

The Different Pathways to Recovery



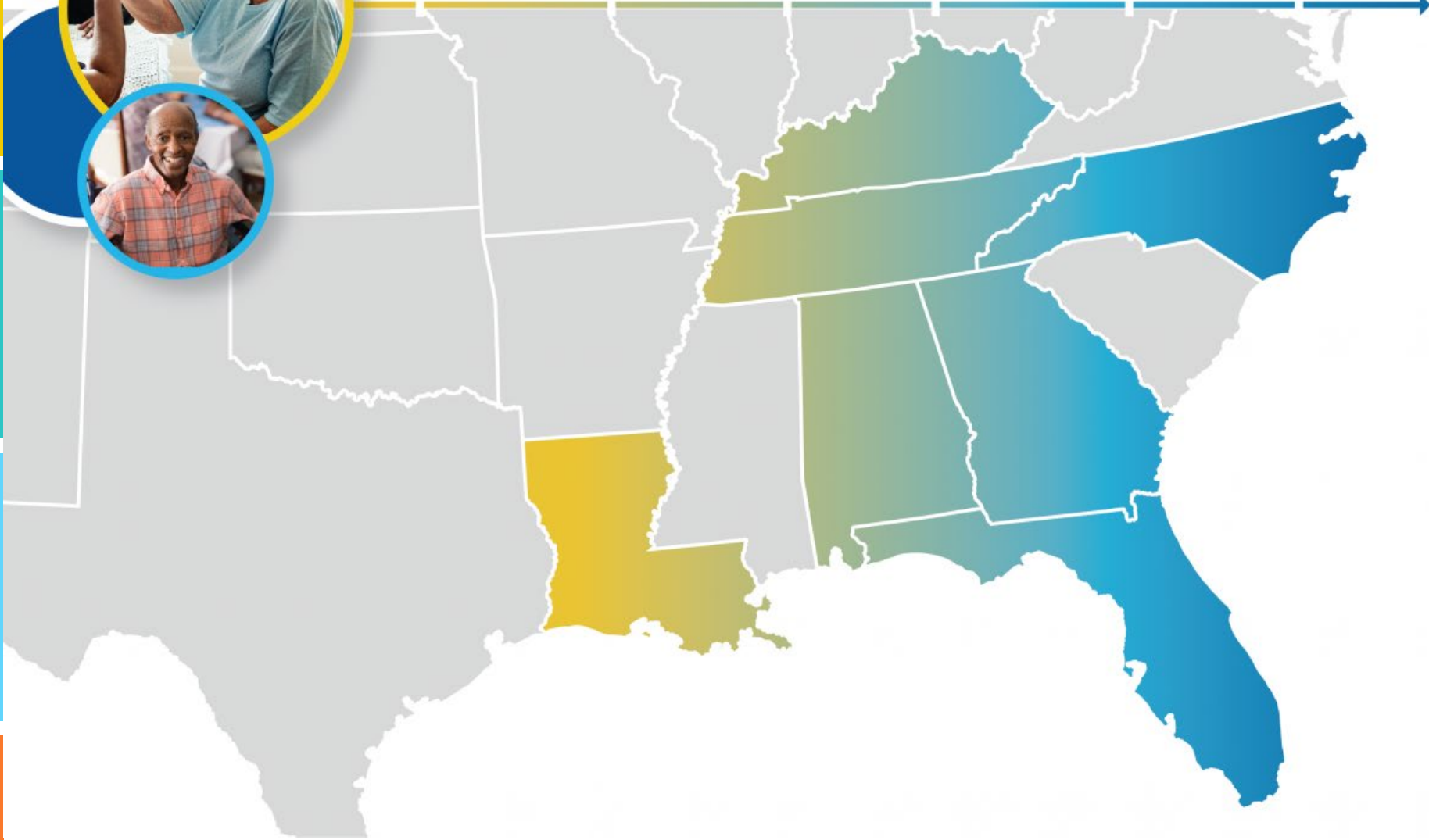
Presented by:
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QIN-QIO
Quality Innovation Network -
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CENTER FOR MEDICARE & MEDICAID SERVICES
QUALITY IMPROVEMENT & INNOVATION GROUP

