THIS IS WHO WE ARE.

FACES & VOICES
OF RECOVERY

ADVOCATE. ACT. ADVANCE.

Agenda

- Beginnings of TI-ROSC: the Opioid Crisis in Indiana

- What is TI-ROSC and what's in the toolkit?

- Lessons learned from pilot counties

- Questions

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Substance Use affects every aspect of Hoosier life

- Drug overdoses in Indiana have nearly doubled since 2010, growing from 923 to 1,809 in 2017.

- Approximately 4,000 Hoosiers have died from opioids in the last decade.

- Indiana's drug-induced mortality rate quadrupled between 2000 and 2014.

- More Hoosiers now die from drug overdoses than car crashes.

- Between 2012 and 2016, deaths related to synthetic opioids in Indiana increased over 600 percent.

https://addictions.iu.edu/understanding-crisis/crisis-in-indiana.html

21st Century Cures Grant

$21.8 million for two years (May 2017-April 2019)

- $10.9 million per year
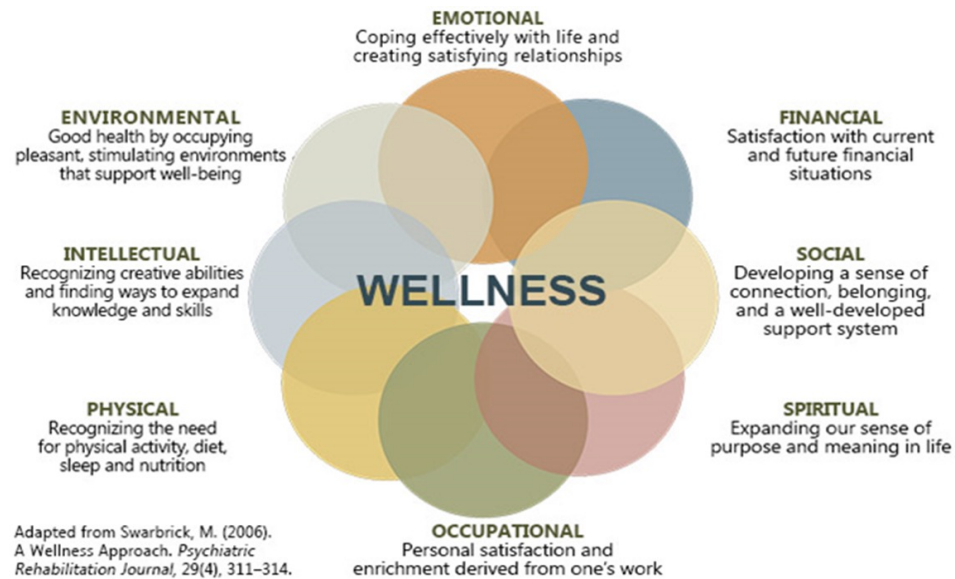
Priority Initiatives

- Expand Residential Treatment
- Mobile Addiction Teams
- Peer Recovery Supports in the Emergency Departments
- Project ECHO
- Humanizing Campaign: Know the Facts
- **Trauma Informed Recovery Oriented Systems of Care**

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21st Century Cures Grant Initiatives

Trauma Informed Recovery Oriented Systems of Care

- Request for (Proposal) November 2017

- The purpose is to further develop local system governance through increasing diverse community partnerships, training local governance members, improving communication and information sharing between local stakeholders, and collecting and analyzing community data to improve outcomes for individuals in recovery from opioid use disorder.

- National Council for Mental Wellbeing started in 2018

- Dearborn and Wayne Counties

  - **Stakeholders from both counties expressed interest in accepting technical assistance in building a better system of care.**

SAMHSA's 8 Dimensions of Wellness

EMOTIONAL
Coping effectively with life and creating satisfying relationships

FINANCIAL
Satisfaction with current and future financial situations

ENVIRONMENTAL
Good health by occupying pleasant, stimulating environments that support well-being

SOCIAL
Developing a sense of connection, belonging, and a well-developed support system

INTELLECTUAL
Recognizing creative abilities and finding ways to expand knowledge and skills

SPIRITUAL
Expanding our sense of purpose and meaning in life

PHYSICAL
Recognizing the need for physical activity, diet, sleep and nutrition

WELLNESS

OCCUPATIONAL
Personal satisfaction and enrichment derived from one's work

Adapted from Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311–314.

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Substance Use Disorder Treatment Continuum of Care

Enhancing Health

- Promoting optimum physical and mental health and well being through health communications and access to health care services, income and economic security and workplace certainty

Primary Prevention

- Addressing individual and environmental risk factors for substance use through evidence-based programs, policies and strategies

Early Intervention

- Screening and detecting substance use problems at an early stage and providing brief intervention, as needed, and other harm reduction activities

Treatment

- Intervening through medication, counseling and other supportive services to eliminate symptoms and achieve and maintain sobriety, physical, spiritual and mental health and maximum functional ability

Recovery Support

- Removing barriers and providing supports to aid the long-term recovery process. Includes a range of social, educational, legal and other services that facilitate recovery, wellness and improved quality of life

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Recovery-Oriented System of Care (ROSC)

<u>ROSC</u> is…

…A shift away from crisis-oriented, deficit-focused, and professionally-directed models of care to a vision of care that is directed by people in recovery, emphasizes the reality and hope of long-term recovery, and recognizes the many pathways to healing for people with addiction and mental health challenges.*

Achara-Abrahams, I., Evans, A. C., & King, J. K. (2011). Recovery-focused behavioral health system transformation: A framework for change and lessons learned from Philadelphia. In J. F. Kelly & W. L. White (Eds.), Addiction recovery management: Theory, research and practice. (pp. 187- 208). Totowa, NJ: Humana Press.

