Learning Objectives

1. Identify common challenges to creating sustainable systems of care in rural communities.

2. Recognize the 5 types of programs needed for a community-wide system of care.

3. Explain the importance of care management to the Ecosystem of Recovery.

4. Explore a significant challenge to bringing about change in your own community and an approach you might try to overcome that challenge.

5. Connect with other change leaders to support each other in bringing about change.

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CURRENT STATE

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Activity – Community Assessment
How does the Ecosystem look in YOUR Community?

What are the gaps in care that make SUD recovery challenging in your community?

- .
- .
- .

Why do these gaps exist? What are the hidden barriers?

- .
- .
- .

List 3 people, positions or organizations who are supportive of change.
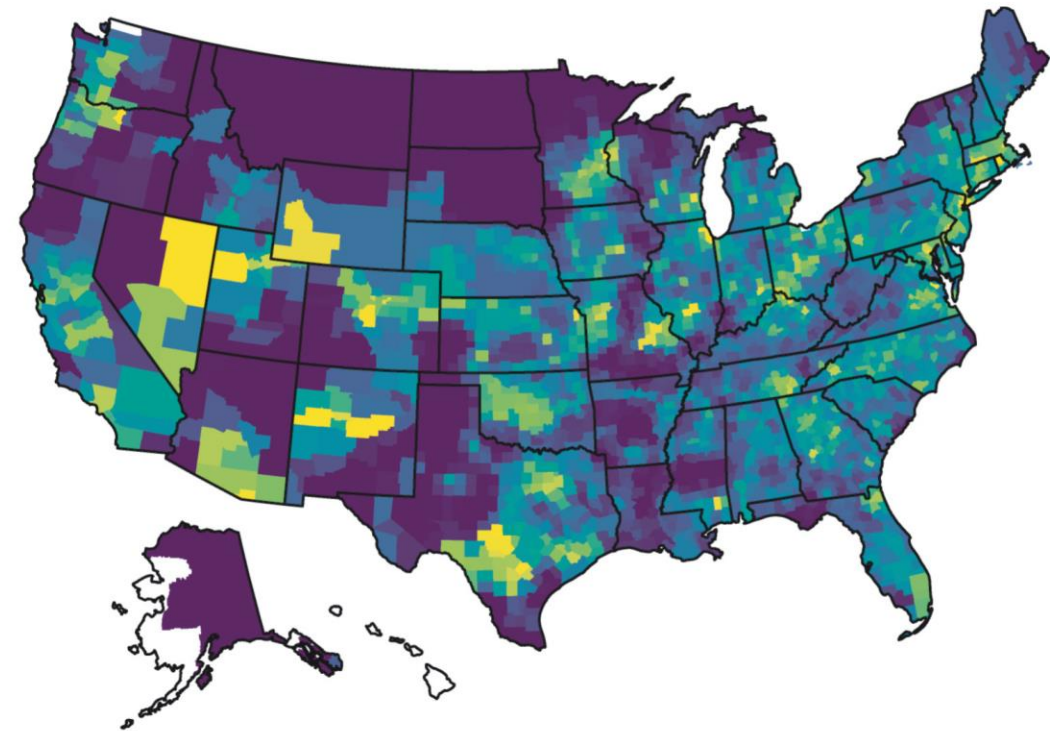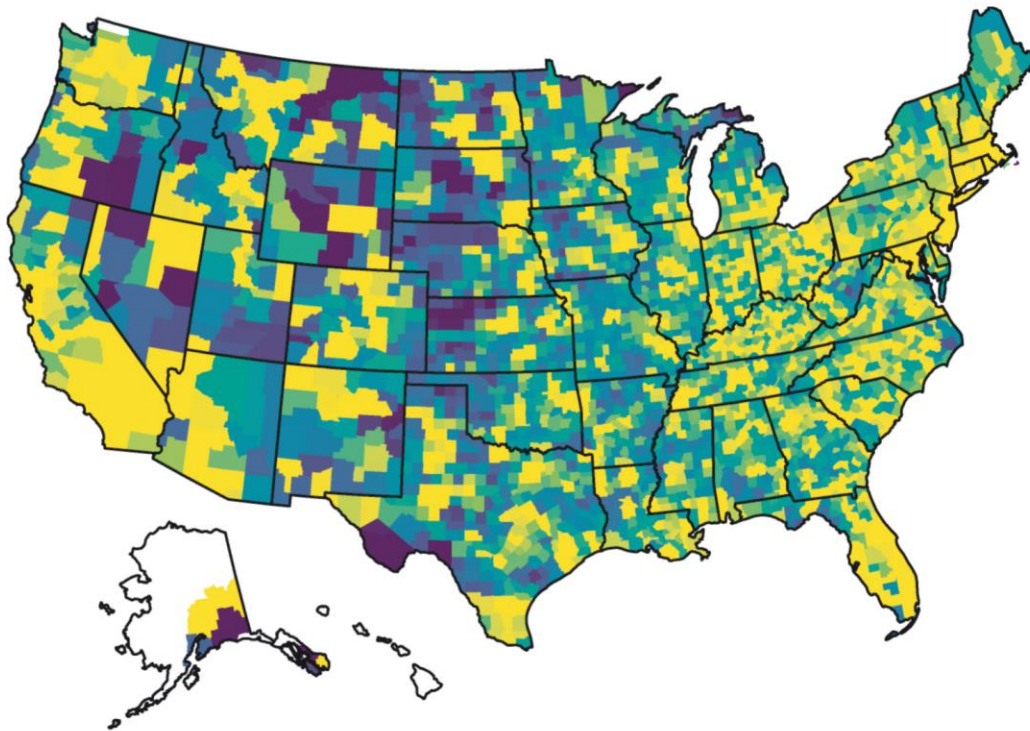
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List 2 people who live outside the community, who will support you / be a sounding board for you, as you bring about change.

