



# PROUD

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Peers In Recovery From  
Opioid Use & Dependency

Advantage Behavioral Health Systems



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# Terminal Objective:

This presentation will inform treatment providers of the change that results from creating a ***culture of person-centered care***. The emphasis is on the power of the certified peer specialist to ***develop rapport***, to advocate for ***best practice***, and to connect clients with ***clinical, community, and natural supports that enrich the recovery process and improve treatment outcomes***.



# Why We Serve



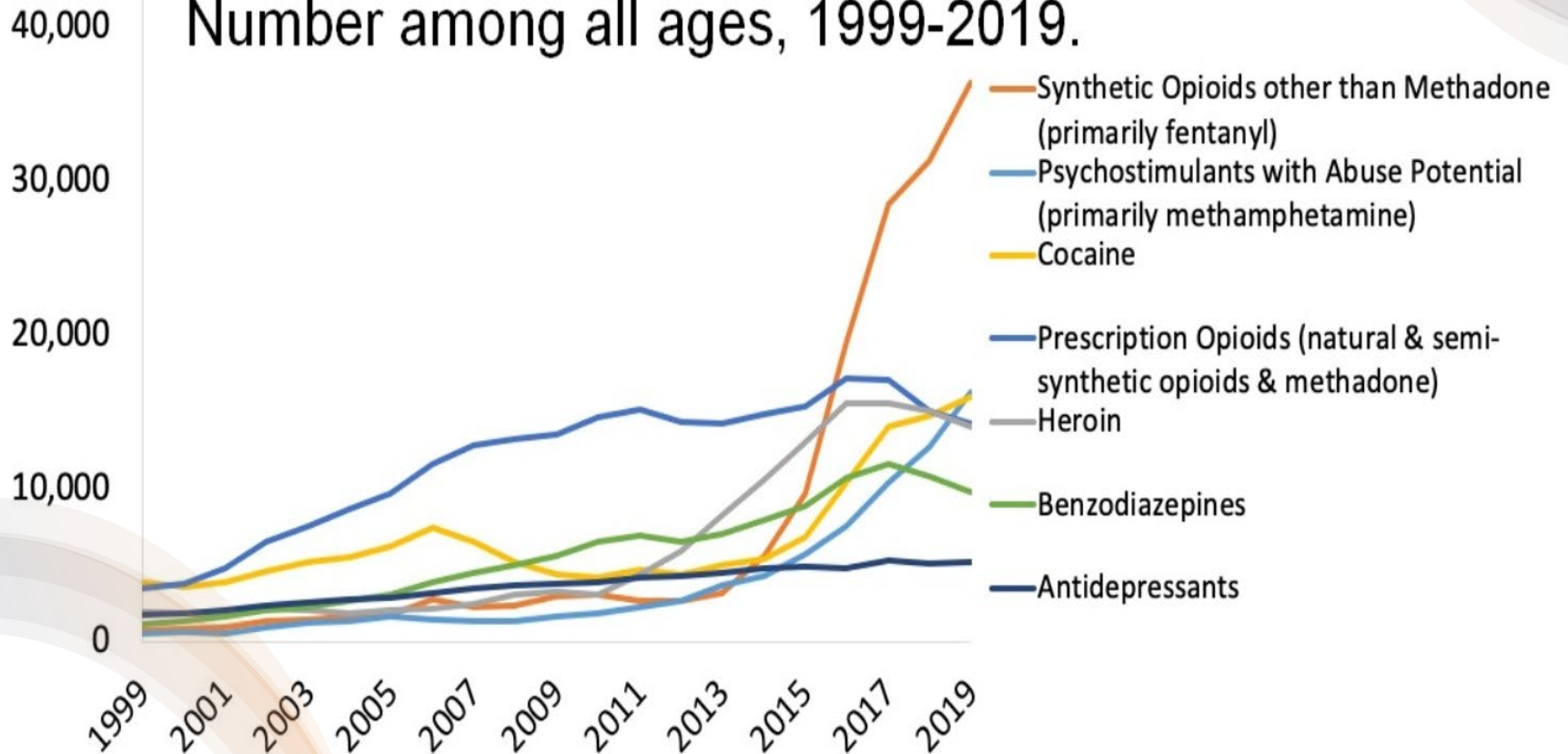
**CHERYL PREHEIM**



**AISHA HOWARD**

# **A Story**

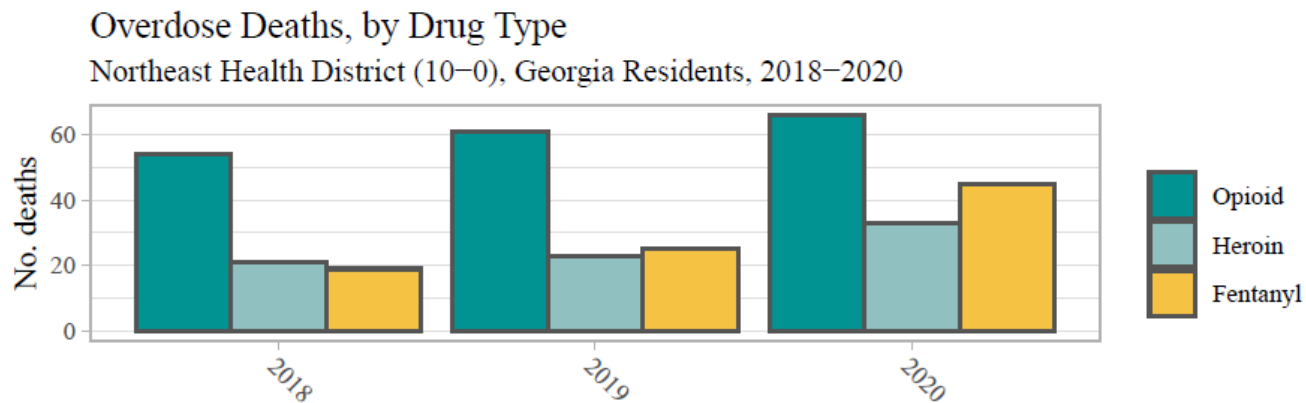
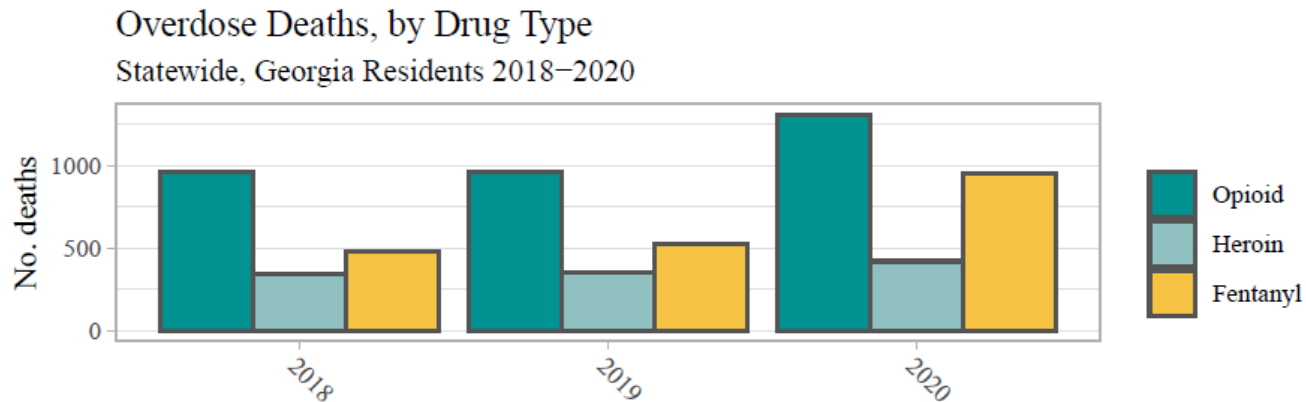
## USA. National Drug-Involved Overdose Deaths. Number among all ages, 1999-2019.





