

# Peer Support in Rural Areas: Reaching for Their Dreams – Growing Recovery Capital

Developed and Presented by:

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Opioid Response Network

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**Opioid  
Response  
Network**

# Working with Communities

- ✧ The SAMHSA-funded *Opioid Response Network (ORN)* assists states, organizations and individuals by providing the resources and technical assistance they need locally to address the opioid crisis and stimulant use.
- ✧ Technical assistance is available to support the evidence-based prevention, treatment and recovery of opioid use disorders and stimulant use disorders.



# Working with Communities

- ✧ The *Opioid Response Network (ORN)* provides local, experienced consultants in prevention, treatment and recovery to communities and organizations to help address this opioid crisis and stimulant use.
- ✧ *ORN* accepts requests for education and training.
- ✧ Each state/territory has a designated team, led by a regional Technology Transfer Specialist (TTS), who is an expert in implementing evidence-based practices.



# Contact the Opioid Response Network

✧ To ask questions or submit a technical assistance request:

- Visit [www.OpioidResponseNetwork.org](http://www.OpioidResponseNetwork.org)
- Email [orn@aaap.org](mailto:orn@aaap.org)
- Call 401-270-5900



# Learning Objectives for Today

## Focus On

Focus on Recovery Planning as a key function for Peer Support across the continuum of care

## Recognize

Recognize the role of Recovery Capital as the foundation for recovery planning to support long term sustained recovery

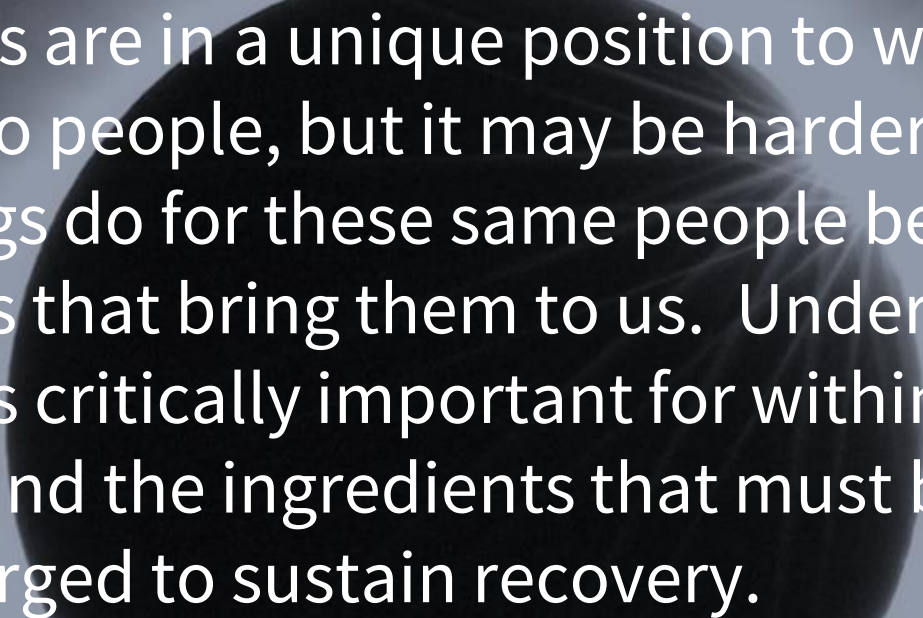
## Be Introduced

Be introduced to skills needed to assess Recovery Capital and build attainable person-centered goals designed to grow Recovery Capital

## Incorporate

Incorporate recovery-oriented and person-centered approaches into goal setting and recovery planning activities





Addiction professionals are in a unique position to witness all of the things that drugs do to people, but it may be harder in that role to understand what drugs do for these same people before the crash and burn experiences that bring them to us. Understanding that “doing for” dimension is critically important for within it can be found the seeds of addiction and the ingredients that must be discovered or forged to sustain recovery.

The same needs met through drug use must be met in recovery.

~William White, Recovery Rising pg. 9





# Defining Recovery

How We Define Recovery Informs  
How We Will Approach Recovery  
Planning

# How We Define Recovery Informs How We Will Approach **Recovery Planning**

Is our definition:

- Broad or narrow?
- Roomy and all inclusive or contained and rigid?
- The same for everyone or left up to the individual?
- Flexible enough to account for differences between standards we set for ourselves and what we expect for those we provide services to?





# Defining Recovery:

- ✧ As we look at and listen to several definitions of recovery, grab a piece of paper and jot down the words that most resonate with you
- ✧ Let's then share our words on the flip chart and consider how they our collective belief about the definition of Recovery
- ✧ How do WE define Recovery?



**Recovery is the process of pursuing a contributing and fulfilling life regardless of the difficulties one has faced. It involves not only the restoration, but also continued enhancement of a positive identity as well as personally meaningful connections and roles in one's community. It is facilitated by relationships and environments that promote hope, empowerment, choices and opportunities that promote people in reaching their full potential as individuals and community members**

Philadelphia Department of Behavioral Health/Mental Retardation Services (DBHMRS, 2006)



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

SAMHSA Definition of Recovery, 2012



# In **ASAM's Definition**, Recovery from Addiction is:

An active process of continual growth that addresses the biological, psychological, social and spiritual disturbances inherent in addiction, and includes the following factors:

1. The aim of improved quality of life and enhanced wellness as identified by the individual
2. An individual's consistent pursuit of abstinence from the substances or behaviors towards which pathological pursuit had been previously directed or which could pose a risk for pathological pursuit in the future
3. Relief of an individual's symptoms including substance craving
4. Improvement of an individual's own behavioral control
5. Enrichment of an individual's relationships, social connectedness, and interpersonal skills
6. Improvement in an individual's emotional self-regulation



