



Recovery Planning

Welcome

- Erin Etwaroo, LCPC, Analyst, Altarum
- Linda Sarage, M.Ed., M.A.



Guest Presenter – Linda Sarage

- In recovery for over 35 years, passionate advocate for the peer recovery movement
- Former Director of the RECOVER Project, a peer recovery support center in Greenfield, Massachusetts
- Has supported recovery coaching statewide with the Bureau of Substance Addiction Services (BSAS)
- Lead trainer for the Recovery Coach Academy and Ethical Considerations for Recovery Coaches
- Technical assistance to recovery community organizations locally and nationally
- Director of the Addiction Recovery Coach Certificate program at Westfield State University

Peer-supported Recovery Planning

- Explore recovery planning as a strengths-based, forward-facing process
- Define recovery capital and identify its significance to sustained recovery
- Identify goal-setting tools to use while supporting people in recovery in varied contexts
- Reflect on the value of Hope in Recovery Planning



www.fearwhim.com

RECOVERY

Expectations



Reality



Recovery Planning

*If you aim at nothing,
You will hit it every time.*

Zig Ziglar



Recovery Planning

Peer-supported recovery planning

- Strengths-based
- Forward-facing
- Future-imaging

Goals of recovery planning

- Developing recovery capital
- Setting goals
- Sustaining recovery
- Finding new meaning and purpose

When Do We Do Recovery Planning?



Pre-recovery, Recovery Initiation, Early Recovery, Sustained Recovery, Long-Term Recovery

Addiction – Recovery

Illness-Based

- The person is seen as the problem or an illness label.
- Language is grounded in pessimism and doubt.
- The impact of background, family, and environments are not considered.
- The helping relationship is infused with power inequality, distance, control, and manipulation.
- There is a tendency to “fix” sickness-related problems with prescriptive solutions.

Strengths-Based

- Every individual, group, family, and community possesses strengths, interests, abilities, knowledge, and capabilities.
- Language is optimistic and hopeful.
- Every environment is full of potential resources.
- The helping relationship is one of collaboration, mutuality, and partnership.
- All human beings have the capacity to learn, grow, develop, and change.
- Every person is responsible for his or her own recovery.

National Movement to Recovery Values

Maintenance-Based	Recovery-Focused
Treatment focused on maintenance	Treatment focuses on recovery
Judged by compliance	Honors self-determination
Low expectations	High expectations
Illness-based	Strengths-based
Dependence	Interdependence
Goal is stabilization	Goal is community integration
Provider-driven	Person-driven
Risk-averse	Dignity of risk
Medical perspectives only	A number of ways to understand stress

(Transformation Center, 2017)