- .
- .

Access to Treatment
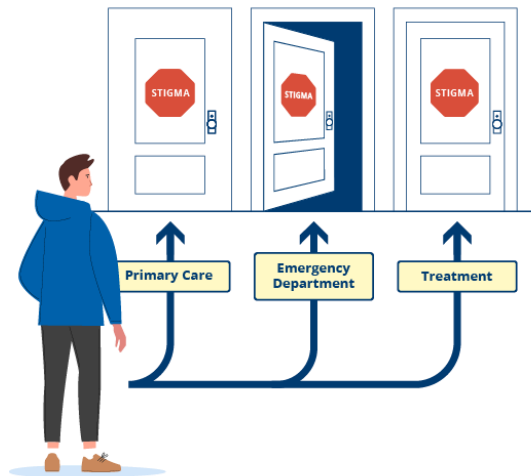
Buprenorphine providers

Opioid Treatment Programs

Median increase in driving time, minutes

<5   15   30   60   >120

See Kiang, Barnett, Wakeman, Humphreys, & Tsai

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Access Challenges – What & Why?

Current State

"The Board/CEO/CFO/CMO won't support it."

"We don't need to screen. We know who needs help."

"Why bother screening. There's no where to send them"

"Providing these services will just bring more of those people to our community."

"Primary care needs to fix this. These are their patients"

"Even the folks who go through treatment just end up back with the same crowd and relapse."

"It doesn't matter if I screen them. They won't go to get help. Everyone will know by tomorrow that they have a problem."

"Those people will never get better. They have been using for generations."

"Even if I could find them, our organization doesn't have the money to pay for this."

"We can't fill our current staffing. How on earth will we find this skill set?!"

Challenges to OUD Recovery in Rural Communities

1. Lack of screening

2. Stigma, lack of privacy

3. Health inequity

4. Treatment options, treatment center options, mental health support

5. Medication for sustained recovery

6. Workforce

7. Financial resources

8. Leadership

9. Lack of substance-free spaces or activities

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ECOSYSTEM VISION

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Recovery-Oriented Environment (Sheedy & Whitter 2009)

- Encourages individuality – each person is the agent of their recovery

- Promotes accurate & positive portrayals of (disease)

- Focuses on strengths

- Uses a language of hope & possibility

- Offers a variety of options for treatment, rehabilitation & support

- Supports risk-taking, even when failure is a possibility

- Actively involves (patients), family & others

- Helps develop connections with communities

- Helps (patients) develop valued social (contributions)