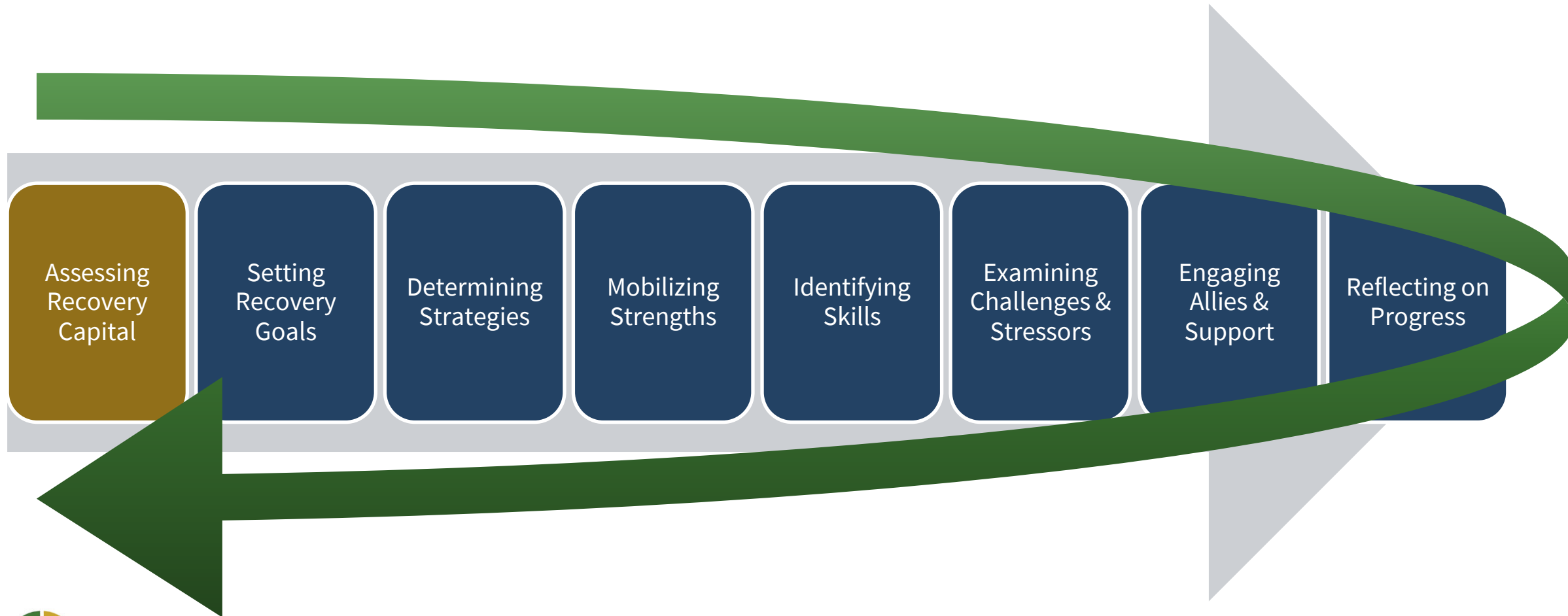
**“If we perceive recovery as a journey of transformation, then it is safe to assume that the goal of this transformation is to enable individuals impacted by addiction to live meaningful lives in their chosen communities while striving to achieve their full potential”**

*And as professionals who support those seeking recovery, we have the opportunity to be an ambassador of transformation*

*~Sharon Hesseltine*



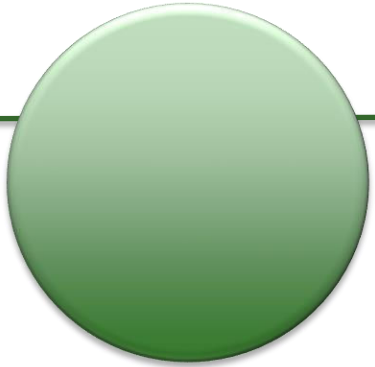
# The Recovery Planning Process Begins by Assessing Recovery Capital