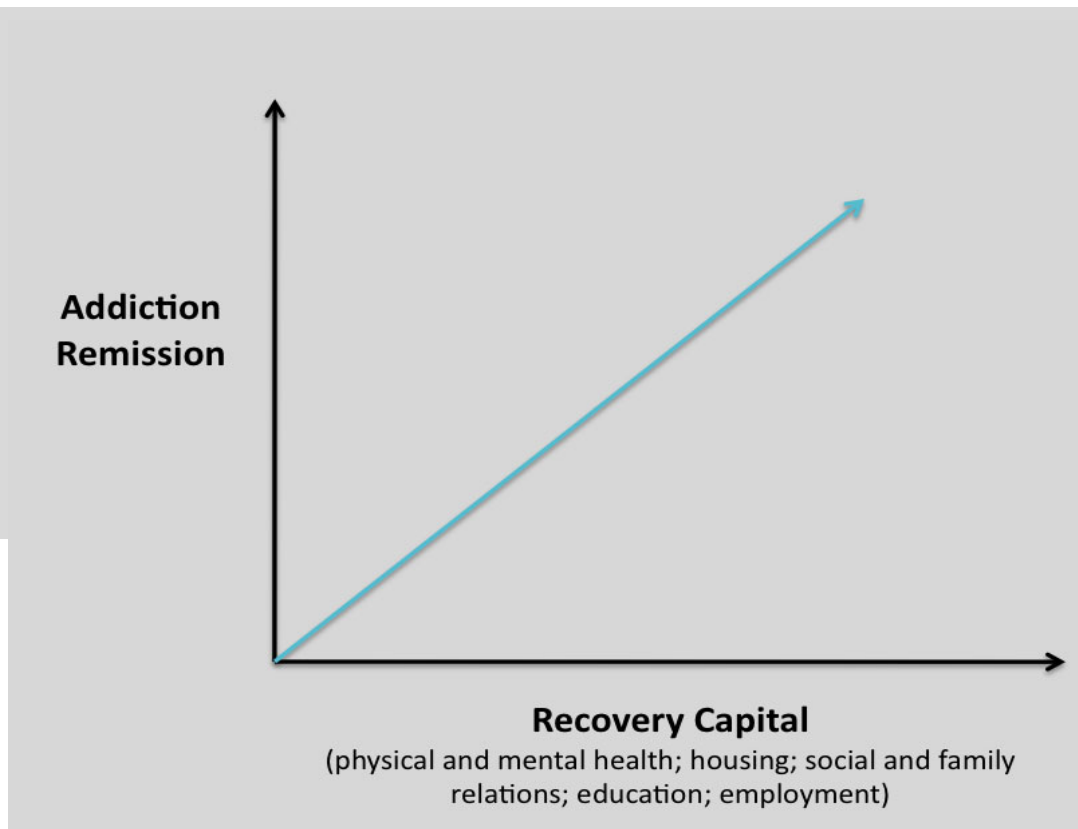
Recovery Planning – Trauma-Informed Approach

- ✧ SAFETY: Am I doing all I can to be mindful of the physical and emotional safety of others?
- ✧ EMPOWERMENT: Am I fostering an environment where every individual's strengths, experiences, and uniqueness can be highlighted and built upon?
- ✧ TRUSTWORTHINESS: Am I being clear and consistent with my expectations and in my interactions? Am I creating an atmosphere of respect? Am I maintaining appropriate boundaries?
- ✧ CHOICE: Am I providing experiences of choice and control?
- ✧ COLLABORATION: Am I allowing an approach of collaboration to be at the center of my interactions?

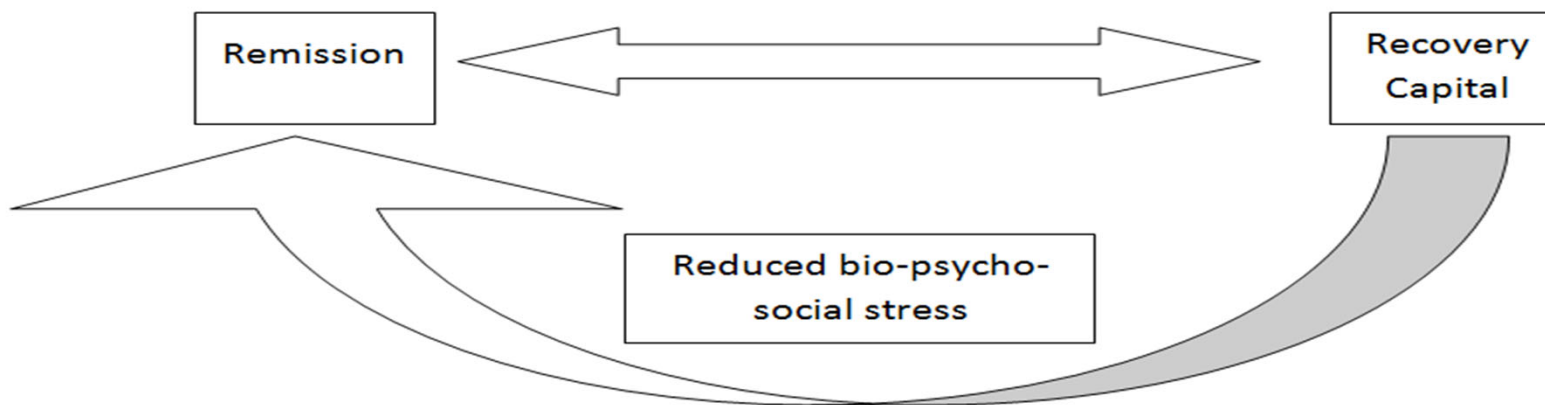
Adapted 2008 by Western MA Training Consortium, Fallot and Harris
<https://www.theannainstitute.org/CCTICSELFASSPP.pdf>



Recovery Planning Builds Recovery Capital



And the Research Says...