- Encourages (patient advocacy)
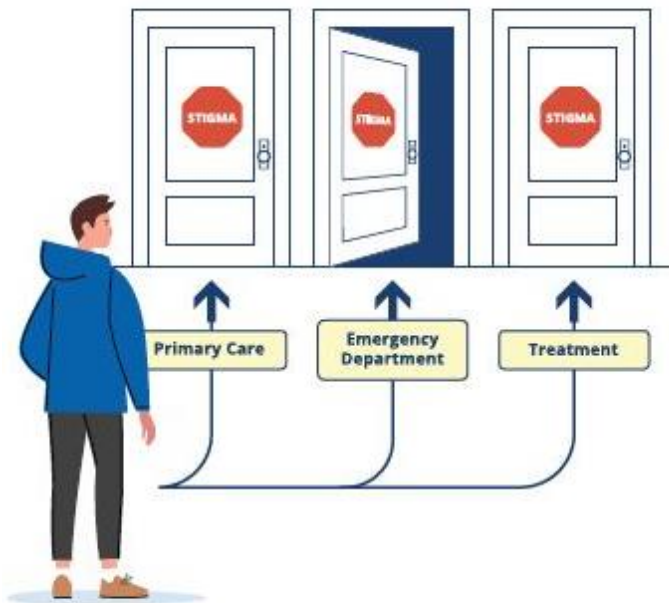
Encourages Change

Free of Stigma

Access to Treatment Options in Non-Stigmatizing Locations
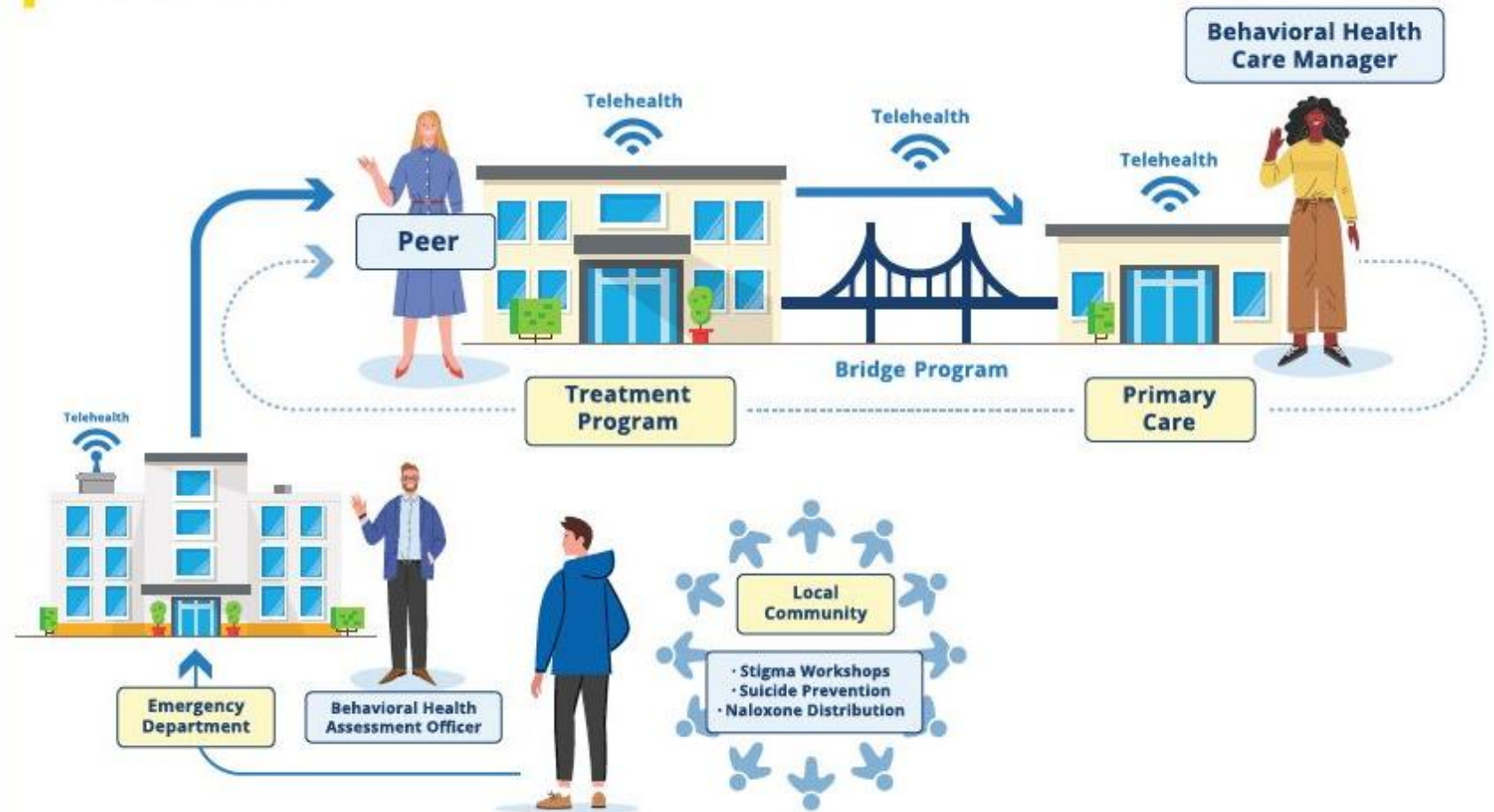
Community Connections

Supports Patient Recovery

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Ecosystem of Recovery

5 Pillars of the Ecosystem of Recovery

Save Lives

Establish programs that save lives to immediately advance community well-being and build support for creating a system of care.