**“Recovery capital constitutes the potential antidote for the problems that have long plagued recovery efforts.”**

**-William White**





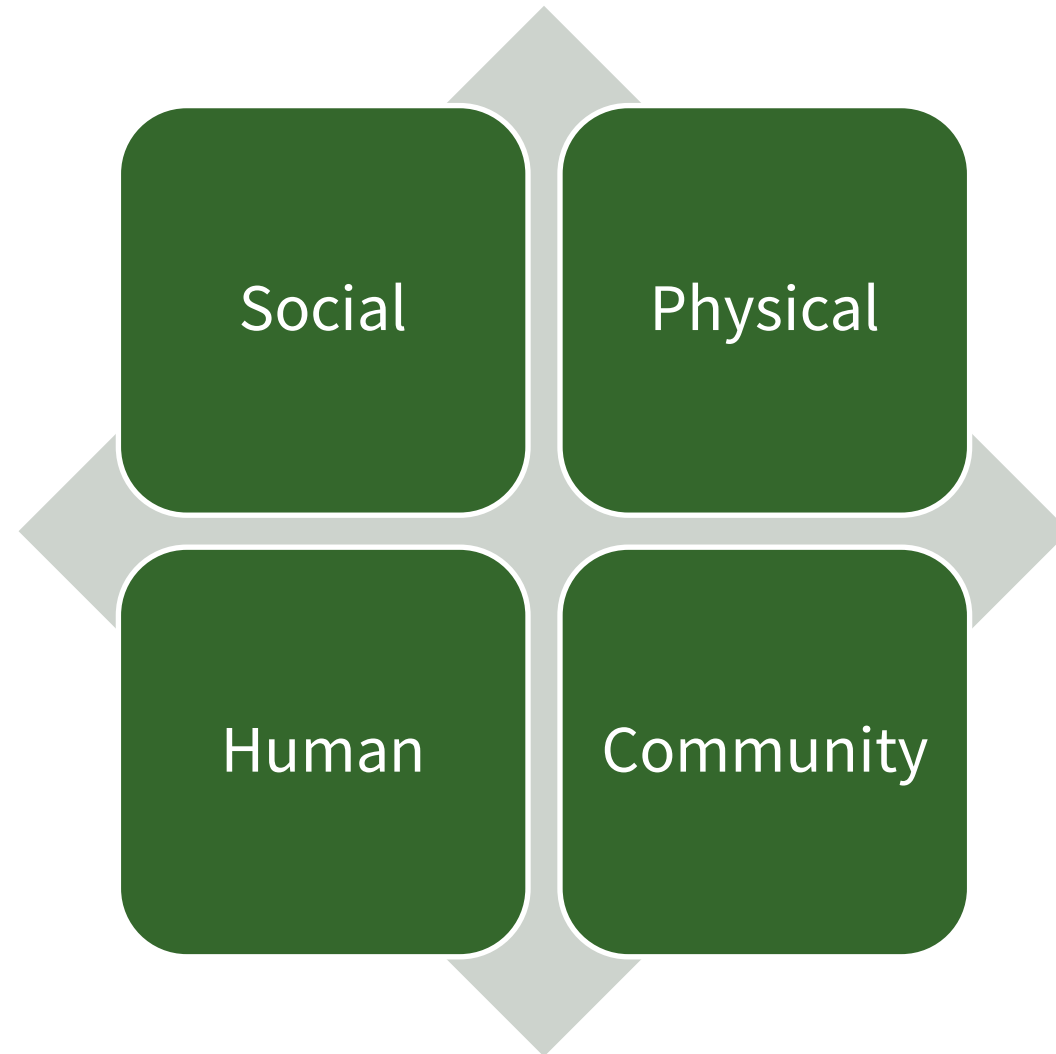
# RECOVERY CAPITAL

- ✧ Internal and external assets that can be tapped into to initiate and sustain recovery
- ✧ Changes over time
- ✧ Interacts with problem severity to inform the intensity and duration of post-treatment recovery support services
- ✧ As a person gains more recovery capital, they move closer to long term sustained recovery
- ✧ Can inform the sequencing of goals on a Family Service Plan
- ✧ Is an evidence-based approach to supporting long term sustained remission & recovery from addiction





# RECOVERY CAPITAL DOMAINS



# Social Recovery Capital

- ✧ I have an intimate partner supportive of my recovery process
- ✧ I have family members who are supportive of my recovery process
- ✧ I have friends who are supportive of my recovery process
- ✧ I have people close to me (intimate partner, family members, or friends) who are also in recovery
- ✧ I have established close affiliation with a local recovery support group
- ✧ I have a sponsor (or equivalent) who serves as a special mentor related to my recovery
- ✧ There are other people who rely on me to support their own recoveries



# Physical Recovery Capital

- ✧ I have the financial resources to provide for myself and my family
- ✧ I have personal transportation or access to public transportation
- ✧ I live in a home and neighborhood that is safe and secure
- ✧ I live in an environment free from alcohol and other drugs
- ✧ I have a primary care physician who attends to my health problems.
- ✧ I am now in reasonably good health
- ✧ I have an active plan to manage any lingering or potential health problems
- ✧ I am on prescribed medication that minimizes my cravings for alcohol and other drugs
- ✧ I have insurance (or Medicaid) that will allow me to receive help for major health problems.
- ✧ I have access to regular, nutritious meals.
- ✧ I have clothes that are comfortable, clean and conducive to my recovery activities
- ✧ I have completed or am complying with all legal requirements related to my past



# Human Recovery Capital

- ✧ I have a stable job that I enjoy and that provides for my basic necessities
- ✧ I have an education or work environment that is conducive to my long-term recovery
- ✧ I have recovery rituals that are now part of my daily life
- ✧ My immediate physical environment contains literature, tokens, posters or other symbols of my commitment to recovery
- ✧ I had a profound experience that marked the beginning or deepening of my commitment to recovery
- ✧ I now have goals and great hopes for my future
- ✧ I have problem solving skills and resources that I lacked during my years of active addiction
- ✧ I feel like I have meaningful, positive participation in my family and community.
- ✧ Today I have a clear sense of who I am
- ✧ I know that my life has a purpose
- ✧ Service to others is now an important part of my life
- ✧ My personal values and sense of right and wrong have become clearer and stronger in recent years



# Community Recovery Capital

- ✧ I continue to participate in a continuing care program of an addiction treatment program, e.g., groups, alumni association meetings, etc.)
- ✧ I have a professional assistance program that is monitoring and supporting my recovery process
- ✧ I have access to recovery support groups in my local community
- ✧ I have access to Online recovery support groups



# SOCIAL

# PHYSICAL

# HUMAN

Support, guidance and sense of belonging that comes from relating to others.

Connections from relationships often found in memberships in family, groups and community.

More palpable resources such as; income, vehicles, housing, food, and clothes as well as health

These can be found in sober living, employment centers, temporary assistance, and access to reliable transportation.

