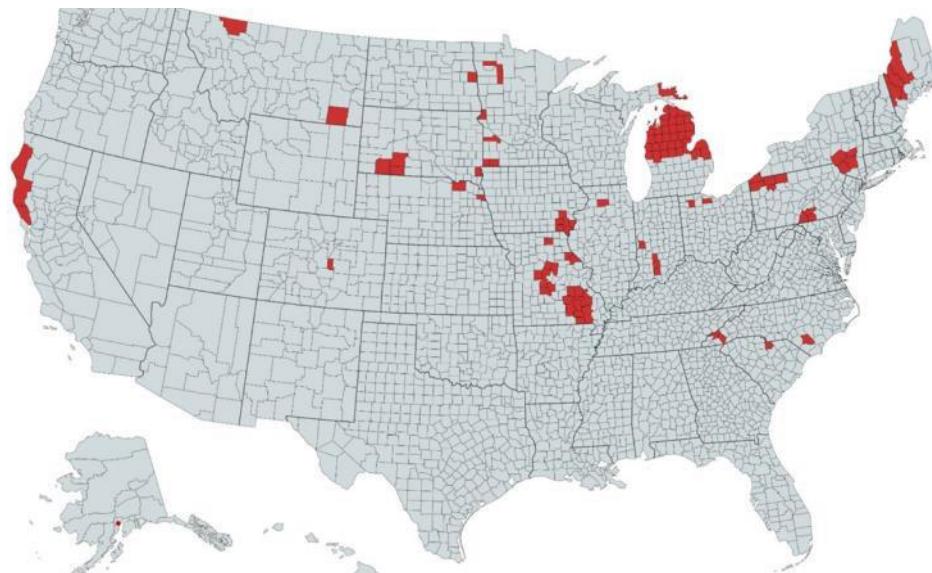
2022 ROTA-R – Regional CoEs

Regional Centers of Excellence to develop and disseminate training and technical assistance addressing opioid and stimulant misuse affecting rural communities.

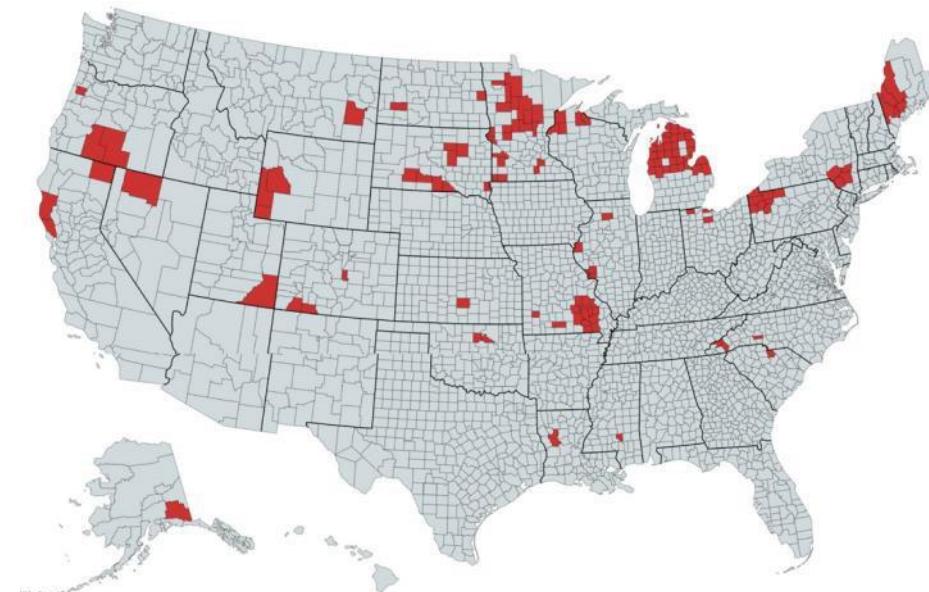


SAMHSA Rural Emergency Medical Services Training

The purpose of this program is to recruit and train emergency medical services (EMS) personnel in rural areas.