Engage Community

Empower the community to create an ecosystem of recovery through shared understanding and leadership.

Expand Access to Treatment

Meet patients where they are already presenting for care and **engage them in treatment**, making sure the human connection to the system of care is never broken.

Screen for and Prevent SUD

Make behavioral health screening routine during health care encounters to identify and support people at risk for SUD and normalize discussion about mental health and SUD.

Support Recovery

Provide programs that assist with social determinants of health. **Provide opportunities** for people in recovery to find healthy activities to enjoy apart from settings associated with past substance use and risky behaviors.

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UR Medicine Recovery Center of Excellence
Ecosystem of Recovery: 5 Pillars

Our **Ecosystem** approach has **5 pillars** to address priority areas in substance use disorder (SUD) treatment. We're building these pillars in rural Appalachian New York State with strategies listed here. Based on local needs, a community can choose from these or a wide array of programs. *See our center Overview for more examples. Please contact our Program Assistance to learn more or schedule a conversation to discuss your community's needs.*

Save Lives

Establish programs that save lives to immediately advance community well-being and build support for creating a system of care.

Naloxone Distribution

Suicide Prevention Training: Identifying People at Risk

Emergency Department (ED)-Based Medications for Opioid Use Disorder (MOUD) in Collaboration with SUD Treatment Providers

Polysubstance Use Awareness Campaign

Engage Community

Empower the community to create an ecosystem of recovery through shared understanding and leadership.

Establish Early Adopter Network

Community Discussions on Stigma

Medical Staff Discussions on Stigma and MOUD

Behavioral Health Assessment Officer in the ED

"Words Matter"

Polysubstance Use Awareness Campaign

Expand Access to Treatment

Meet patients where they are already presenting for care and **engage them in treatment,** making sure the human connection to the system of care is never broken.

ED-Based MOUD in Collaboration with SUD Treatment Providers

MOUD Through Telemedicine as a Bridge to Primary Care-Based MOUD

Treatment of Opioid Use Disorder in Primary Care

Rural Opioid and Direct Support Services for Methadone Maintenance Treatment

Transitions Clinic Network Programs for People Recently Released from Incarceration

Screen for and Prevent SUD

Make behavioral health screening routine during health care encounters to identify and support people at risk for SUD and normalize discussion about mental health and SUD.

Behavioral Health Care Manager in a Primary Care Practice

Suicide Prevention Training: Identifying People at Risk

Behavioral Health Assessment Officer in the ED

ED-Based MOUD in Collaboration with SUD Treatment Providers

Support Recovery

Provide programs that assist with social determinants of health. **Provide opportunities** for people in recovery to find healthy activities to enjoy apart from settings associated with past substance use and risky behaviors.