Distinguishing Features of a ROSC

Services that are:
✓ Person-centered
✓ Strength-based
✓ Trauma-informed
✓ Inclusive of family
✓ Individualized and comprehensive
✓ Connected to the community
✓ Outcomes-driven
✓ Evidence-based
✓ Adequately and flexibly funded

A trauma-informed approach is based on the recognition that many behaviors and responses expressed by survivors are directly related to traumatic experiences

National Center for Trauma-Informed Care - NCTIC

Cultural/Historical Trauma Events

Genocides

Slavery

Pandemics

Massacres

Prohibition/destruction of cultural practices

Discrimination/Systemic racism

Forced relocation

What is a Trauma-Informed Approach?

Realizes
- Realizes widespread impact of trauma and understands potential paths for recovery

Recognizes
- Recognizes signs and symptoms of trauma in clients, families, staff, and others involved with the system

Responds
- Responds by fully integrating knowledge about trauma into policies, procedures, and practices

Resists
- Seeks to actively resist re-traumatization

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From SAMHSA's Concept Paper

Principles of a Trauma-Informed Approach

Crosswalk: Values and Principles

Recovery	Trauma-informed
Authenticity of recovery experience and voice	Empowerment, voice, and choice Safety
Recovery visibility and accountability	Trustworthiness and Transparency
Leadership development	Peer Support
Cultural diversity and inclusion	Cultural, Historical, and Gender Issues
Participatory process	Collaboration and Mutuality
Strength-based perspectives	Empowerment, Voice, and Choice
Peer support, volunteerism, and service	Peer Support

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In the model, clinical care is viewed as one of many resources needed for successful integration into the community.

Primary Focus

Faith

Work or School

Treatment & Rehab

Community Life

Social Support

Peer Support

Belonging

Housing

Family

RECOVERY, RESILIENCE & SELF-DETERMINATION

DBHIDS
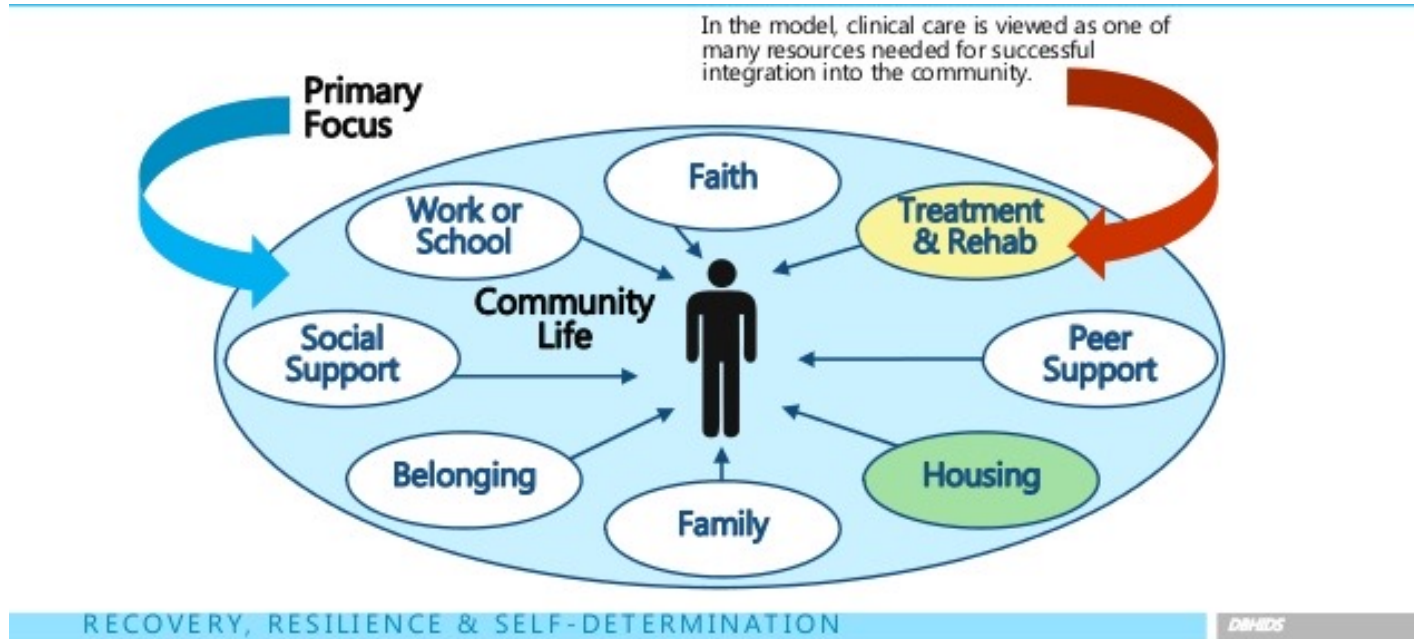
What is a TI-ROSC and what is in the toolkit?

A Trauma-Informed, Recovery-Oriented System of Care

TI-ROSC Elements

Collaborative Decision Making	Individuals are empowered to collaborate with professionals, peers and other formal and informal service providers and have voice and choice in their own recovery to the greatest extent possible.
Individualized and comprehensive services and supports	A broad array of supports to meet the holistic needs of individuals are offered and safety of the individual is prioritized. Services are designed to support recovery across the lifespan, are gender-specific, culturally relevant, trauma-informed, family-focused and appropriate to an individual's state of recovery.
Community-based services and supports	A range of culturally relevant, gender-specific resources including community-based services, peer-support and mutual self-help, faith-based organizations, schools, civic groups, recovery community organizations and professional and non-professional organizations are offered to individuals. Individuals are empowered to have voice and choice directing their own participation in community-based services and supports.
Continuity of services and supports	Culturally relevant services and supports are provided that ensure ongoing and seamless connections within and among various organizations for as long as an individual needs them and individuals have voice and choice in determining their need.
Multiple stakeholder involvement	All segments of the community are involved in the system, including individuals, family members and peers. The system promotes trust and transparency in its design and delivery of services and supports.
Recovery community/peer involvement	Members of the recovery community are included in the design of systems, services and supports. Individuals in recovery and their family members and other social supports are included among decision-makers and decisions are made collaboratively. Peer-to-peer recovery support services are included in the array of services offered.
Outcomes-Driven	Trust and transparency drive quality improvement and evaluation processes. Outcomes are measured to inform system improvements. Individuals' physical and emotional safety are prioritized above all else.
Adequately and flexibly funded	Funding is maximized to allow flexibility to provide a menu of services options and to ensure the physical and emotional safety of individuals.