Making Health Care Better *Together*



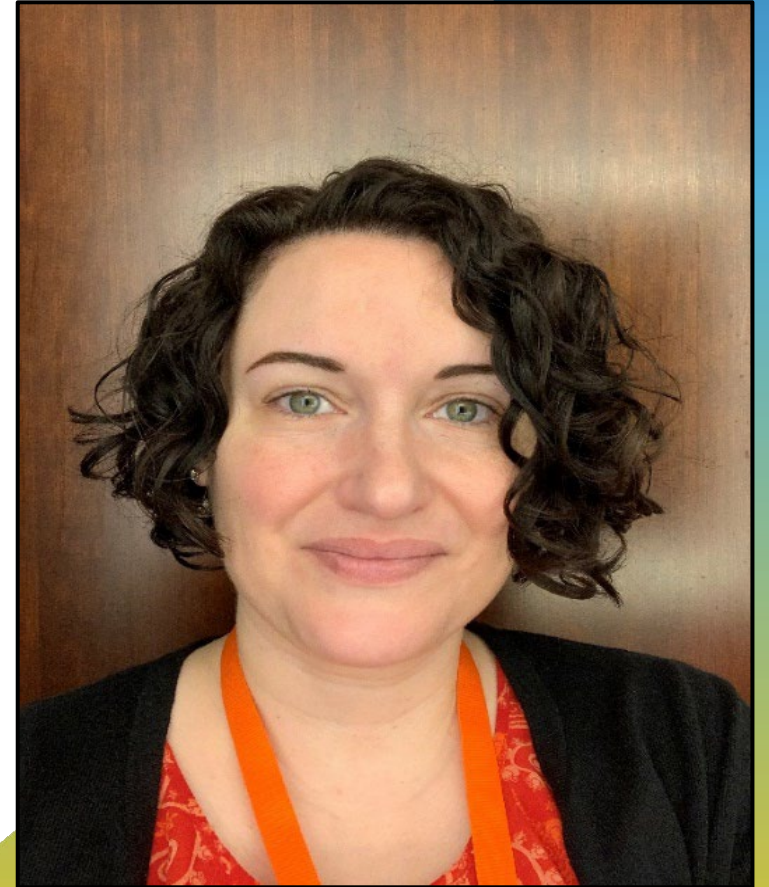
About Alliant Health Solutions

Tanya Vadala, PharmD

MEDICATION SAFETY PHARMACIST

Tanya is an IPRO pharmacist with 18 years of clinical pharmacy, community pharmacy, academia, quality improvement and medication safety experience. Prior to joining IPRO, she worked at various community pharmacies and taught at the Albany College of Pharmacy and Health Sciences in Albany, N.Y. She specializes in Medication Therapy Management (MTM), medication reconciliation, opioids, immunizations and patient self-care. Her formal teaching experience includes courses in pharmacy practice and clinical experiential teaching.

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Sherry Barnett, BSN, MSN, FNP-BC, CPRS

REGIONAL OVERDOSE PREVENTION SPECIALIST

Sherry Barnett is a nurse practitioner with over 20 years in health care and more than seven years of sobriety. After a loss of licensure, a prison stint and numerous other barriers, Sherry is now a nurse practitioner and regional overdose prevention specialist with the Sullivan County Anti-Drug Coalition.

She is also a harm reduction activist and educates others on numerous topics, including overdose awareness and Naloxone administration, harm reduction, stigma reduction, and provides life-saving Naloxone to communities. Sherry shares her story and how one can relate to others suffering from substance use disorder. In addition, Sherry promotes the education of adolescents, youth and adults on harm reduction and life-saving measures.

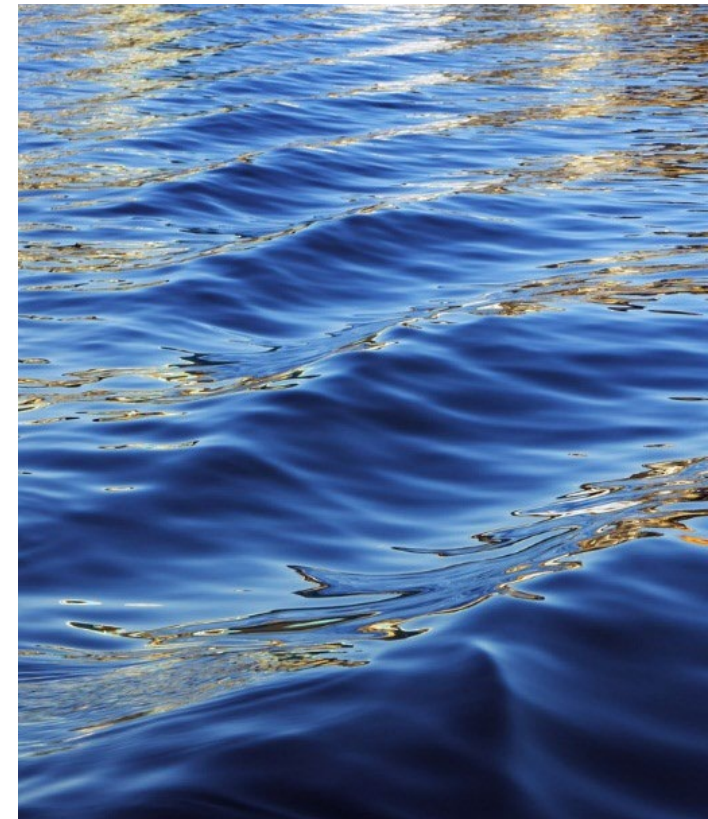
She is a certified peer recovery specialist and will be starting graduate school again to obtain a post master's certificate as a primary mental health nurse practitioner in correlation with starting her doctorate.





