

# **RECOVERY COMMUNITY ORGANIZATIONS: 101**

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# OBJECTIVES

- **LEARN WHAT IS A RECOVERY COMMUNITY ORGANIZATION (RCO)**
- **WHAT ARE THE TYPES OF RCO'S THAT SUPPORT WORKFORCE AND EDUCATION DEVELOPMENT**
- **HOW YOU CAN SUPPORT THEM STARTING OR CONTINUING IN YOUR COMMUNITY**

# WHAT'S THE POINT?

Why are we here?



To provide communities with the skills that will foster and support youth, young adults and their families to have access to the resources they need to thrive in the workforce and educational settings.

# WHERE DO WE START?



When working with young people, we have to start **NOW!** Young people need structure, but also need to have the ability to make decisions for themselves. How do we grab their attention? How do we mold, and support them?

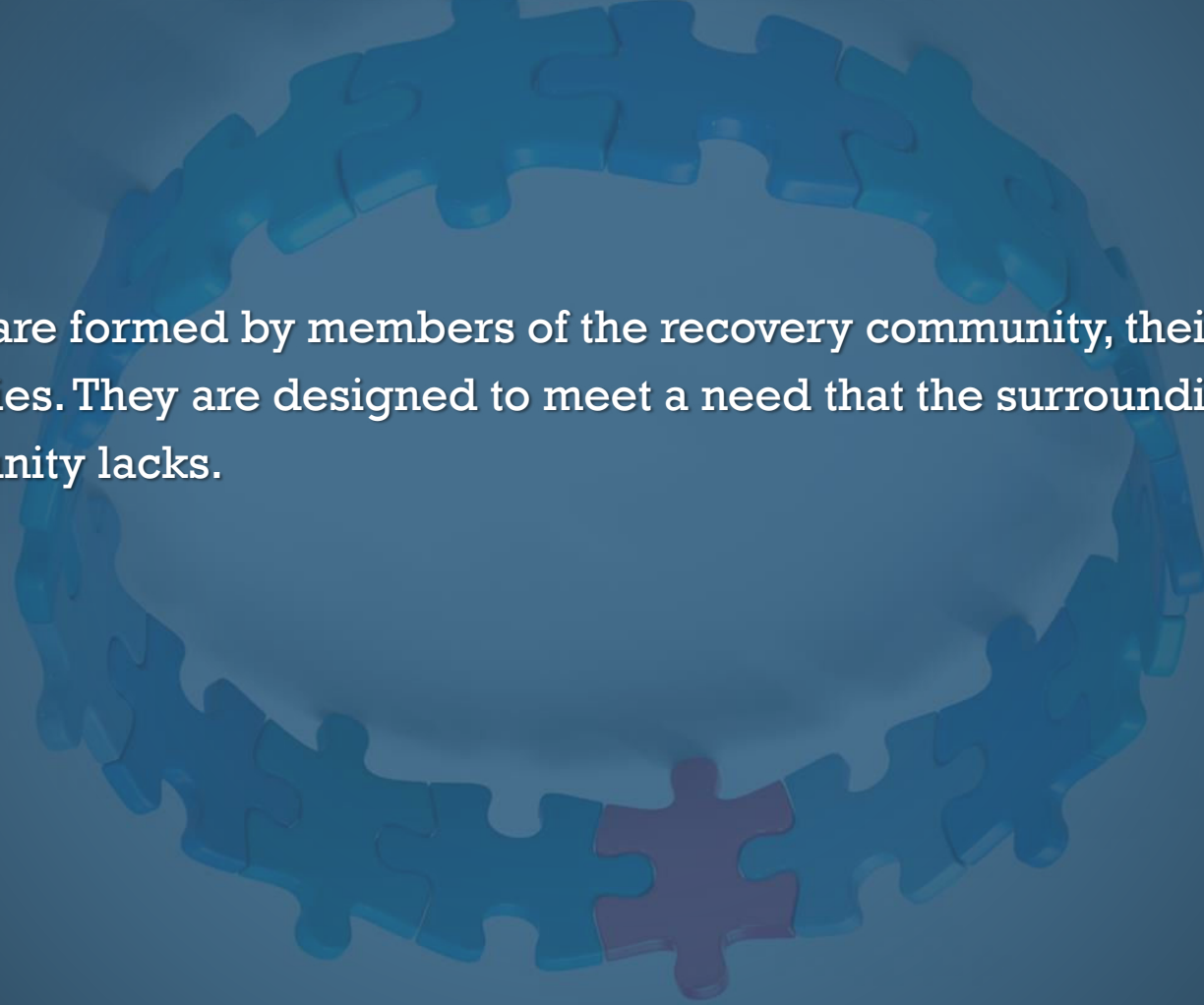
**RECOVERY  
COMMUNITY  
ORGANIZATION  
(RCO)**