TI-ROSC Components of Change
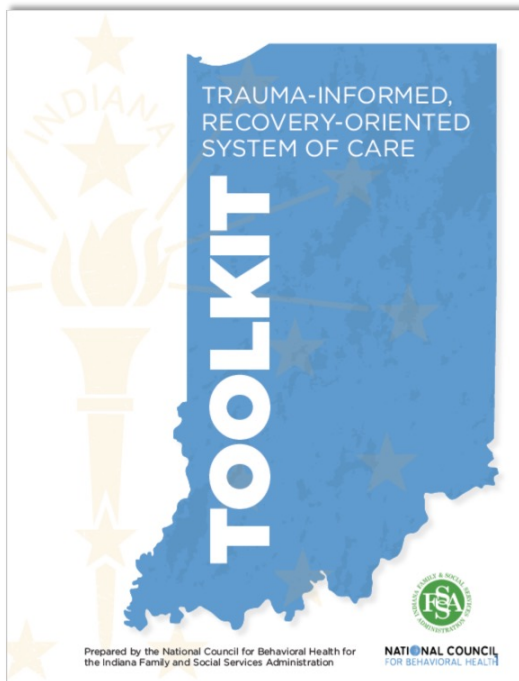
1. Creating a County Change Team
2. Increase Urgency and Buy-In
3. Visioning
4. Community Assessment
5. Future System Development
6. Goal Setting
7. Action Planning
8. Implementation and Sustainability

Pilot Implementation

- 14 counties across the state of Indiana
  - Extremely rural → urban centers
  - Mix of recovery services and related initiatives/taskforces
- 3 phases
  - Initial pilot
  - Training only
  - Transformation Academies
- Transformation Academies (Fall 2019)
  - Audience: 9 County Change Teams (CCT)
  - 2-day Agenda
    - **TI-ROSC Training**
    - **Visioning**
    - **SWOT**
    - **System mapping – current and future**
  - 6 months coaching

Lessons Learned from Pilot Counties

Results

Successes

- CCT consistent meeting, vision, goals

- Combining/aligning with existing initiatives and projects

- Hosted community summits and planned for community recovery events

- Sheriff and warden began program to distribute naloxone upon release from jail

- Peers placed in ED for overdose response

- Fundraising for recovery and low threshold housing

Challenges

- Scheduling, coordinating with existing initiatives

- Resistance from sheriff, jails, courts ("law and order")

- Stigma and NIMBY-ism throughout the community

- Burnout – same folks doing all the work every time

- Funding, funding, funding

Success Story - Community Action Recovery Effort (CARE)

Dearborn County, Indiana

- Part of Cincinnati Metro Area

- Just under 50,000 people

- "Whiskey City"

- Casino is primary industry

2018 in Dearborn County – Pre-Implementation

- No recovery residences

- Lack of transportation options

- Lack of formal screening for substance use disorders

- Lack of awareness of area resources

- No specific SUD treatment for youth, and no youth support groups for SUD

- Only two Certified Peer Recovery Coaches working in the region

- Concern among citizens about "what to do"

Visioning: What exactly is CARE?

- Everyone working together to make this a community that supports recovery and encourages wellness

- Workgroups:
    - **People in recovery** and their families, NAMI
    - **Government**: City of Lawrenceburg, health department, Dearborn County Clearinghouse, Purdue Extension
    - **Criminal Justice**: Lawrenceburg Police Department, various offices and programs of the court system
    - **Treatment**: CMHC, East Indiana Treatment Center, Bridges Counseling
    - **Housing**: Oxford House, YES Home, Hearthouse
    - **Faith-based** community
    - All 3 Dearborn County **public school districts**

CARE Successes

- CARE Recovery Hub Building
- Transportation posters and wallet cards
- Transportation assistance program
- Highpoint Health Peer Recovery Coach
- Peer recovery coaches
- Over $2 million in grants

CARE Today

- Billboards, Facebook, Google Ads, Website
  - www.dcincare.org
- Lunch and Learns
- Community events
- Screening in primary care and schools
- Four recovery residences
- Youth support group

What does the data show?

Stakeholders were surveyed in 2018 and 2019 using Community Needs Assessment in the TI-ROSC Toolkit