Values, knowledge, educational/vocational skills and credentials, problem solving capacities, self-efficacy purpose

These are the internal resources that provide a sense of purpose and hope

## COMMUNITY



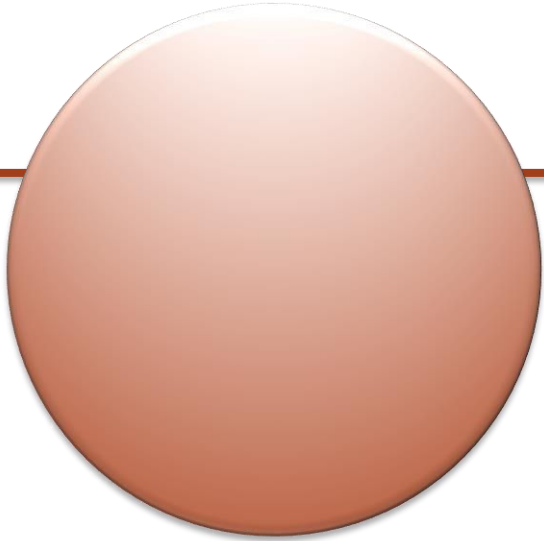
# Growing Recovery Capital Grows:

The Active Ingredients for Sustained Remission & Long-Term Recovery:

- ✧ **C**onnections
- ✧ **H**ope & optimism
- ✧ **I**ntity (positive self-identity)
- ✧ **M**eaning & purpose
- ✧ **E**mpowerment



# Video Activity: Jeremy & Chauncy



As you watch the video, use the Recovery Capital Assessment Interview tool to check off all the areas of Recovery Capital you notice based upon what Chauncy shares







# Social Recovery Capital

✓	Recovery Capital	Notes	Potential Area for Growth
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# Making RC Assessment Conversational – Activity

We will work together re-frame the statements from the Recovery Capital Interview Tool into open ended questions

We will be using the flip chart to show open-ended questions in the the area of **Social Recovery Capital**

Our goal with the open-ended questions is to think broadly and find ways where one or two questions sparks a conversation to learn about a person's Recovery Capital

By being conversational those we serve aren't left feeling like they have been interrogated about Recovery Capital!



# Learning About Recovery Capital

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Requires skill at asking open ended questions

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Involves the “dance” of following the client’s lead/interest and then skillfully bringing the conversation back to Recovery Capital

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Requires practitioner to be clear about the purpose of the Recovery Capital Assessment

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Requires practitioner to be clear about their role and function in terms of Recovery Planning

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Is about learning what matters most to the client – what is something they want to look different that it does right now?

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**The element of Recovery Capital the client is interested in growing becomes the goal on the Recovery Plan**