Community Discussions on Stigma

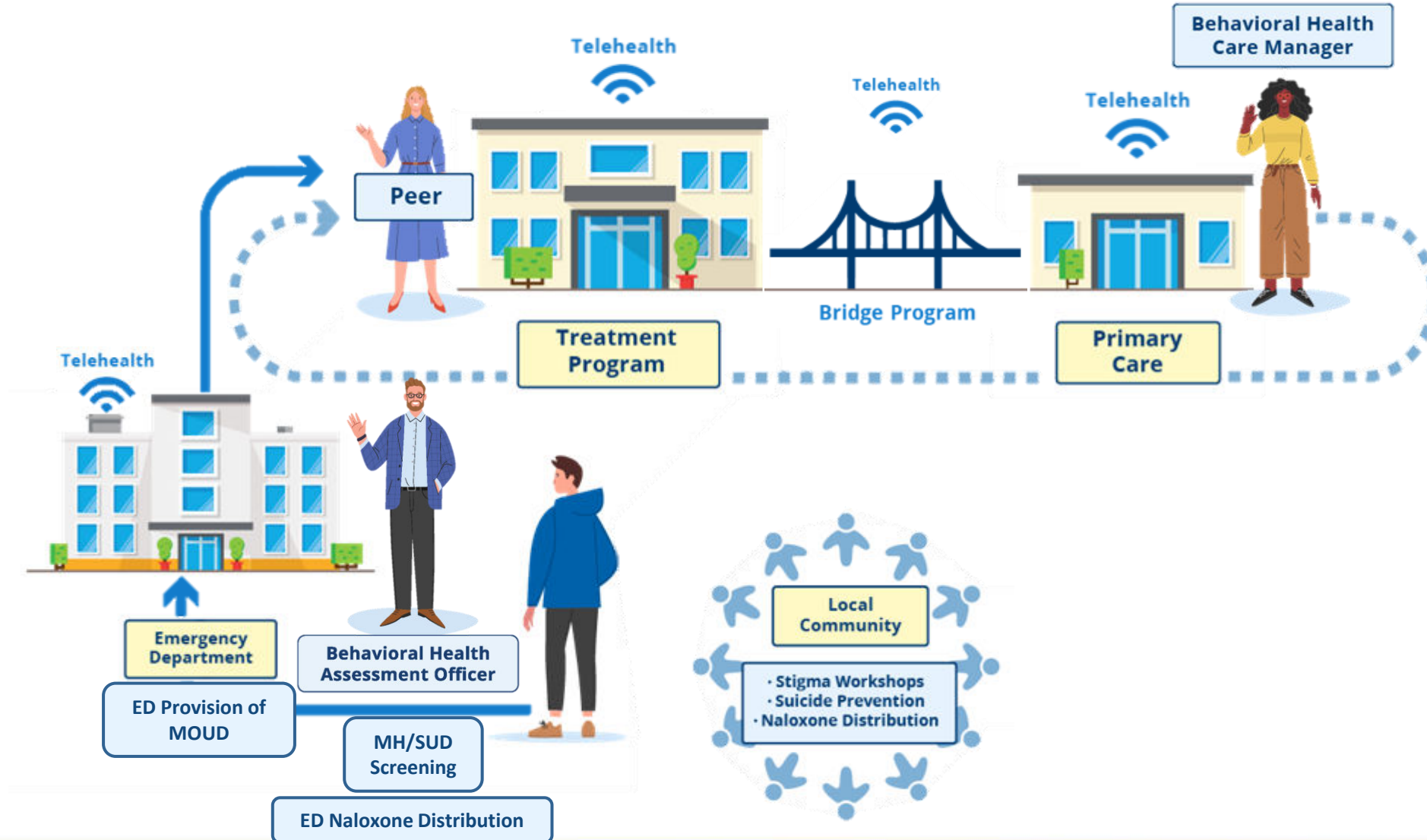Community Recovery Support Programs

Employment Support

Recovery Housing

Recovery Fitness Programs

Recovery-Oriented Social Events/Holiday Celebrations

WHERE TO START

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Ecosystem of Recovery (Solution to treating a Chronic Disease)

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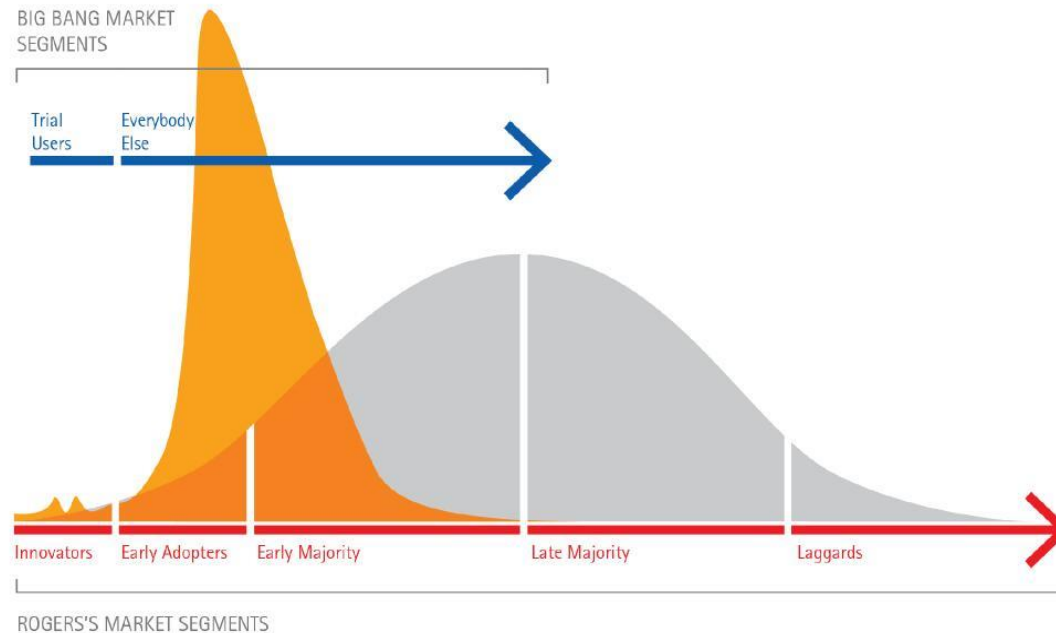
Change Management (Readiness to Change)