Compared needs assessment from early 2018 to mid 2019 to measure progress

Community Resources
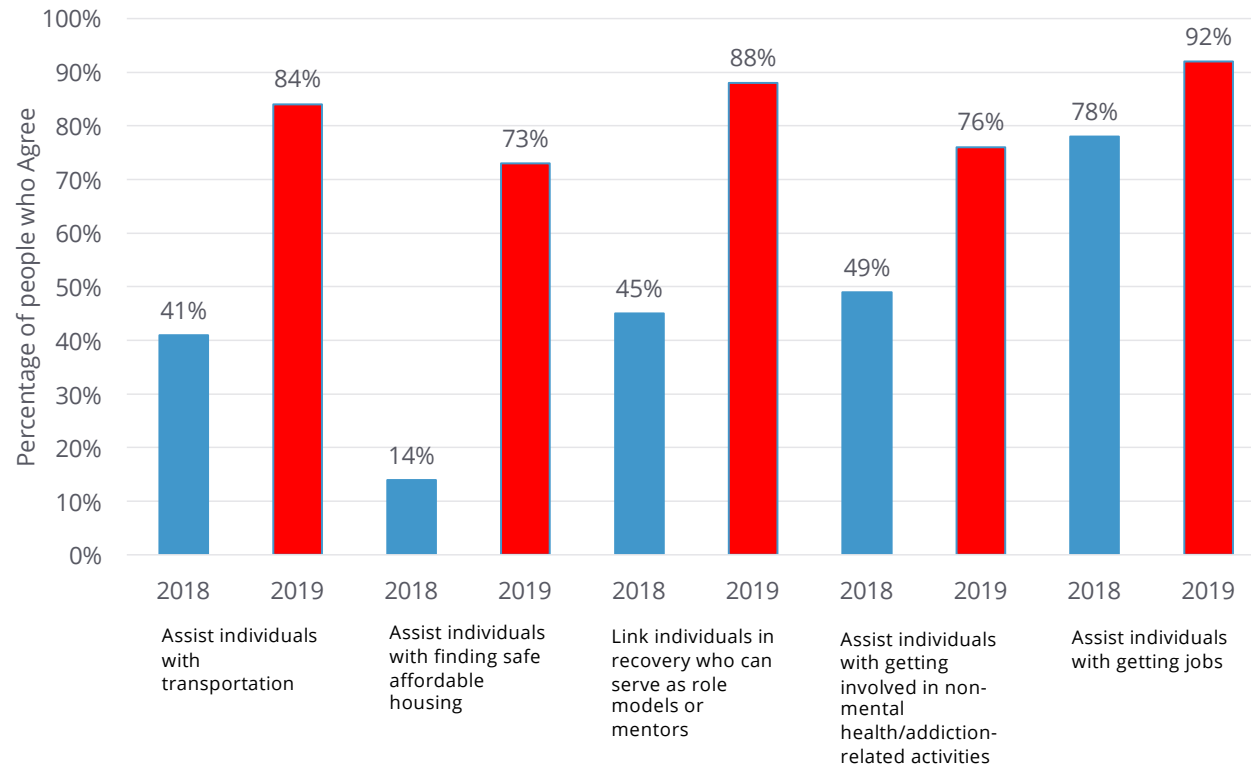
Community Support