## Opioid-Involved Overdose Deaths (Mortality)

The following data include opioid-involved overdose deaths occurring among Northeast Health District (10-0), Georgia residents, and may have occurred in or outside of Georgia. See the table at the end of this of this report for a detailed explanation of the data and case definitions used to identify these deaths.





Sex	No. Deaths	District rate (per 100,000)	State rate (per 100,000)
Male	40	15.5	16.4
Female	26	9.5	8.3
Missing	0	NA	NA
TOTAL	66	12.4	12.2

Race	No. Deaths	District rate (per 100,000)	State rate (per 100,000)
White	58	14.3	15.7
African American	8	8.3	7.7
Other	0	NA	3.6
Missing	0	NA	NA
TOTAL	66	12.4	12.2

Age	No. Deaths	District rate (per 100,000)	State rate (per 100,000)
<1 year	0	NA	NA
1 - 4 years	0	NA	NA
5 -14 years	0	NA	NA
15-24 years	3	NA	7.5
25-34 years	14	19.6	22.4
35-44 years	21	31.5	27.7
45-54 years	15	23.1	16.7
55-64 years	8	12.7	13.7
65-74 years	5	10.1	5.5
75-84 years	0	NA	1.3
85+ years	0	NA	NA
TOTAL	66	12.4	12.4



stig·ma

# stig·ma

**noun**

1. a mark of disgrace associated with a particular circumstance, quality, or person.



**Who We Serve**

**New  
PROUD  
Participants**

- Still in Active Addiction or  
Withdrawing
- Unmanaged Mental Health
- Unaddressed Co-Morbidity
- Trauma History
- Extensive Losses
- Family Estrangement
- Poor ADLs
- Financially Unstable
- Historically Homeless
- Ongoing Legal Issues
- Open DFACs

New  
PROUD  
Participants





“The opposite  
of addiction  
isn’t sobriety-  
it is human  
connection”

-Johann Hari





“The opposite  
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# How We Serve

## 21<sup>st</sup> Century Cures Act

In 2017, HHS and SAMHSA created the STR grant program to expand access to evidence-based prevention, treatment, and recovery support services, to reduce unmet treatment needs, and to help prevent opioid overdose deaths.

- \$485 Million Nationally
- \$10.3 Million to the State of Georgia





**Develop** Rapport Quickly  
**Advocate** for Resources and Best Practice  
**Connect** Clients with Clinical Staff  
**Link** to Community and Natural Supports

MAT *with* dynamic support



# Peers in Recovery from Opioid Use & Dependency

Medication ***Assisted*** Treatment

in a Comprehensive  
System of Care


# **Transcending all ASAM Levels of Care**

- Crisis Stabilization
- Intensive Residential Programs
- TANF Residential (Women and Children) Programs
- THOR and GARR / Long Term Residential Programs
- Sober Living Houses
- Accountability Courts
- Intensive/Non-Intensive Outpatient
- Mental Health Providers
- Recovery Community Organizations
- Medical Providers






## **To be successful:**

- Coalition Building
  - Community Partnerships
  - Clinical Supports
  - Recovery Community Inclusion
- 

The top left corner features a light blue polygon with a darker blue square inside it. The top right corner features a light purple polygon with a darker purple square inside it.

# Coalition Building

- Host Networking Events
  - Invite Diverse Interdisciplinary Group
  - Define Strategic Goals
  - Encourage Ongoing Collaboration
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- The bottom right corner features two overlapping light blue triangles.