Counties benefited by
2020 grantees cohort



Counties benefited by
2021 grantees cohort

EMS Training Outcomes – Results from Pilot phase

From September 2020 to March 2021



399 EMS personnel recruited
1,974 EMS staff enrolled in training
274 EMS personnel became licensed



- **130** trainings funded out of this grant meet Federal or State licensing or certification requirements;
- **75%** of grantees have implemented technology-enhanced educational methods;
- **90 %** of the EMS grantees have used grant funds to purchase equipment or supplies (such as training and ambulance equipment, Naloxone kits, etc.).

Examples of Grants Serving Rural Areas

Treatment, Recovery, and Workforce Support Grant

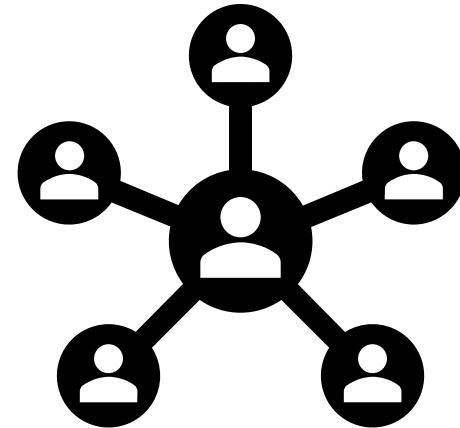
- The purpose of this program is to implement evidence-based programs to support individuals in SUD treatment and recovery to live independently and participate in the workforce.
- Recovery Organization Alliance (Pro-A) is one of the grantees in Pennsylvania supporting rural communities.
- The Pro-A grant has increased their ability to identify resources and supports in rural areas and underserved populations producing very positive outcomes:
 - Positive rate of change of 163% in Education/Employment.
 - 51% rate of change in Stability in Housing.
 - Since the beginning of the program, 100 participants have been enrolled and approximately 100% participants have attained employment.

Examples of Grants Serving Rural Areas, cont.

State Youth Implementation Grant (SYT-I)

- The purpose of this program is to provide funding to states/territories/tribes to improve treatment for adolescents and/or transitional aged youth with SUD and/or co-occurring substance use and mental disorders by assuring youth state-wide access to evidence-based assessments, treatment models, and recovery services supported by the strengthening of the existing infrastructure system.
- Kickapoo Tribe is one of the STY-I grantees, which is a rural, under-served, and non-reservation American Indian tribe located in Oklahoma.
- The Kickapoo Tribe's project is focused on increasing access and engagement for youth in need of SUD treatment.
- Examples of improving access include:
 - Implementation of a 'drop-in' center;
 - Youth social activities;
 - Vocational referrals and education groups.