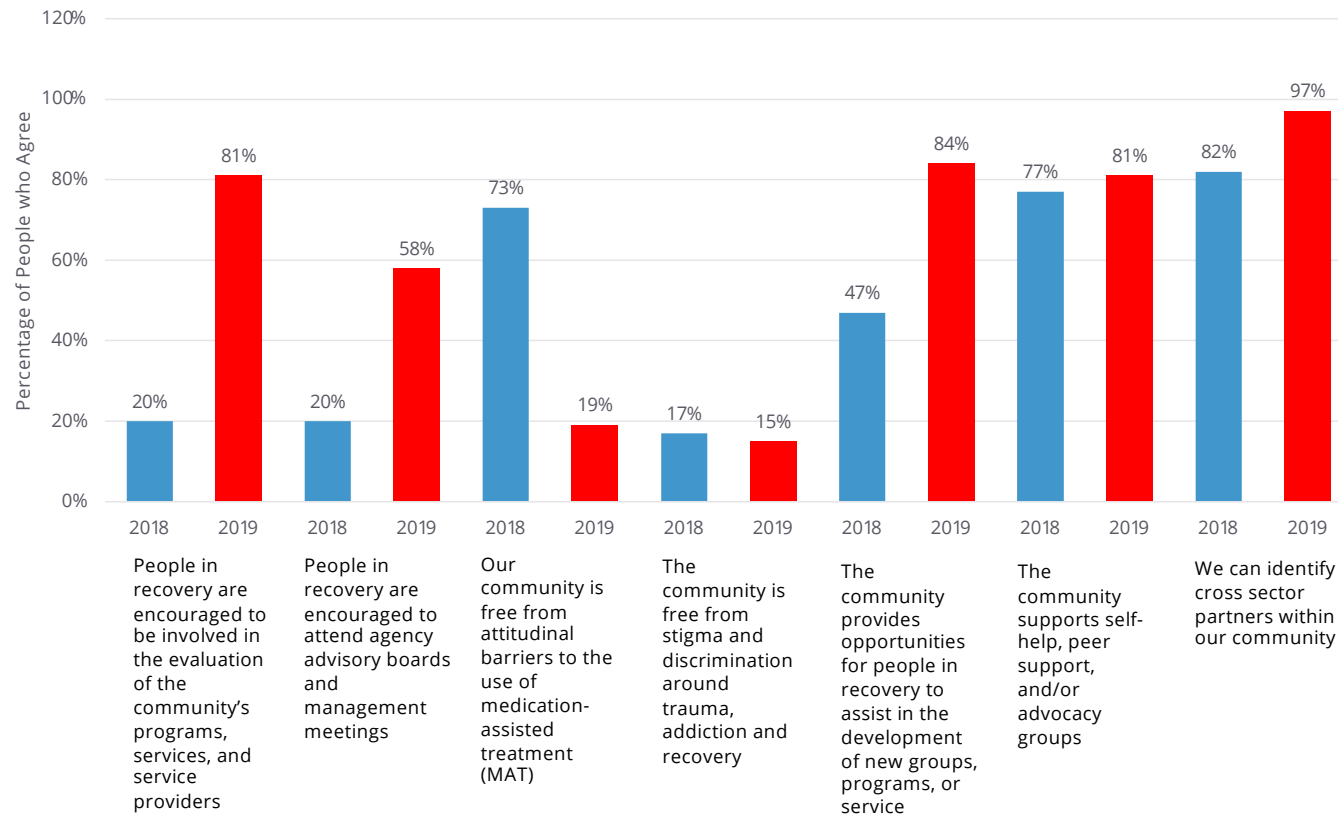
Service Provision
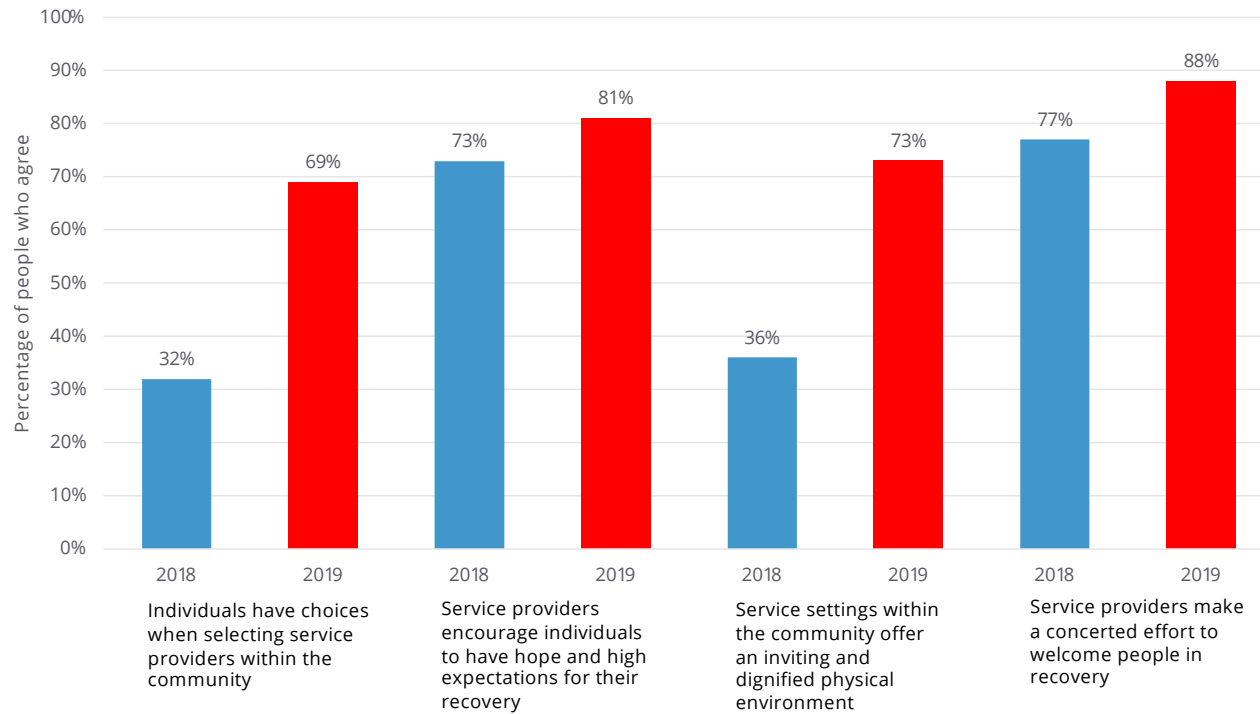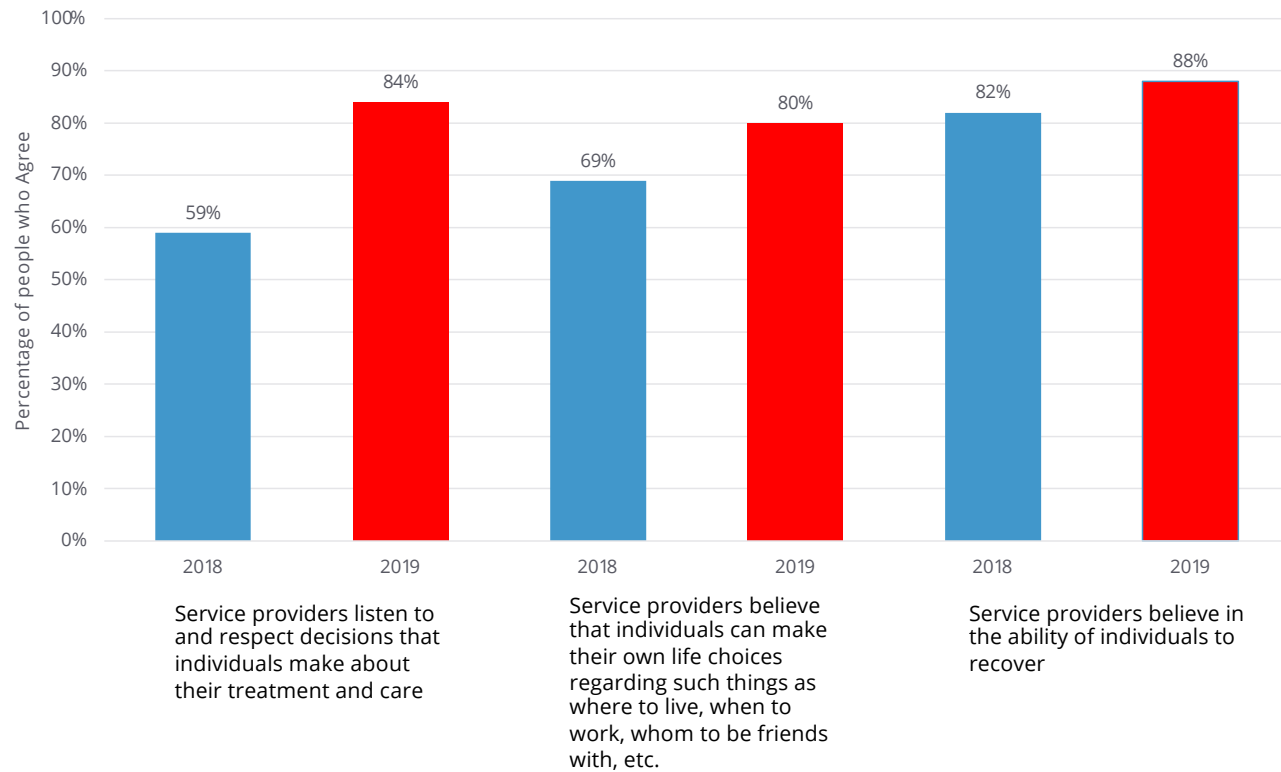
Provider Approach