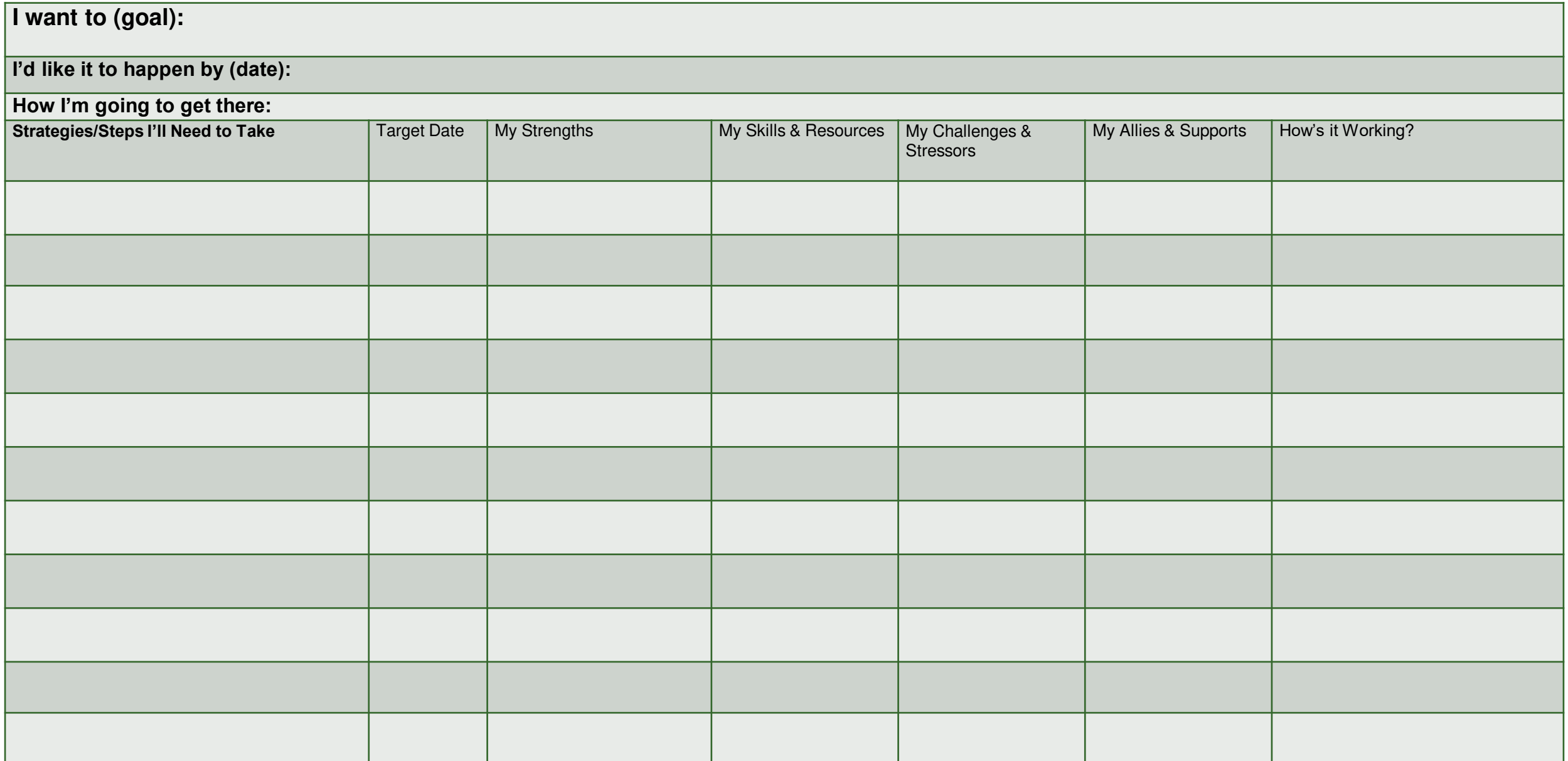


# Tips for Learning About Recovery Capital

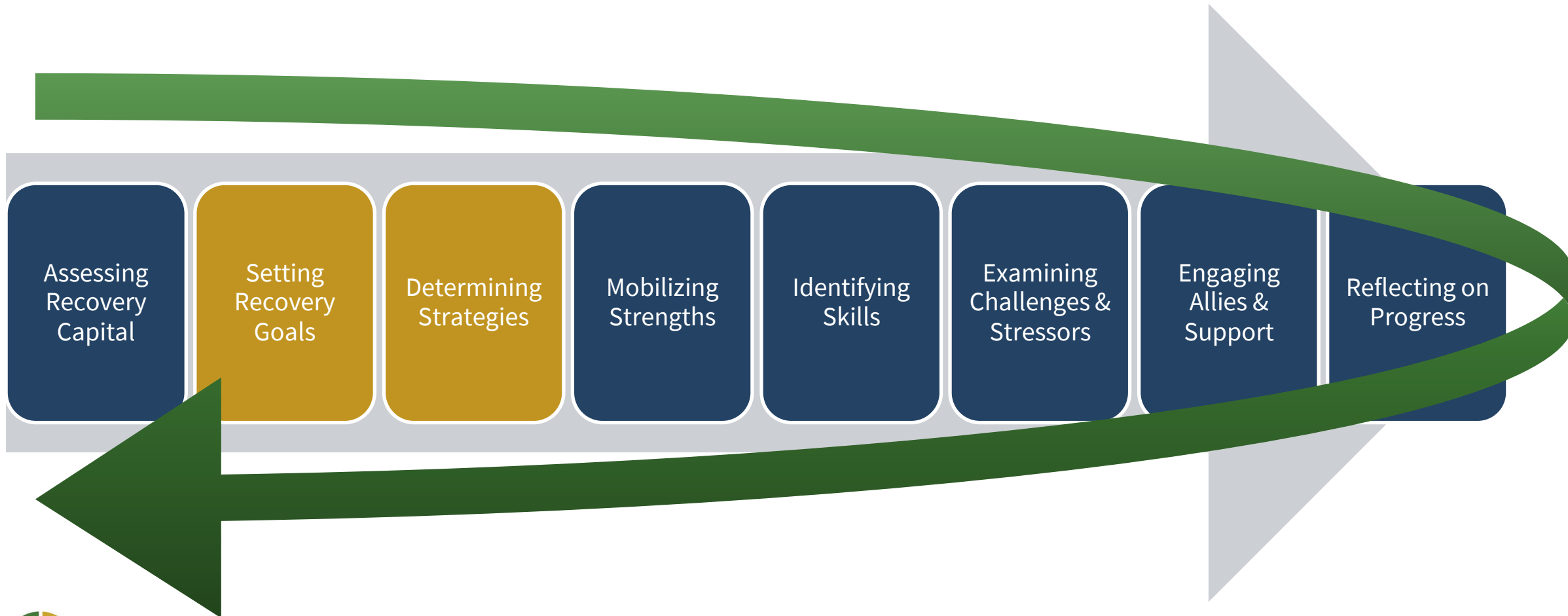
- ✧ Review the case history to see what you already know about Recovery Capital
- ✧ Be aware of the components of your current family assessment/social history that overlap with Recovery Capital
- ✧ Highlight elements of Recovery Capital that aren't addressed through your assessment/history and think ahead about open ended questions that may help you learn more
- ✧ Let the conversation unfold naturally – ask questions beyond what is on your form
- ✧ Be sure to ask open ended questions about family, allies, constellation of support and naturalistic supports related to parenting and children
- ✧ Be very familiar with the tool, make eye contact, don't re-ask questions that have already been answered in conversation
- ✧ Open ended questions, genuine interest, and showing empathy go a long way
- ✧ Be fully present – listen, respond, be sincere