Office of Recovery



Office of Recovery Objectives

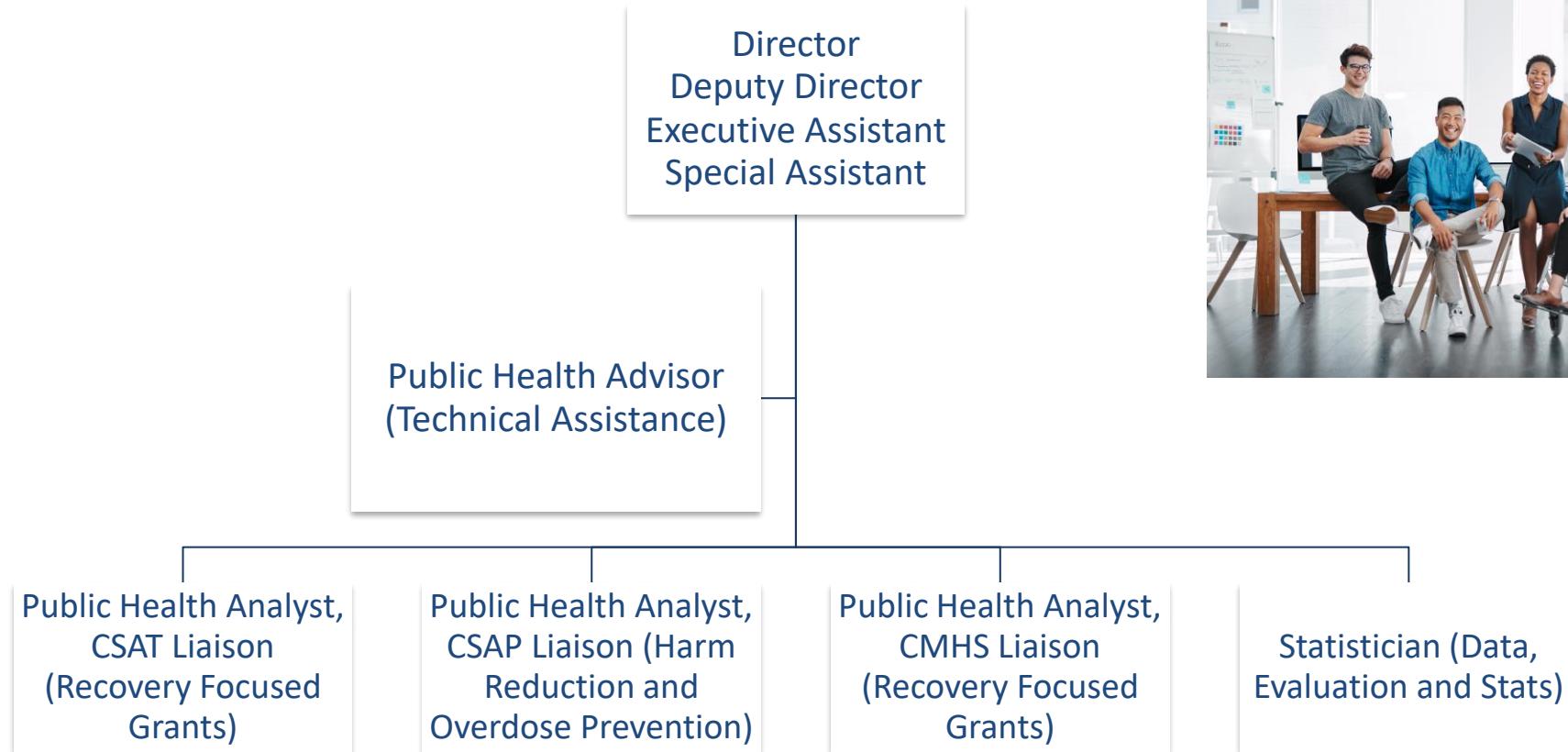
- Ensure that recovery is a guiding principle in SAMHSA's policies, programs, and services;
- Promote the involvement of people with lived experience throughout agency and stakeholder activities;
- Identify health disparities in high risk and under-served populations and ensure equity for recovery support services across the nation;
- Foster relationships with internal and external organizations in the mental health and substance use recovery field;
- Promote training and public education opportunities on recovery;
- Explore opportunities to partner with the philanthropic and private sectors to support innovative programming to address disparities and advance recovery transformation;
- Support states, communities and tribes/tribal organizations on implementation of recovery support services, working with the Peer Center for Excellence.