CENTER FOR COLLABORATIVE SYSTEMS CHANGE
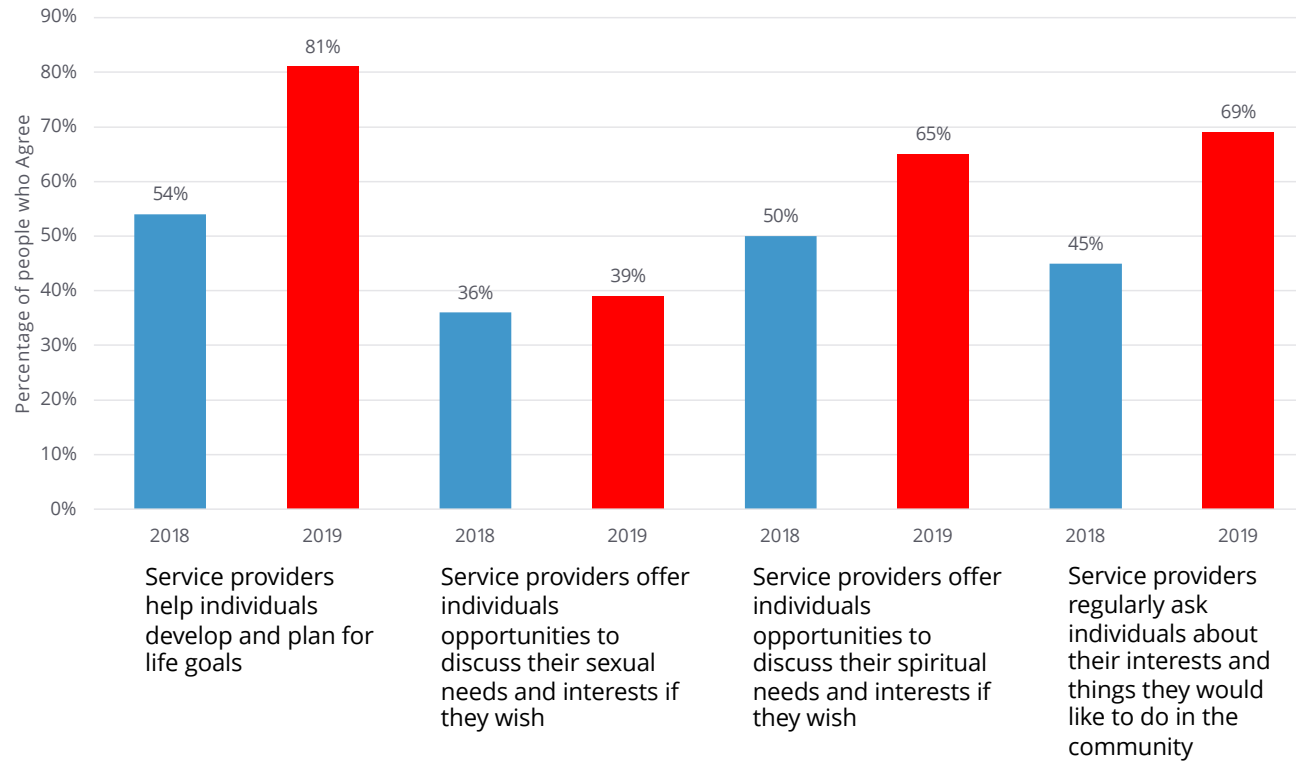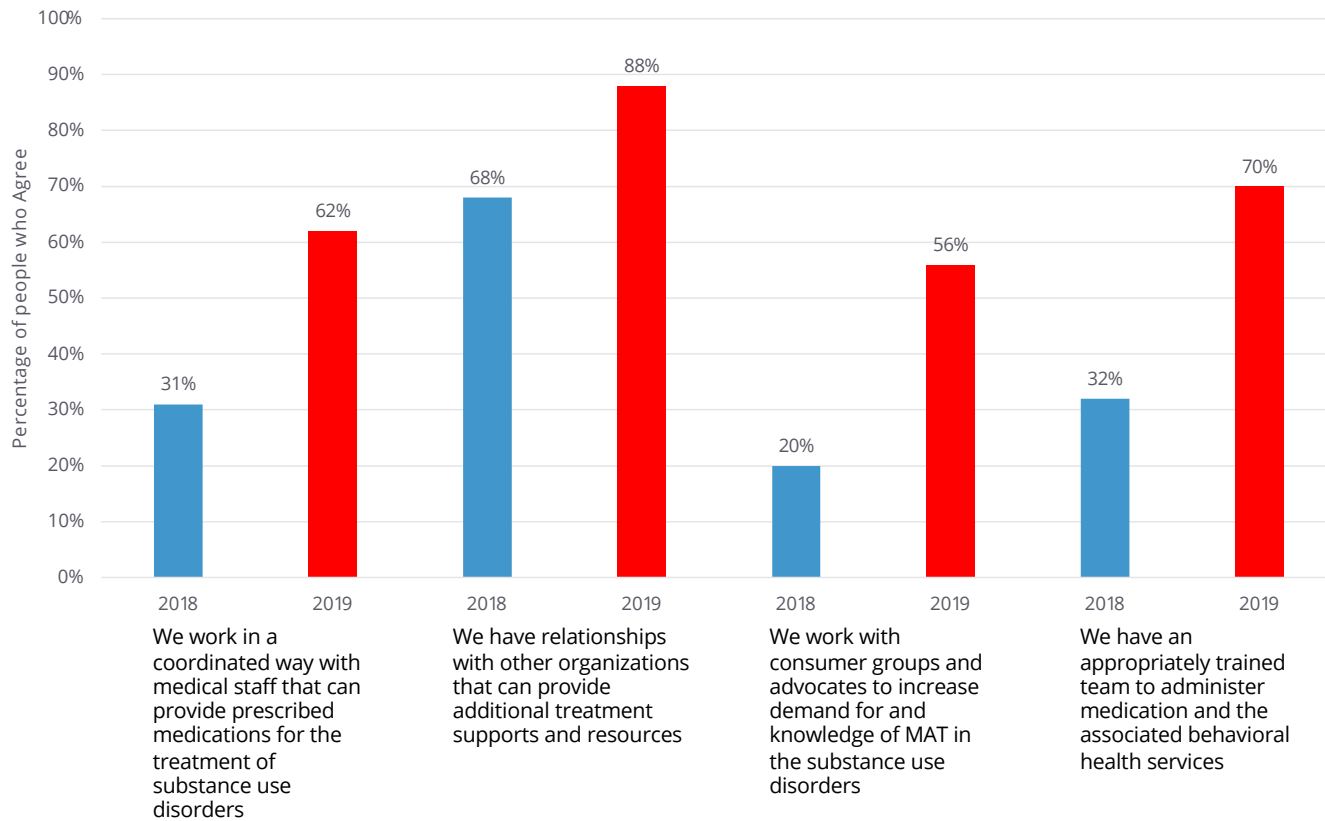