People

Downes & Nunes. Big Bang Disruption: Strategy in the Age of Devastating Innovation. 2014.
Rogers, Everett. Diffusion of Innovation.

Process
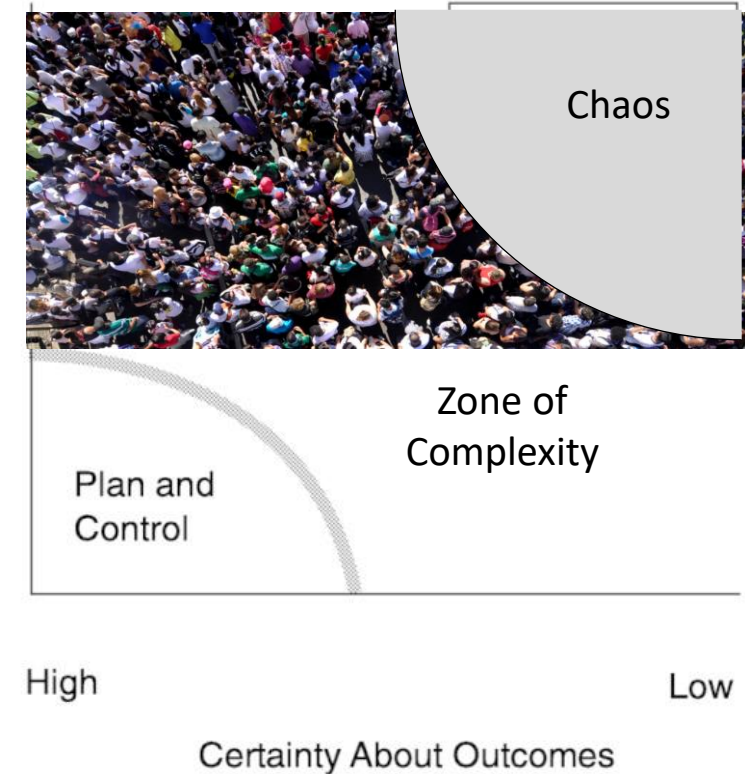

Stacey, RD. Complexity & Creativity in Organizations. 1996

"the individuals involved in spreading innovation matter greatly."

- Malcolm Gladwell about Paul Revere

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https://recoverycenterofexcellence.org

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The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by HRSA, HHS or the US Government.

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Recovery Principles
National Summit on Recovery – Principles of Recovery

1. **There are many pathways to recovery**. The pathway may include one or more episodes of psychosocial and/or pharmacological treatment. Recovery is a process of change that permits an individual to make healthy choices and improve the quality of his or her life.

2. **Recovery involves a process of healing and self-redefinition**. Recovery is a holistic process through which one gradually achieves greater balance of mind, body & spirit in relation to other aspects of one's life, including family, work & community. It involves developing a positive and meaningful sense of identity.

3. **Recovery exists on a continuum of improved health and wellness**. Recovery is not a linear process. It is based on continual growth and improved functioning.

4. **Recovery is a reality.** It can, will, and does happen.

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Recovery-Oriented Environment
NIDA Principles of Drug Addiction Treatment

1. No single treatment is appropriate for all individuals

2. Treatment needs to be readily available

3. Effective treatment attends to multiple needs, not just drug use

4. Continual reassessment & modification of the treatment plan

5. Remaining in treatment for an adequate period of time is critical to treatment effectiveness

6. Counseling & behavioral therapies are critical components of effective treatment for addiction

7. Medications are an important element, especially when combined with behavioral health therapy

8. Coexisting mental health and substance use disorders should be treated in an integrated way

9. Medical detoxification is the first stage of addiction treatment, but does little alone to change long term drug use

10. Treatment does not need to be voluntary to be effective

11. Monitoring for drug use during treatment is important

12. Treatment programs should assess & treat infectious disease and provide support for changing risky behaviors

13. Recovery from drug addiction can be a long term process and frequently requires multiple episodes of treatment

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