# RECOVERY COMMUNITY ORGANIZATIONS

- A recovery community organization (RCO) is an independent, non-profit organization led and governed by representatives of local communities of recovery. These organizations organize recovery-focused policy advocacy activities, carry out recovery-focused community education and outreach programs, and/or provide peer-based recovery support services (P-BRSS).

# RECOVERY COMMUNITY ORGANIZATIONS

RCO's are formed by members of the recovery community, their families and allies. They are designed to meet a need that the surrounding community lacks.



# RECOVERY COMMUNITY ORGANIZATIONS

3 Elements that make up an RCO:

- Recovery Vision
- Authenticity of voice
- Independence



# PEER SUPPORT

# PEER SUPPORT



## What is peer support/provider?

A peer provider (e.g., certified peer specialist, peer support specialist, recovery coach) is a person who uses his or her lived experience of recovery from mental illness and/or addiction, plus skills learned in formal training, to deliver services in behavioral health settings to promote mind-body recovery and resiliency.

# PEER SUPPORT

Peers are people who are all directly affected by a particular issue, illness, or circumstance

Peer support is a common practice in many fields. It is recognized as a valuable adjunct to professional services and social interventions

Peer support is affordable! Peer support is NOT cheap health care for poor people, but good health care for anyone.

Peer support is based on mutuality

A practical way to get help, information, encouragement, reinforcement, and decreased sense of isolation

PEERS USE THEIR "LIVED EXPERIENCE" TO ASSIST EACH OTHER

Improves quality of life, health behaviors, chronic disease control, and decreases hospitalizations and mortality

# PEER SUPPORT



## Used in many arenas:

- ✓ Treatment
- ✓ Prevention
- ✓ Recovery Support services
- ✓ Educational settings
- ✓ Employment settings
- ✓ Recovery Housing settings

.... And many others

# YOUTH AND PEER SUPPORT



“It takes a village to raise a child”



# ALTERNATIVE PEER GROUPS

# ALTERNATIVE PEER GROUPS

An **Alternative Peer Group** (APG) is a community-based, family-centered, professionally staffed, positive peer support program that offers prosocial activities, counseling, and case-management for people who struggle with substance use or self-destructive behaviors. APGs are a much better fit for the adolescent who struggles with substance use and co-occurring disorders because the main focus is to offer and shape a new peer group that utilizes positive peer pressure to stay sober. In addition, APGs focus on making sobriety more fun than using by organizing and staffing sober social functions throughout the week, weekends, and summers.

For more information, see the film “Generation Found”

References:

<http://generationfoundfilm.com/2016/12/05/alternative-peer-groups-powerful-tool-youth-recovery-across-nation/>



# ALTERNATIVE PEER GROUPS



# RECOVERY HIGH SCHOOLS




# RECOVERY HIGH SCHOOLS



**Association of Recovery Schools (ARS)** helps to develop, support, and inspire schools for optimum performance, empowering hope and access to every student in recovery.

# RECOVERY HIGH SCHOOL'S

Although each school operates differently depending on available community resources and state standards, each recovery high school shares the following goals:

-  To educate all available and eligible students who are in recovery from substance use disorder or co-occurring disorders such as anxiety, depression, and attention deficit hyperactivity disorder
-  To meet state requirements for awarding a secondary school diploma
-  To support students in working a strong program of recovery

For more information:

<https://recoveryschools.org/mission-and-vision/>

# YOUNG PEOPLE IN RECOVERY

## WHAT IS YPR?



**NATIONAL TEAM**



**CHAPTERS IN THE COMMUNITY**

Our national leadership team creates and cultivates local community-led chapters through grassroots organizing and training. Chapters support young people in or seeking recovery by empowering them to obtain stable employment, secure suitable housing, and explore continuing education. Chapters also advocate on the local and state levels for better accessibility of these services and other effective recovery resources.