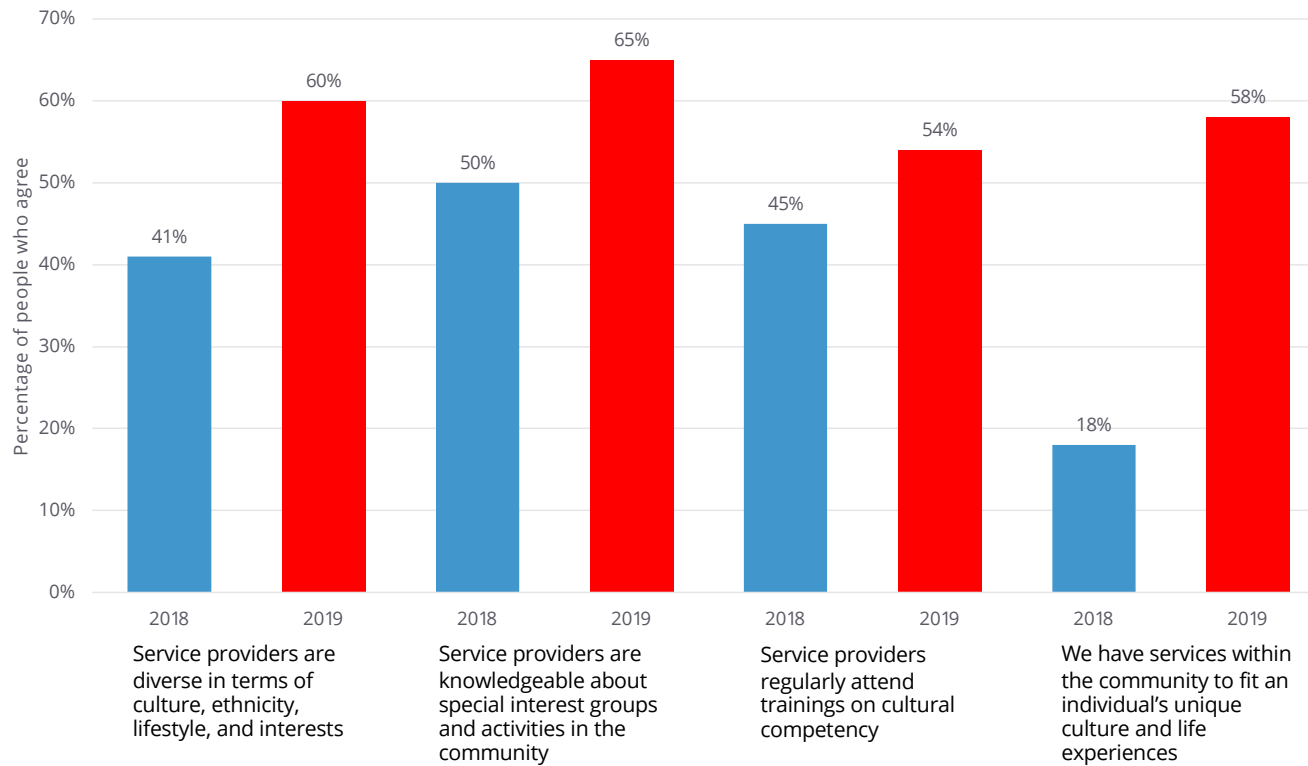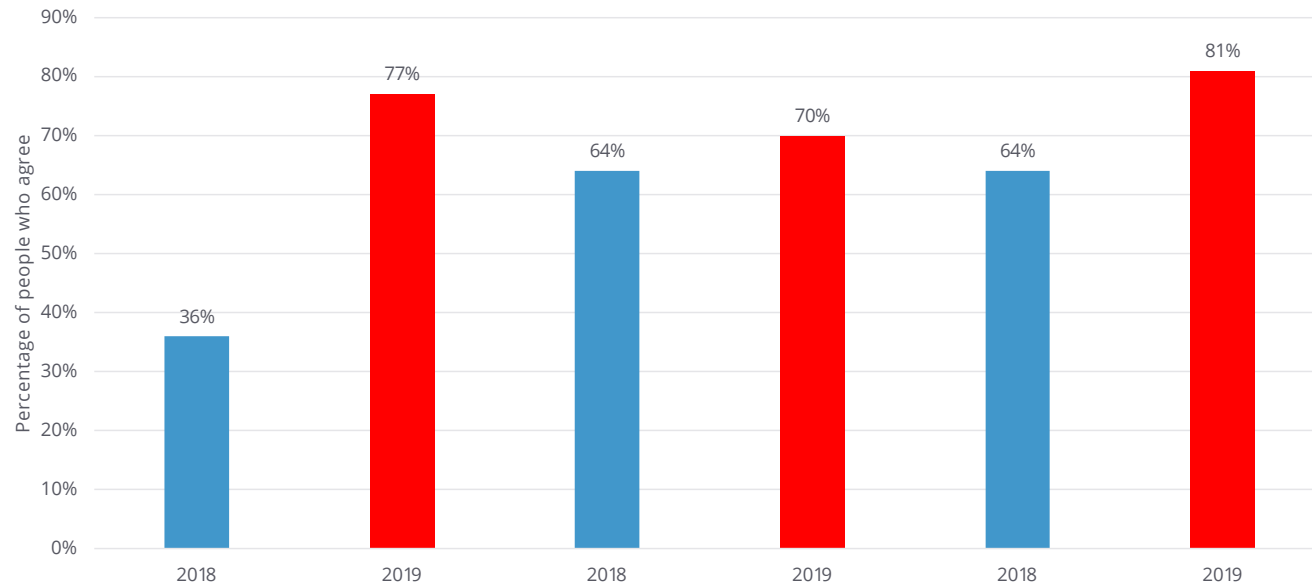
Lessons Learned