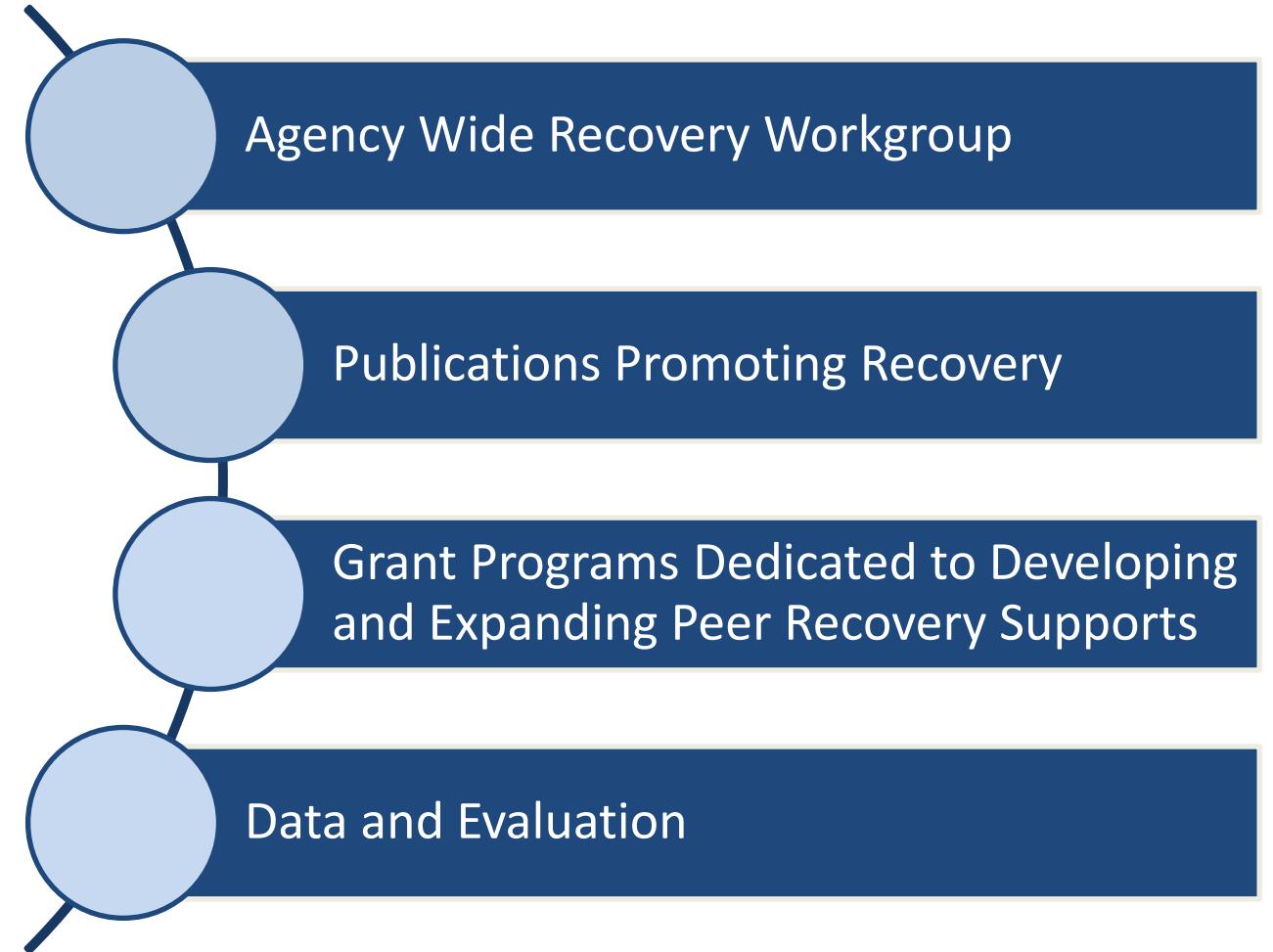
Behavioral Health Equity

Exists when all people achieve their highest potential for health.