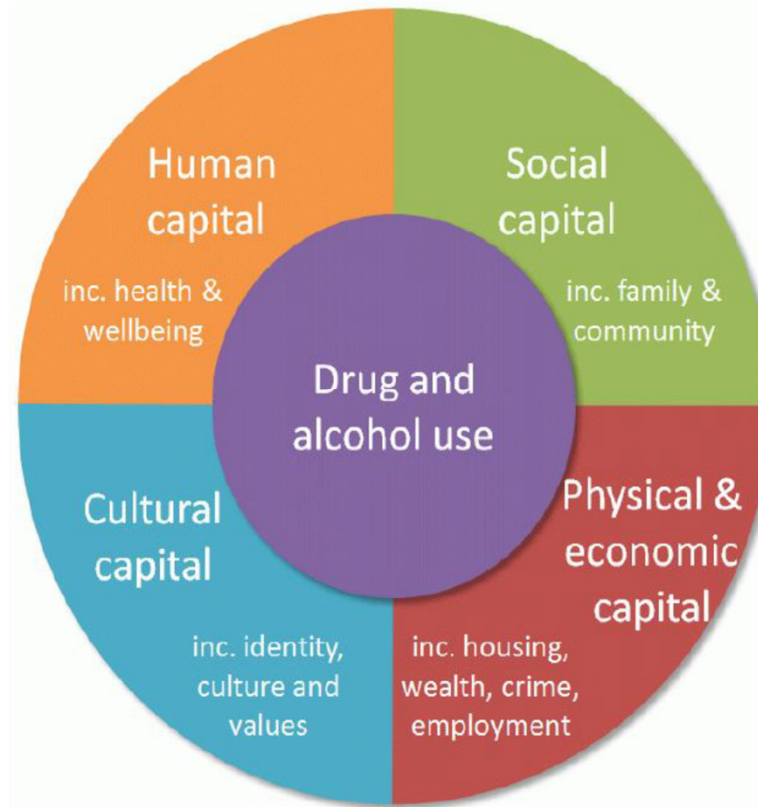


Longer remission results in greater accrual of recovery capital; in turn, greater recovery capital increases the chances of longer remission because it reduces biological, psychological, and social stress – a major pathway to relapse. Consequently, providing more recovery support will increase the chances of remission by reducing stress. Adapted from Kelly and Hoepfner (2014).

What is Recovery Capital?

- *Total amount of internal and external resources one can bring to bear on the initiation and maintenance of recovery*

Granfield and Cloud



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BJA's



Comprehensive
Opioid, Stimulant,
and Substance Abuse

Program

Recovery Capital Scale

- Recovery Capital Assessment with 35 questions
- Determine lowest areas
- Long-range goals
- This week “to do”

Granfield and Cloud,
Coming Clean: Overcoming Addiction without Treatment.



Recovery Planning and Momentum



Make a Decision and Go!

Recovery Capital Plan

After completing and reviewing the Recovery Capital Scale, complete the following.
In the next year, I will increase my recovery capital by doing the following:

Goal # 1: _____

Goal # 2: _____

Goal # 3: _____

Goal # 4: _____

My Recovery Capital “To Do” List

In the next week, I will do the following activities to move closer to achieving the above goals:

- 1.
- 2.
- 3.
- 4.
- 5.