- Key staff changes can have negative impacts
- Backbone organization serving in an unbiased and facilitative role
- Collaboration takes time to maintain
- Authentic involvement of persons in recovery
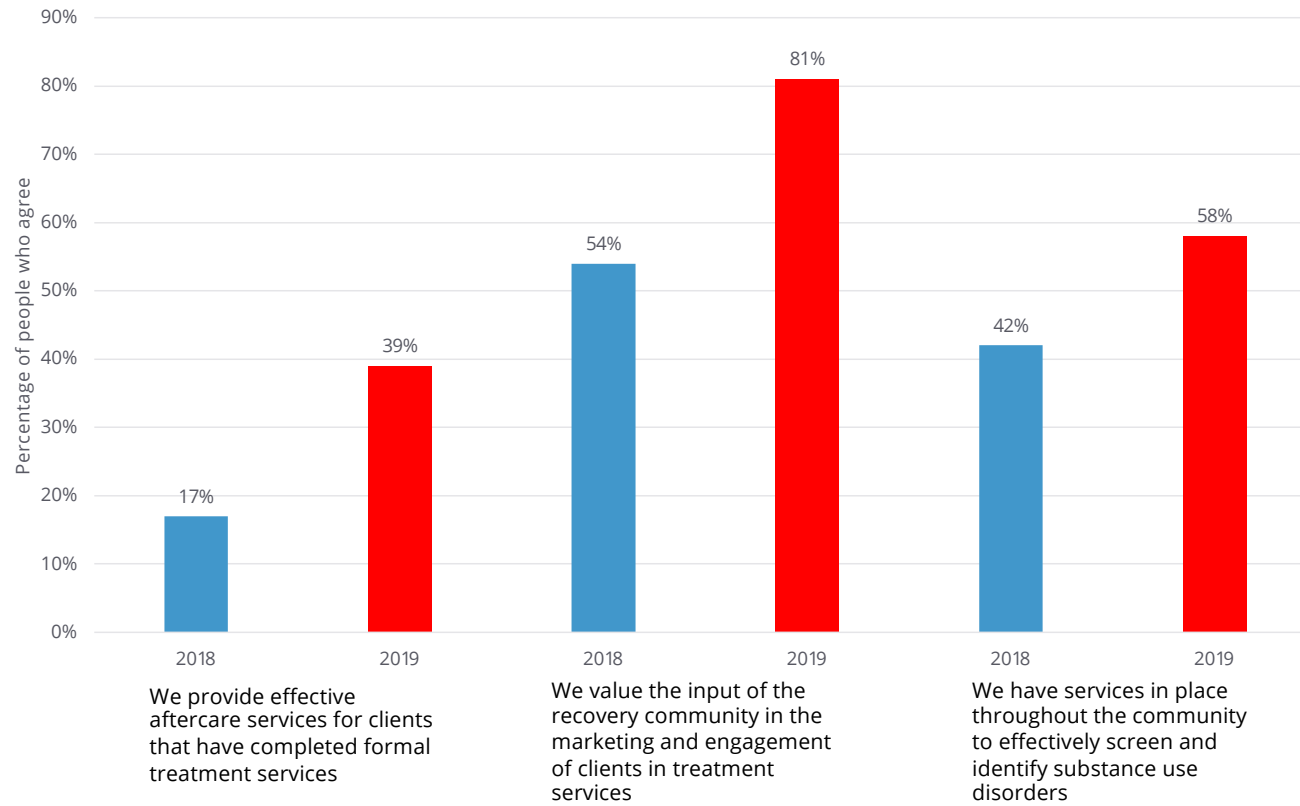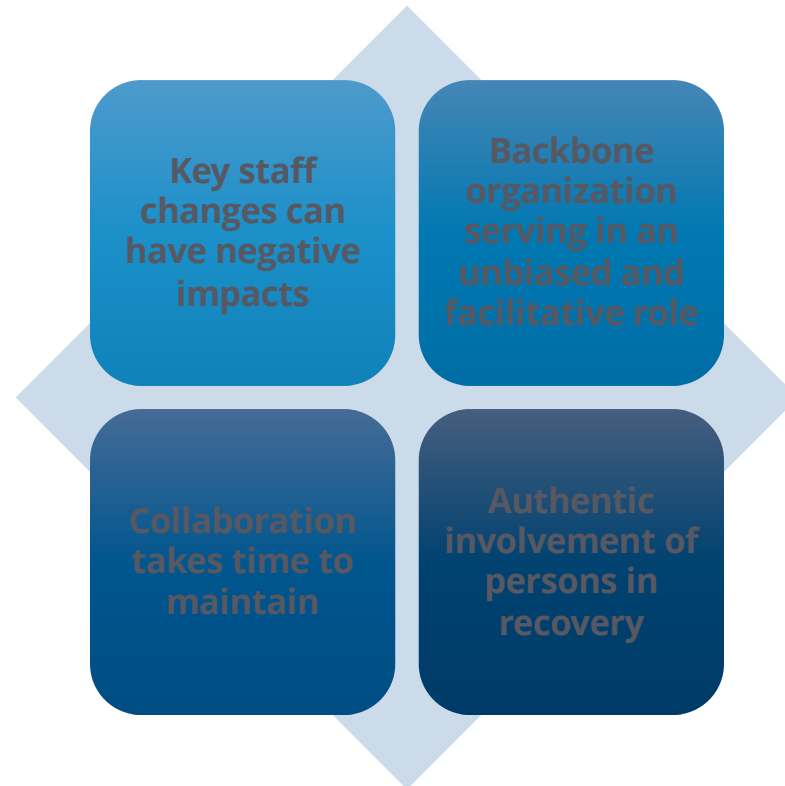
And working together as a community makes it all happen!

Questions and Discussion

Thank You!

presented by

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Completing Evaluations

- Please complete your evaluations in order to receive your CEUs.

- Thank you for joining us!

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