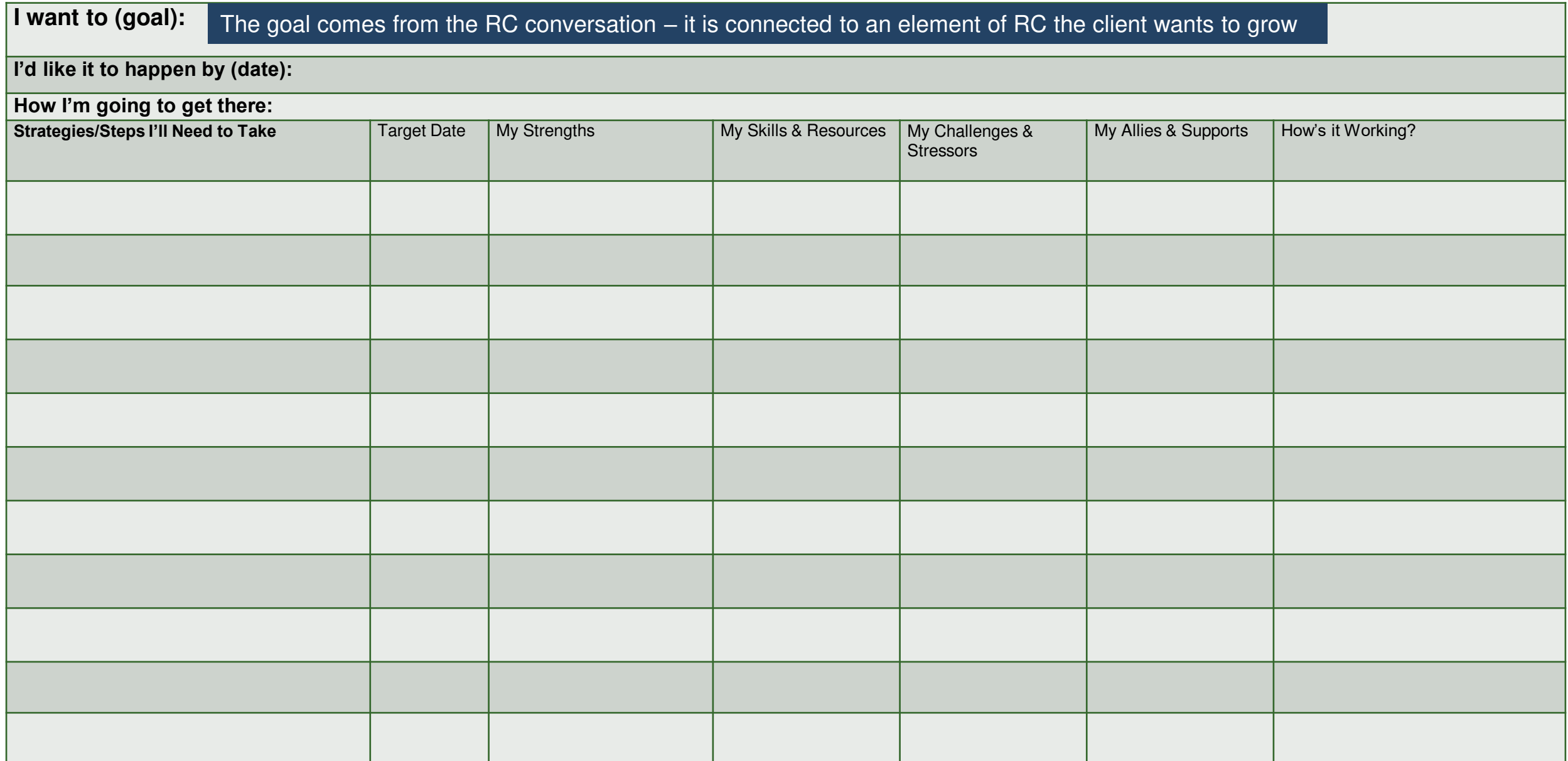






# Step 2: Setting Recovery Goals & Determining Strategies





# Recovery-Oriented Concepts and Recovery Planning

- ✧ **Person-centered:** The individual defines their own goals and their unique path towards those goals
- ✧ **Strengths-based:** The service array has emphasis on individual strengths, assets and resilience
- ✧ **Individually-tailored:** Responsive to an individual's culture, ethnic, and racial identity affiliations. Also geared toward connecting individuals to natural community supports and activities of their choice

## Potential Challenge in Recovery Planning:

Empower individuals to make informed decisions about their own care within the realities of the child welfare system



# Recovery Plan

- ✧ Is a document that guides the collaboration between the social worker and families
- ✧ Is (to the extent possible) driven by the family
- ✧ Prioritizes supporting the areas of greatest importance to the family
- ✧ Offers families an experiential approach to determining goals and mapping out a strategy to successfully meet them
- ✧ Recognizes compromised executive functioning by supporting problem solving and organized thinking
- ✧ Goes beyond discontinuing the use of substances by focusing on the “why the client wants to quit – what are the life changes they want because they quit”



# SPECIAL CONSIDERATIONS



When recovery capital is low the stressors of daily parenting can make it difficult to set aside time for planning or leave parents feeling overwhelmed



With multiple stressors, you can help break goals down into short term steps and provide support to address immediate needs



Engaging allies and naturalistic supports is essential



Make room for specialty medical and child-care needs as part of goal setting



Parenting goals can be included in recovery plans but it's important to recognize how low Recovery Capital places a lot of stress on parenting



# Strategies: Methods Or Action Steps Used To Achieve the Identified Goal

Should be “bite-sized”