Granfield and Cloud,
Coming Clean: Overcoming Addiction without Treatment



Recovery Wellness Plan

- Connectedness to the Recovery Community
- Physical Health
- Emotional Health
- Spiritual Health
- Living Accommodations
- School/Job/Education
- Personal Daily Living Management
- Any Other

SMART Goals

Specific	<ul style="list-style-type: none">• What, where, how many, who ?
Measurable	<ul style="list-style-type: none">• How will I know when I meet this goal?
Achievable	<ul style="list-style-type: none">• Have I planned for obstacles?
Relevant	<ul style="list-style-type: none">• Is this important to my recovery?
Time-bound	<ul style="list-style-type: none">• Short term, Specify date or elapsed time

“Recovery Coach” Role

Goals	Skills, Tasks, Opportunities
Promote Recovery	<ul style="list-style-type: none"> • Appreciate, Respect, Support Recovery • Internalize Recovery Wellness Plan • Be a Recovery Champion
Remove Barriers	<ul style="list-style-type: none"> • Promote Mutuality, Create Trust, Foster Collaboration • Advocate in Organization, Community, and Beyond • Foresee Obstacles and Plan Ahead
Connect People With Recovery Support	<ul style="list-style-type: none"> • Knowledge of Multiple Paths of Recovery • Engage With Community Recovery Resources
Encourage Hope, Optimism, and Healthy Living	<ul style="list-style-type: none"> • Share Story With Intention and Care • Model Healthy Choices • Share Enthusiasm for Recovery

*Adapted from William White



THE SCIENCE OF HOPE – Creating enthusiasm about the future

Hope = Goals + Agency + Pathways

- Set clear goal
- Plan for obstacles – If: Then
- Develop multiple pathways
- Use forecasting

Recovery Planning and Imaging

**BEGIN
WITH THE END
IN MIND**

Covey 1989

So What Is It About **Peer** Support?

- Credibility – “Me, too”
- Vulnerability – Intentional use of own story
- Authenticity – Bringing the whole self
- Hope – Recovery is real

Resources

- Recovery Capital Scale
<http://www.williamwhitepapers.com/pr/Recovery%20Capital%20Scale.pdf>
- Recovery Research Institute
<http://www.recoveryanswers.org/recovery/addiction-ary/recovery-capital/>
- Lopez, Shane, 2013. *Making Hope Happen: Create the Future You Want for Yourself and Others*. New York: Simon & Schuster
- Connecticut Community for Addiction Recovery: Recovery Coach Academy

Contact Information

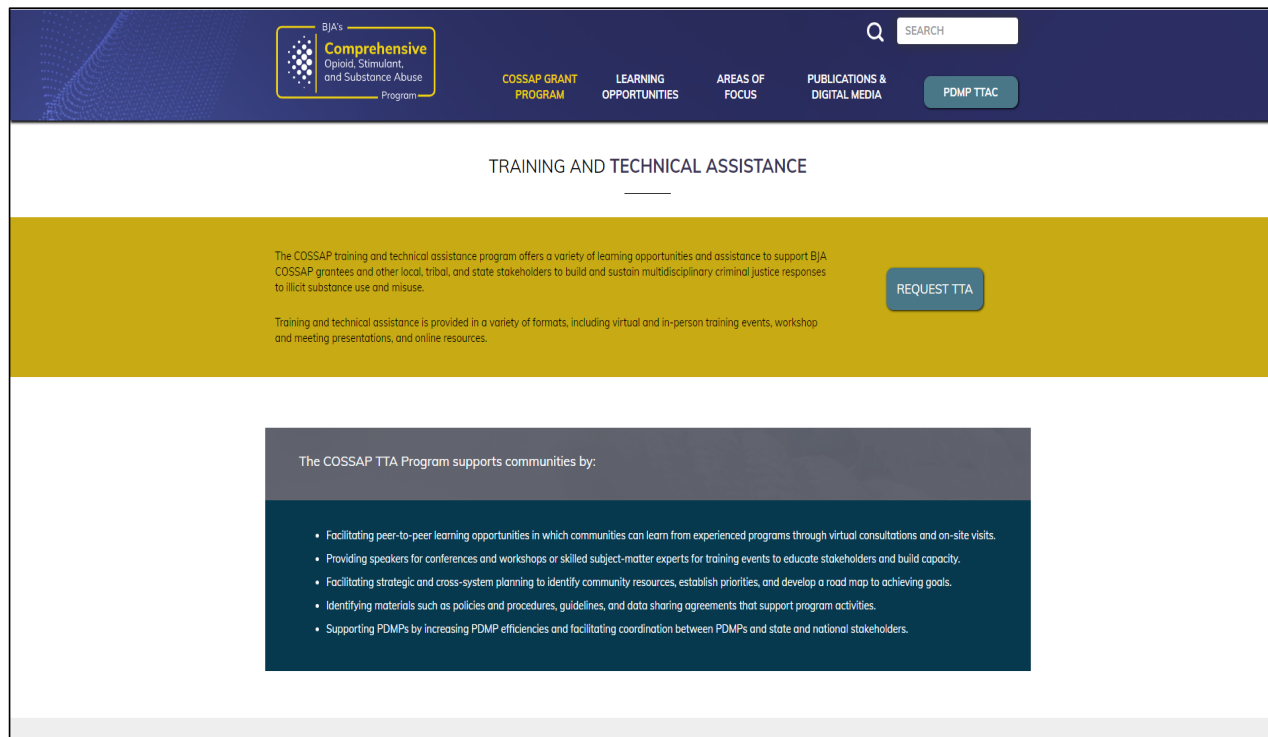
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Sarage Recovery Consultants