# YOUNG PEOPLE IN RECOVERY

**WHAT IS A CHAPTER?**

**CHAPTERS = COMMUNITY**

Our model is locally-based, volunteer-run, and peer-led. This approach has been shown to empower those in recovery from substance use disorder by building and sustaining a supportive and engaged community.



Find a chapter near you:

[www.youngpeopleinrecovery.org](http://www.youngpeopleinrecovery.org)

# YOUNG PEOPLE IN RECOVERY

**Total Events This Year**

**1,549**

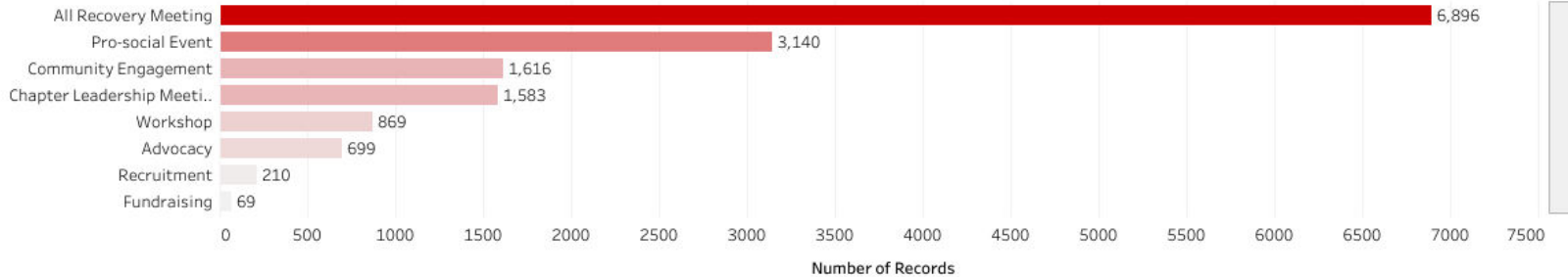
**In-person Events This Year**

**836**

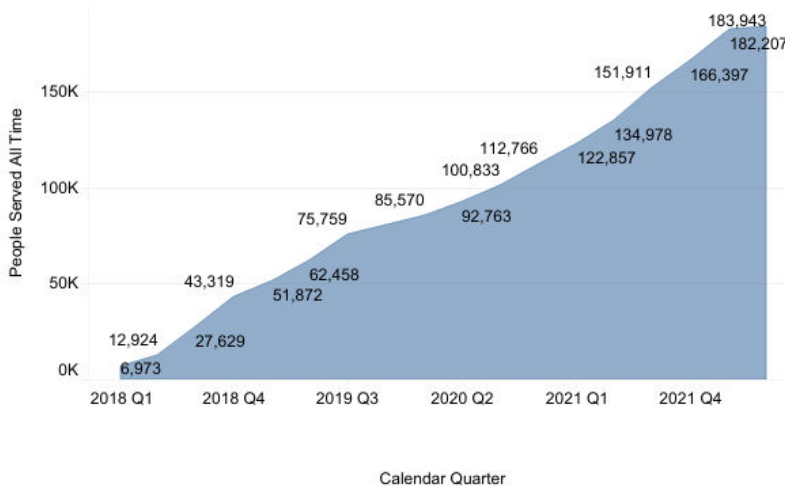
**Virtual Events This Year**

**713**

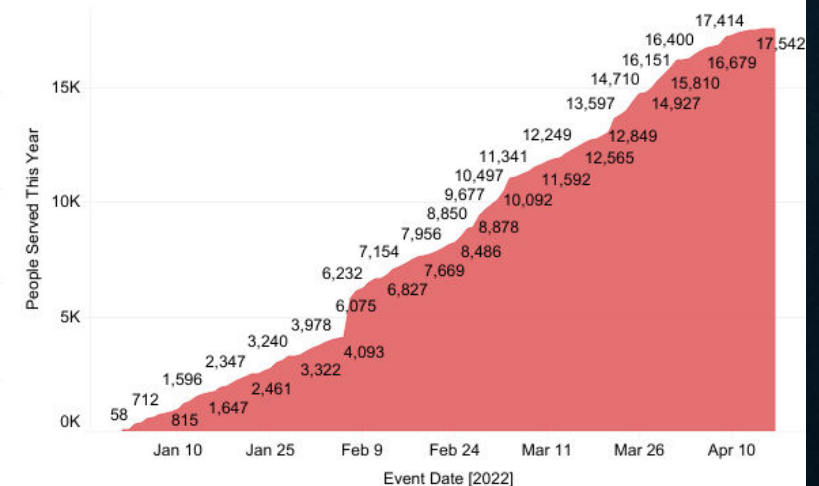