Office of Recovery Staffing



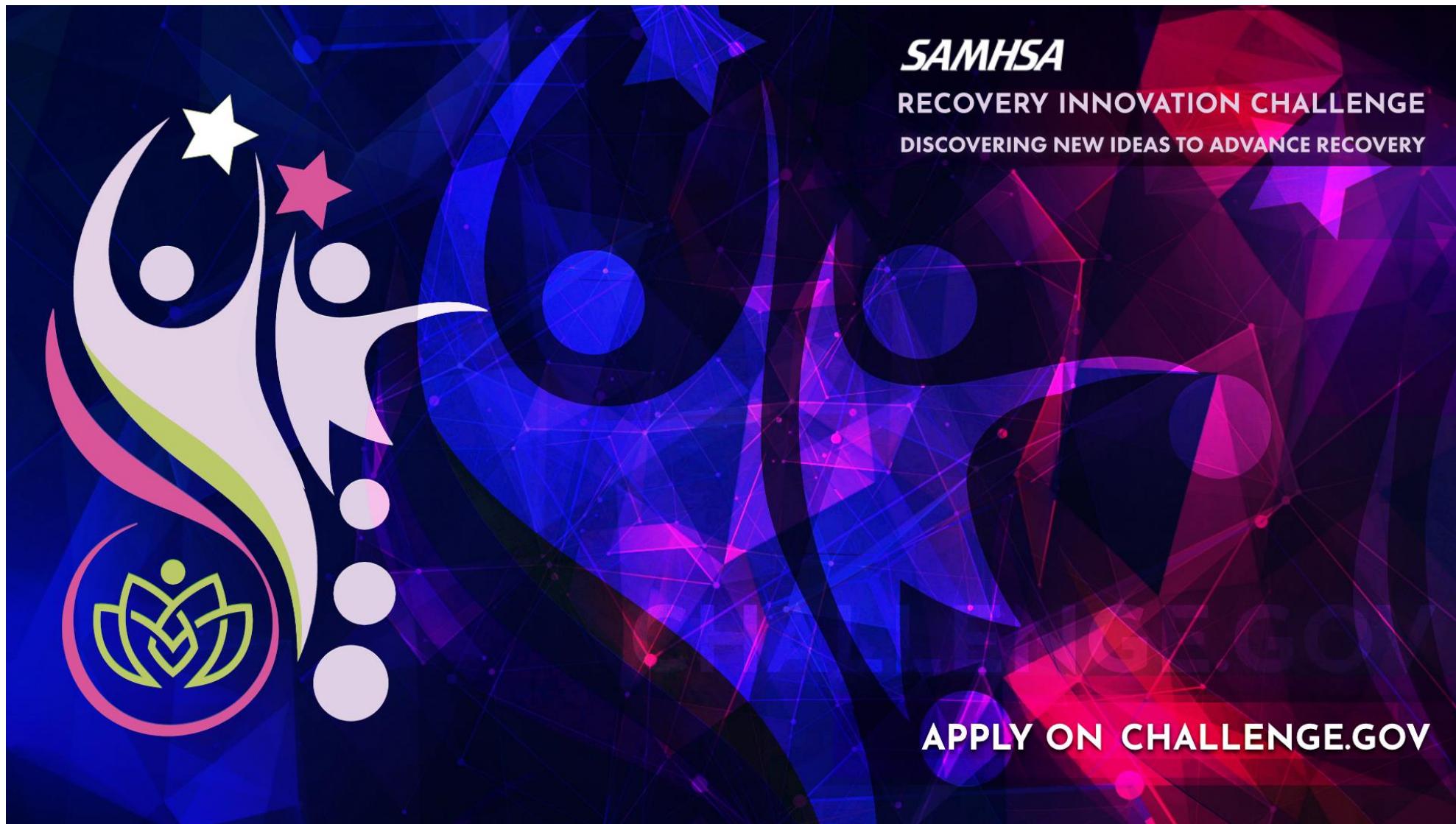
SAMHSA Collaborative Efforts



Recovery Summit 2022

- Scheduled for August 9-10
- Working with internal and external stakeholders for planning
- Plenary and breakout sessions
- Review SAMHSA recovery definition
- Lessons learned from COVID 19
- Identify significant changes to communities and recovery environments
 - ✓ Include representation of mental health, prevention, intervention, treatment and recovery including youth, families and researchers

Recovery Innovation Challenge



Recovery Month



NATIONAL RECOVERY MONTH

RECOVERY IS FOR **EVERYONE:**
Every Person, Every Family, Every Community



Goal to increase public awareness
Honor the professionals in the field
Celebrate recovery

SAMHSA
Substance Abuse and Mental Health
Services Administration

SAMHSA's mission is to reduce the impact of substance use and mental illness on America's communities.

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Thank you!

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