Questions?

<https://cossapresources.org/Program/TTA>



The screenshot shows the website's navigation bar with the following items: BJA's Comprehensive Opioid, Stimulant, and Substance Abuse Program logo; COSSAP GRANT PROGRAM; LEARNING OPPORTUNITIES; AREAS OF FOCUS; PUBLICATIONS & DIGITAL MEDIA; and a PDMP TTAC button. A search bar is also present. The main heading is "TRAINING AND TECHNICAL ASSISTANCE". Below this, a yellow banner contains the text: "The COSSAP training and technical assistance program offers a variety of learning opportunities and assistance to support BJA COSSAP grantees and other local, tribal, and state stakeholders to build and sustain multidisciplinary criminal justice responses to illicit substance use and misuse." and a "REQUEST TTA" button. A second paragraph states: "Training and technical assistance is provided in a variety of formats, including virtual and in-person training events, workshop and meeting presentations, and online resources." Below this, a dark blue box titled "The COSSAP TTA Program supports communities by:" contains a bulleted list of services.

BJA's
Comprehensive
Opioid, Stimulant,
and Substance Abuse
Program

COSSAP GRANT PROGRAM LEARNING OPPORTUNITIES AREAS OF FOCUS PUBLICATIONS & DIGITAL MEDIA PDMP TTAC

TRAINING AND TECHNICAL ASSISTANCE

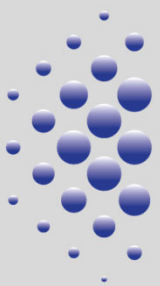
The COSSAP training and technical assistance program offers a variety of learning opportunities and assistance to support BJA COSSAP grantees and other local, tribal, and state stakeholders to build and sustain multidisciplinary criminal justice responses to illicit substance use and misuse.

REQUEST TTA

Training and technical assistance is provided in a variety of formats, including virtual and in-person training events, workshop and meeting presentations, and online resources.

The COSSAP TTA Program supports communities by:

- Facilitating peer-to-peer learning opportunities in which communities can learn from experienced programs through virtual consultations and on-site visits.
- Providing speakers for conferences and workshops or skilled subject-matter experts for training events to educate stakeholders and build capacity.
- Facilitating strategic and cross-system planning to identify community resources, establish priorities, and develop a road map to achieving goals.
- Identifying materials such as policies and procedures, guidelines, and data sharing agreements that support program activities.
- Supporting PDMPs by increasing PDMP efficiencies and facilitating coordination between PDMPs and state and national stakeholders.

A logo consisting of a cluster of blue spheres of varying sizes, arranged in a roughly circular pattern.

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