# **Community Partnerships**

- Acknowledge Stigma
- Provide Education
- Advocate for Resources
- Collaborate
- Foster and Enrich Relationships




# **Clinical Supports**

- Assess for Services Needed
- Connect Peers with Clinical Components
- Bridge Rapport between Providers
- Advocate for Best Practices
- Reinforce Therapeutic Relationships



# **Recovery Community Inclusion**

- Build Relationships
  - Respect Guidelines
  - Combat Stigma
  - Elevate Success and Positive Outcomes
  - Empower Peers to Live Recovery Out Loud
- 

**Working as  
a Certified  
Peer  
Specialist in  
a treatment  
facility**

## **Components of Successful Recovery**

Self Direction

Individualized / Person-Centered

Empowering

Holistic

Non-Linear

Strengths-Based

Peer Supports

Respect

Responsibility

Hope

# Motivational Interviewing

- Hope is the Catalyst for Change
- Moves Peers Through the Change Process
- Enriches Intrinsic Motivation
- Recovery Becomes a Social Phenomenon

## Stages of Change

### Precontemplation

1

The costs of the problem behavior (such as drug use) are not yet recognized. The individual is in denial and is not seriously considering changing their behavior. They may have made previous attempts to change, but have since given up.

### Contemplation

2

The individual is experiencing ambivalence about change. They can see reasons to change their behavior, but they are still hesitant. The problem behavior continues.

### Preparation

3

The individual has decided to change their behavior, and they begin to think about how to do so. During this stage they will begin to make minor changes to support their goal, but they might not have completely ended the unwanted behavior.

### Action

4

Significant steps are taken to end the problem behavior. The individual might be avoiding triggers, reaching out for help, or taking other steps to avoid temptation.

### Maintenance

5

The changes made during the action stage are maintained. The individual may continue to face challenges, but at this point they have successfully changed their behavior for a significant period of time.

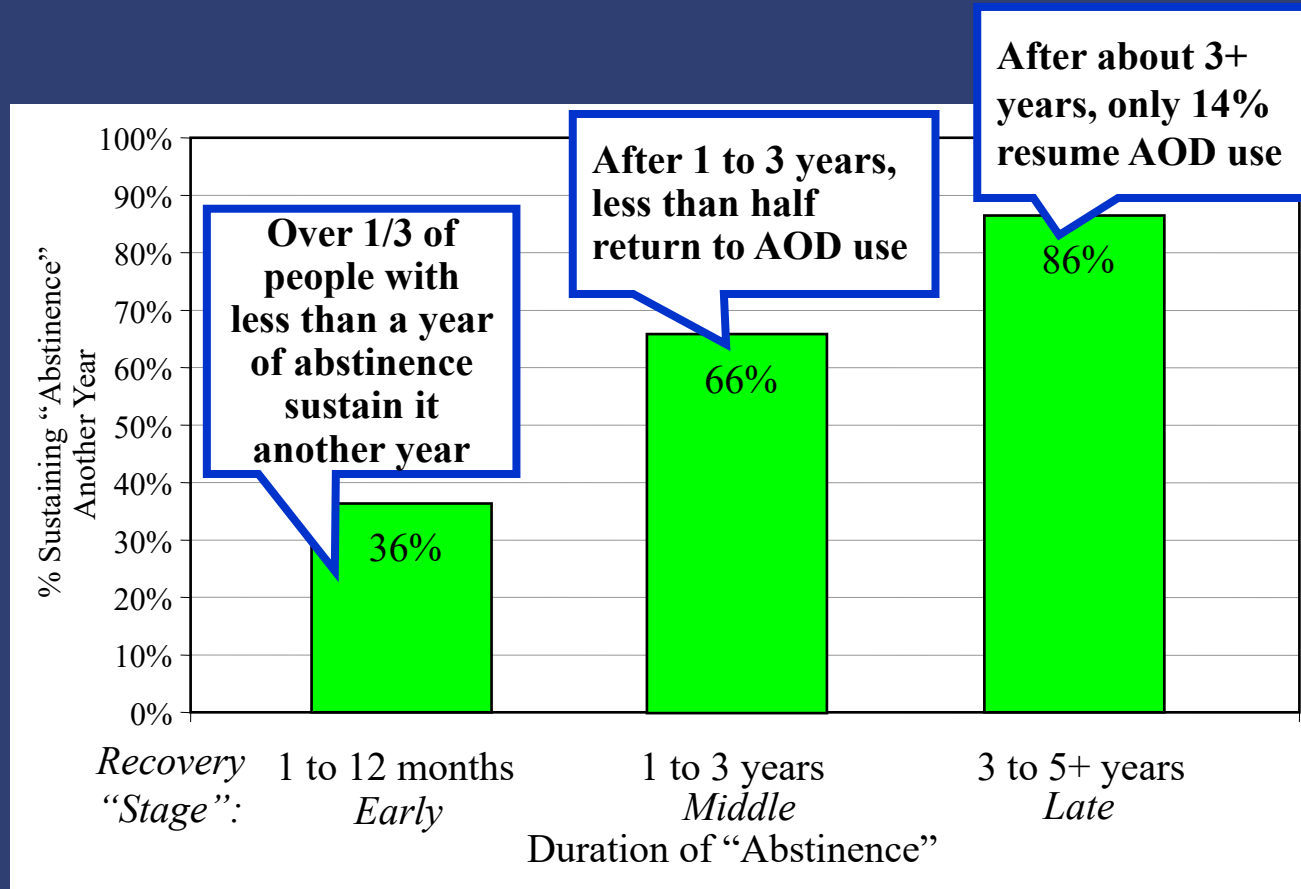
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### Relapse