## Chapter Activity by Type since 2018



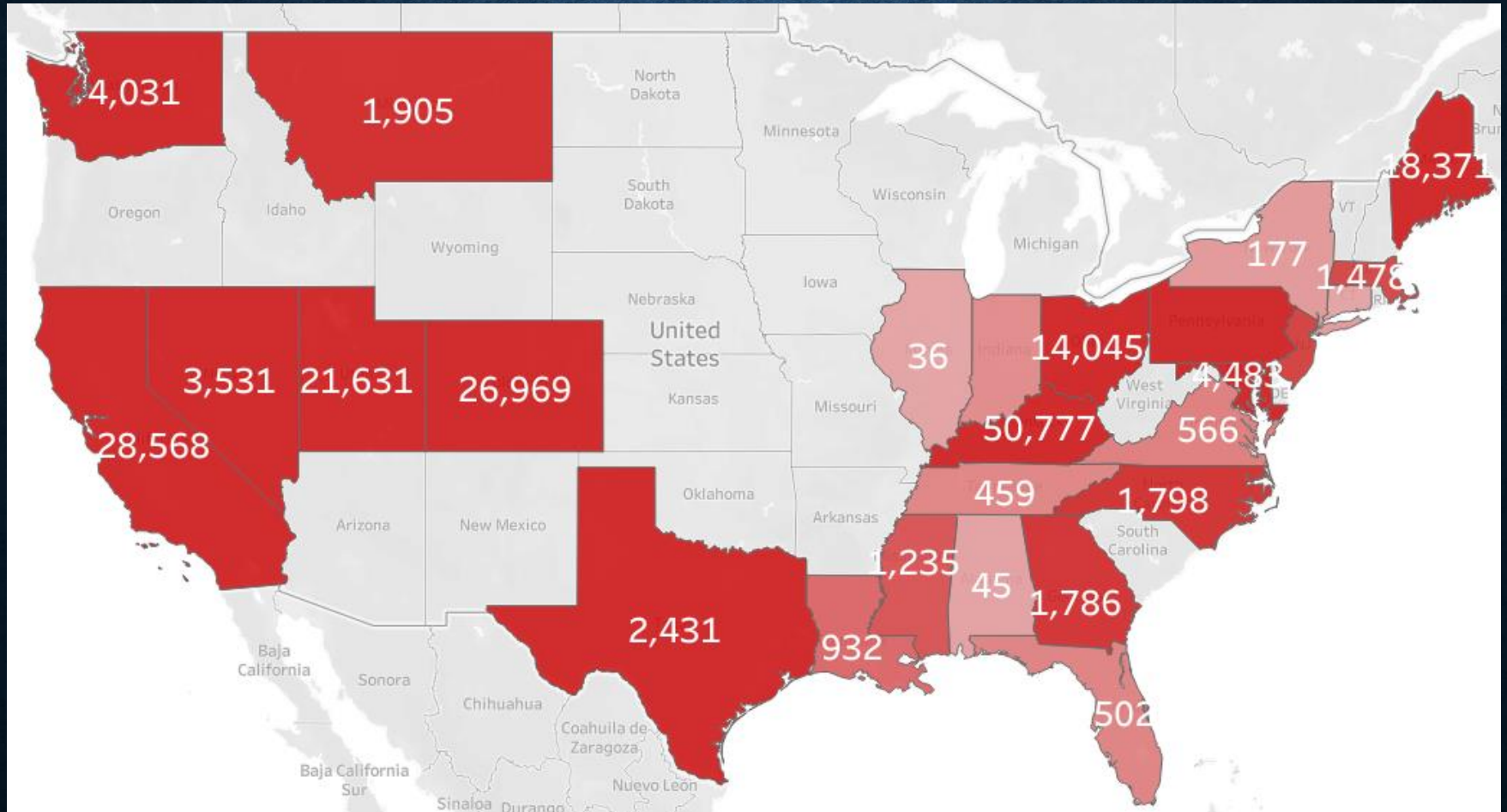
## Total Event Attendance Since 2018



## Total Event Attendance this Year



# YOUNG PEOPLE IN RECOVERY

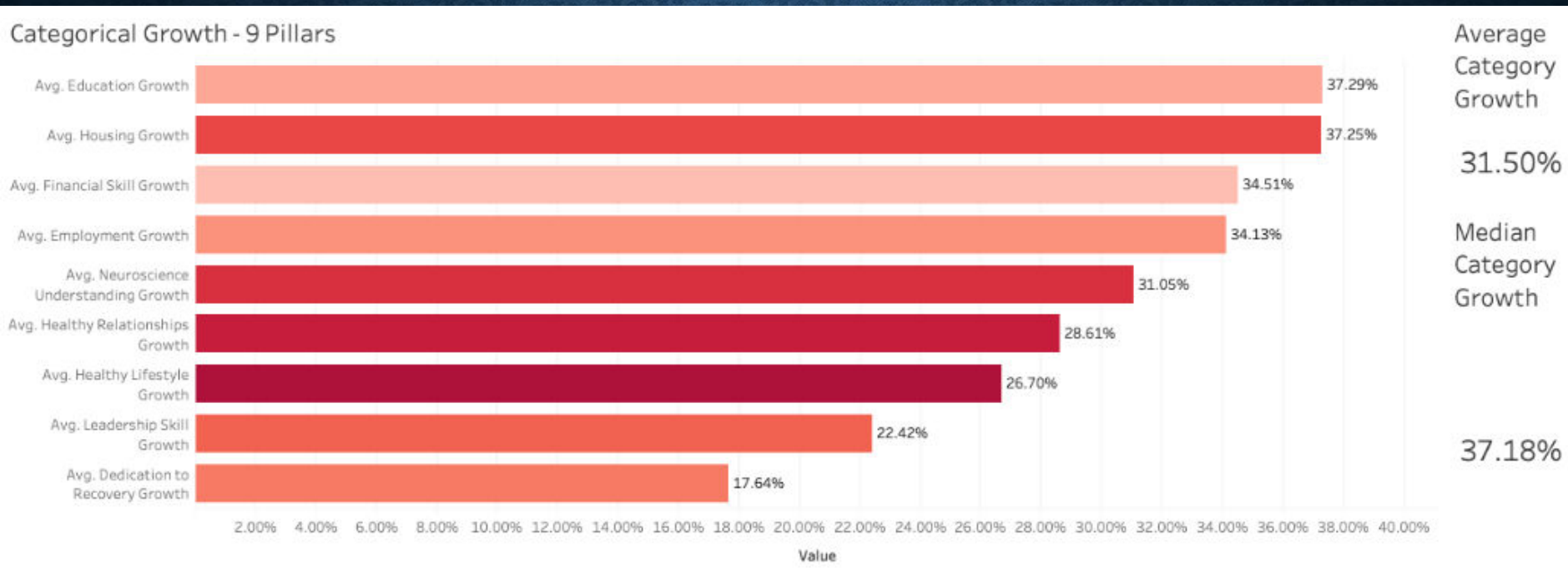




# YOUNG PEOPLE IN RECOVERY

My Recovery is EPIC, The Phoenix, and My Future is EPIC life skills curriculum that is exclusively offered by YPR works to build the recovery capital of its participants.

These programs are purchased by partners to implement the program in their communities to enhance the life skills of their participants.



# YOUNG PEOPLE IN RECOVERY

Resources: Education Workshop

**YPR's Education Workshop:** YPR's Education Workshop is free-of-charge and open to the public, targeting under-served and under-represented recovery populations. Whether it is a university, college, or trade school, YPR helps young people get in and stay in school. YPR's workshop will help students through the application process, applying for financial aid, and developing an academic plan for success.



# YOUNG PEOPLE IN RECOVERY

Resources: Employment Workshop

**YPR's Employment Workshop:** The goal of the employment workshop is to help attendees become employable, teach them the requisite mindset to develop healthy work habits, and inform them of the laws that govern addiction in the workplace. The workshop consists of six parts, and is designed to be interactive.