Concrete

Time-limited

Developed in partnership with the individual we are supporting

Written on Recovery Plan

Designed for successful completion



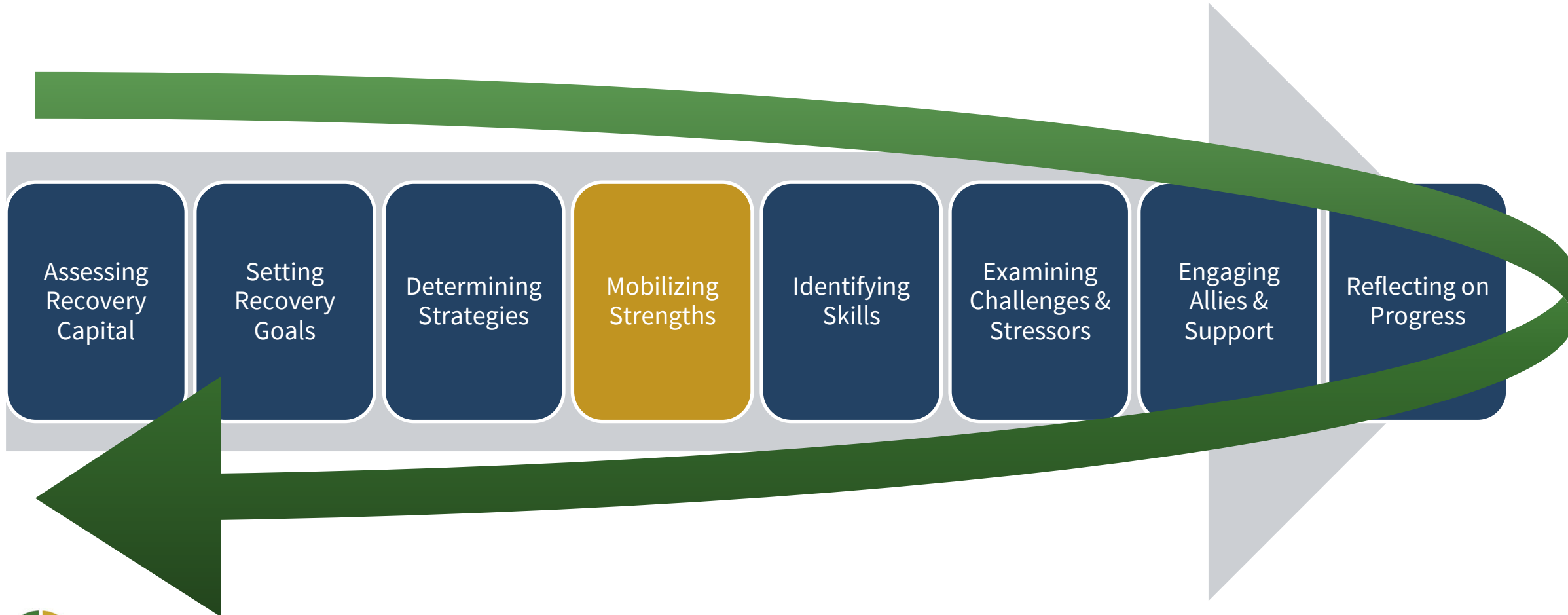
# Let's Think Back to Chauncy

- ✧ As you think back to Chauncy, and looking at the Recovery Capital Interview tool, what is something that “bubbled up” as an important goal to him?
- ✧ When thinking about a goal we want to build from a “gap” in Recovery Capital that is meaningful for the person we are supporting
- ✧ Let's work together using the Recovery Capital Planning Sheet to map out one goal and some of the strategies that would be important to reaching the goal





# Step 3: Mobilizing Strengths



# SUPPORTING STRENGTHS



Many of those in active addiction or early recovery have usually been pretty beaten down and their deficits loom large. People often have strengths they don't recognize as strengths. Let's do an activity using the strengths handout and see for ourselves.



# ACTIVITY

## FINDING OUR STRENGTHS:

1. Get out a piece of paper and jot down as many strengths of your own as you can think of – you have 1 minute
2. Take the next 30 seconds to check off which strengths/characteristics you possess from the next slide
  - *How many strengths did you identify in Step 1 vs how many in Step 2?*
  - *How many of you saw qualities on the Worksheet that you didn't recognize as strengths?*



# Finding My Strengths



- ☐ Able to forgive
- ☐ Authentic
- ☐ Artistic (singing, cooking, dancing,  
& other forms of expression)
- ☐ Brave
- ☐ Comfortable asking for help
- ☐ Creative
- ☐ Curious (try something new or do  
something different)
- ☐ Dependable
- ☐ Determined
- ☐ Enthusiastic
- ☐ Fair
- ☐ Finish what I start
- ☐ Flexible
- ☐ Friendly (and able to keep friends)
- ☐ Generous
- ☐ Good problem solver
- ☐ Have characteristics of a leader
- ☐ Have skills to keep a job
- ☐ Integrity (doing the 'right' thing  
even when no one is watching)
- ☐ Love of learning
- ☐ Optimistic
- ☐ Organized
- ☐ Patient
- ☐ Perspective (see things from  
different points of view)
- ☐ Physically active
- ☐ Playfulness (humor)
- ☐ Respectful of others
- ☐ Self-respecting
- ☐ Spirituality (your faith and beliefs)