After making changes, some individuals will return to their previous problem behavior. This can happen at any time during the previous stages. Not everyone will experience relapse, but it is always a risk.



# The Likelihood of Sustaining Abstinence Increases Over Time with 1,100 Treatment Seekers in 1998



Dennis, Foss & Scott (2007). An eight-year perspective on the relationship between the duration of abstinence and other aspects of recovery. *Evaluation Review*, 31(6), 585-612.



The background of the slide features a close-up photograph of several hands of different skin tones stacked together in a supportive gesture. The hands are positioned in the center-left of the frame. The overall background is a dark blue-grey color. There are decorative orange and white curved lines in the top right and bottom left corners.

Helping You Help Others

# What You Can Do

Here's what YOU can do to help those around you who are struggling with addiction or on the path towards recovery:

- ✓ Educate Yourself & Others
- ✓ Be Aware of Attitudes & Behaviors
- ✓ Support People
- ✓ Focus On The Positive
- ✓ Choose Your Words Carefully
- ✓ Include Everyone

- Advantage Behavioral Health Systems 1 (706) 389-6789  
<https://advantagebhs.org>
- Georgia Crisis and Access Line 1 (800) 715-4225
- Georgia Council on Substance Abuse 1 (844) 326-5400  
<https://gasubstanceabuse.org/>
- CARES Warm Line 1 (888) 945-1414  
<https://gasubstanceabuse.org/>
- Georgia Mental Health Consumer Network (404) 687-9487  
<https://www.gmhcn.org/>
- Georgia Overdose Prevention  
[www.georgiaoverdoseprevention.org](http://www.georgiaoverdoseprevention.org)
- GA Association of Recovery Residences 1 (470) 296-3435  
<https://www.thegarnnetwork.org/>

# Citations

- Centers for Disease Control and Prevention, National Center for Health Statistics, Multiple Health Statistics. Multiple Cause of Death 1999-2019 on CDC WONDER Online Database, released 12/2020
- Georgia Department of Public Health, Drug Surveillance Unit. Epidemiology Section. Opioid Overdose Surveillance Preliminary County Report Georgia, 2020. (pp. 70-71)
- Kelly, Bergman, Hoepfner, Vilsaint & White. (2017). Prevalence and pathways of recovery from drug and alcohol problems in the United States population: Implications for practice, research, and policy. *Drug and Alcohol Dependence*, 181, 162–169.
- Dennis, Foss & Scott (2007). An eight-year perspective on the relationship between the duration of abstinence and other aspects of recovery. *Evaluation Review*, 31(6), 585-612.
- Prochaska, J. O., Johnson, S., & Lee, P. (2009). The Transtheoretical Model of Behavior Change. In S. A. Shumaker, J. K. Ockene, & K. A. Riekert (Eds.), *The Handbook of Health Behavior Change* (pp. 59–83). Springer Publishing Company.



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**Questions**