## **Designed to be interactive in (6) portions:**

- (1) Create resume
- (2) Learn how to write a cover letter
- (3) Interviewing tips
- (4) On the job tips
- (5) Expungement process
- (6) Know your rights

**COLLEGIATE  
RECOVERY  
SUPPORT**

# COLLEGIATE RECOVERY SERVICES

A **collegiate recovery program** (CRP) is a College or University-provided, supportive environment within the campus culture that reinforces the decision to engage in a lifestyle of recovery from substance use. It is designed to provide an educational opportunity alongside recovery support to ensure that students do not have to sacrifice one for the other.



# COLLEGIATE RECOVERY SERVICES

## How are students in collegiate recovery programs doing?

Data from the Collegiate Recovery Community (CRC) at Texas Tech University (TTU) suggest that its members have<sup>6-8</sup>:



### Higher graduation rates

70% of CRC members at TTU graduate, compared with 60% of the general student population.



### Higher GPAs

CRC members have a mean GPA of 3.18, compared with 2.93 among the general student population.



### 4% to 8% relapse rate

Each semester, fewer than one in ten CRC members use any substances.



Support



Success

# CRP'S VS CRC'S



Collegiate  
Recovery  
Programs

Collegiate  
Recovery  
Communities

For more information: <https://collegiaterecovery.org>

**RECOVERY  
COMMUNITY  
CENTERS**



# RECOVERY COMMUNITY CENTERS

**Recovery Community Centers (RCC)** are a resource for education, information, support and socialization for those in recovery and their family and friends. It is meant to authenticate that recovery from the disease of addiction is possible. Our Recovery Community Centers are the hubs for all services.

The logo for CCAR (Central City Area Recovery) features the letters 'CCAR' in a bold, sans-serif font. The 'C's are yellow, and the 'A' and 'R' are orange, with a gradient effect.

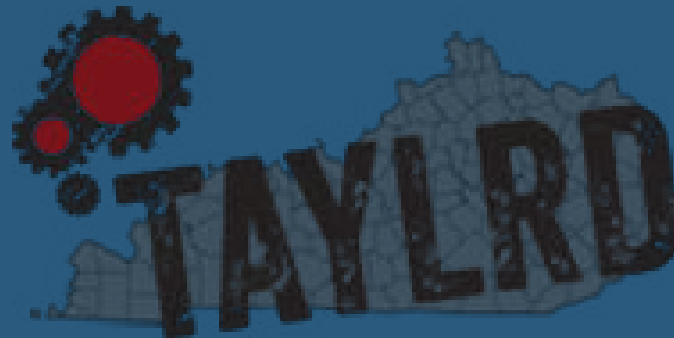
# RECOVERY COMMUNITY CENTERS

TAYLRD Drop-In Centers:

Ashland • Louisville • Morehead • Taylorsville

Transition-age youth in Kentucky will be able to easily access a seamless array of high-quality, culturally and developmentally appropriate, youth-driven supports and services that will help them achieve their goals and reach adulthood successfully.

For more information: [http://www.taylrd.org/drop\\_in.php](http://www.taylrd.org/drop_in.php)



# RECOVERY COMMUNITY CENTERS

Recovery community centers are a hub for local resources. They help to create connections between people looking to initiate recovery, people in recovery and those choosing to reduce the harm of their use.

Community centers come in all shapes and sizes. Some focus on peer support, while other focus on training and development of the recovery community. They all offer invitations to community through external coordinaton.



**THE  
RECOVERY  
CONTINUUM**

# ON-GOING SUPPORT SERVICES



**Community**

# COMMUNITY SUPPORT SERVICES



# SOCIAL INCLUSION

WHY should we focus on peer support?



# MORE ABOUT SOCIAL INCLUSION...

... it is all about the “FUN”!



For youth (and those initiating recovery), it is imperative that there is social support. Creating healthy environments for them to be themselves and to have peers as role models that will show them how to develop, grow, and mature in their recovery.





# CREATING SPACES FOR SOCIAL SUPPORT



# SOCIAL DEVELOPMENT...



... leads to professional development!

# QUESTIONS OR COMMENTS

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