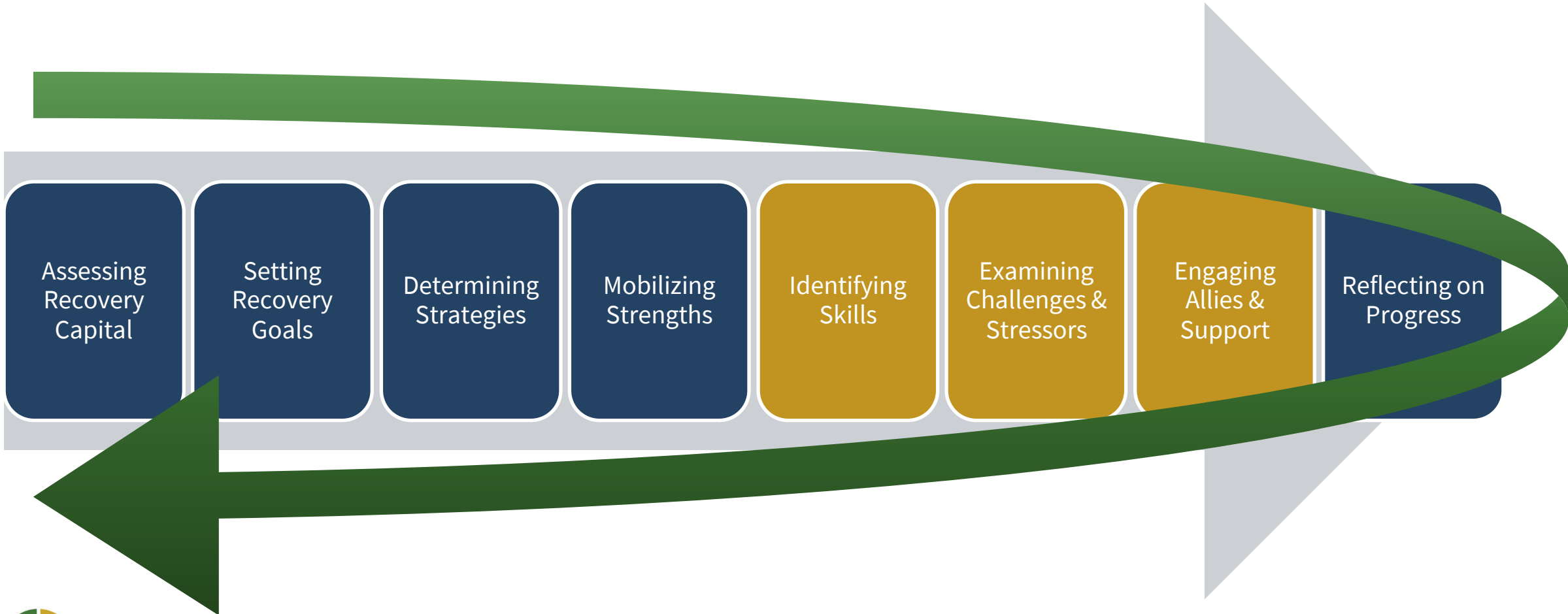


## My Recovery Plan – Where Dreams Get Real



<b>I want to (goal):</b> The goal comes from the RC conversation – it is connected to an element of RC the client wants to grow						
<b>I'd like it to happen by (date):</b>						
<b>How I'm going to get there:</b>						
Strategies/Steps I'll Need to Take	Target Date	My Strengths	My Skills & Resources	My Challenges & Stressors	My Allies & Supports	How's it Working?
		For each strategy/step – refer back to the Finding My Strengths Worksheet and ask “which of the strengths that you checked off will help you with .....				

# Steps 4 - 6: Identifying Skills Examining Challenges & Stressors Engaging Allies & Support



# Identifying Skills

Specific talents and abilities that the client has

Developed over time through practice, training, and experience

May be specific: operating machinery, designing a logo, or using a computer, playing music

May also be broader: problem solving, inspirational speaking, or coaching



# Examining Challenges & Stressors

- ✧ Events, people, and other circumstances that make people feel worried or anxious
- ✧ When Recovery Capital is low the stressors of daily living can make it difficult to set aside time for planning or leave clients feeling overwhelmed
- ✧ In early recovery small challenges can easily feel insurmountable
- ✧ When clients are faced with many stressors, Peer can help break goals down into short term steps, work to address immediate needs that help promote stability and create opportunities for small wins





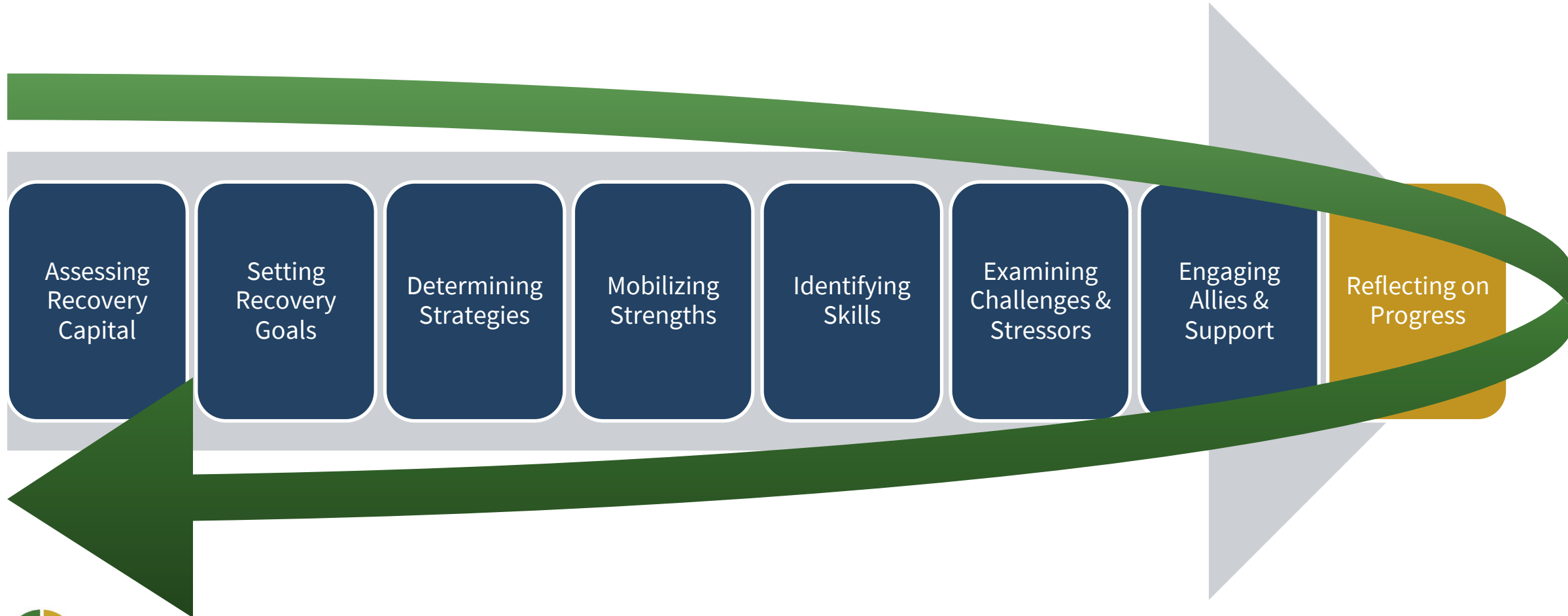
# Engaging Allies & Support

- ✧ We all benefit from support to do our best work and make progress towards our goals
- ✧ Support is critical to achieving goals, but for some, asking for help can be a goal in and of itself
- ✧ Clients may receive support from friends and family, faith-based organizations, other community providers and individuals in the recovery community

***It is critical that clients have allies and support in their life from individuals who are not paid to be in their life***



# Step 7: Reflecting on Progress



# Reflecting on Progress

- ✧ Success: Achieving something desired
- ✧ Occurs each time you connect with a client
- ✧ Checking in to see if goals & the steps are still working for clients as opposed to checking up on achievement
- ✧ The greatest value is in the process, experiencing small wins and engagement in decisions around the direction one's life is going
- ✧ Celebrate each and every win – small and large







# Closing Thought

**If Recovery is a  
Journey, then Peer  
Support Specialists  
are the Tour Guides**





**Thank – you for all you do  
to support individuals &  
families with substance-use  
challenges**

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