The Different Pathways to Recovery

Sherry Barnett, BSN, MSN, FNP-BC, CPRS



What is Recovery?

The Substance Abuse and Mental Health Services Administration (SAMHSA) defines recovery *as a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.*



What is Recovery?

4 Main Domains



Health

overcoming or managing one's disease(s) or symptoms, and making informed, healthy choices that support physical and emotional well-being



Home

having a stable and safe place to live



Purpose

conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society



Community:

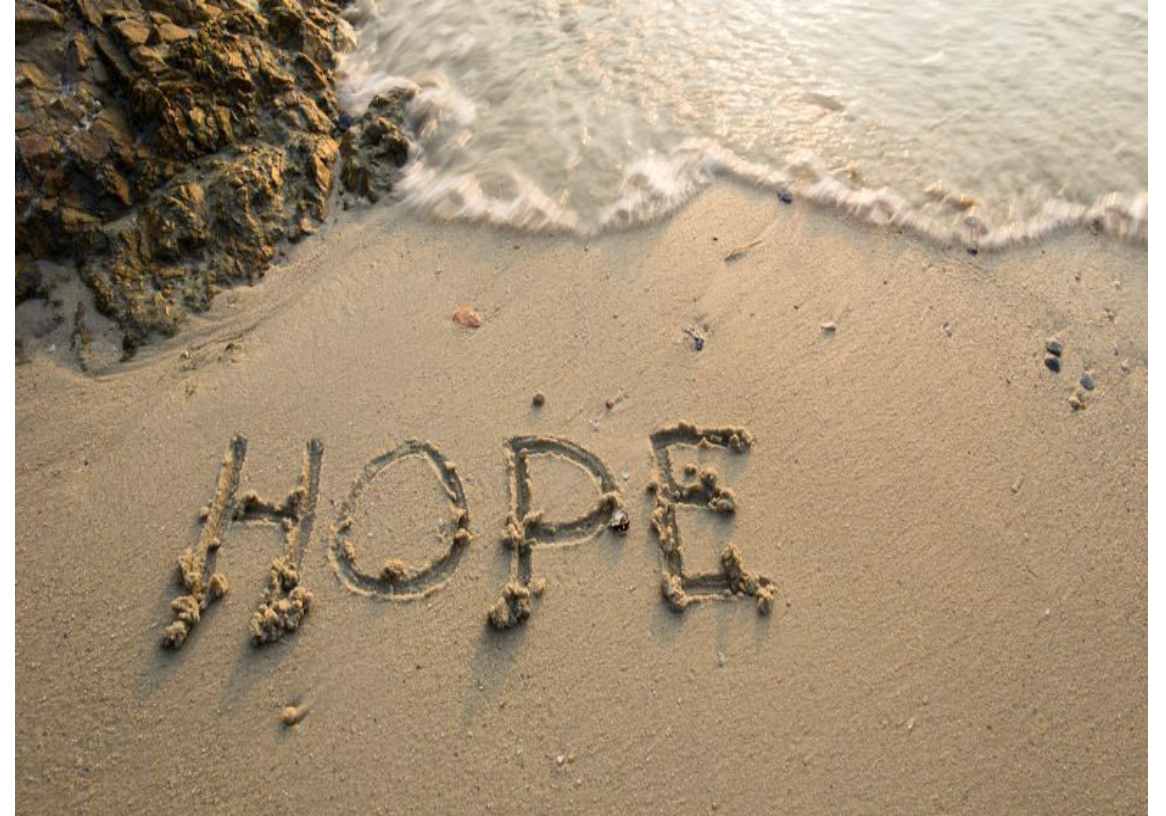
having relationships and social networks that provide support, friendship, love, and hope

What is Recovery?

10 Guiding Principles

Hope: The belief that recovery is real provides the essential and motivating message of a better future—that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them. Hope is internalized and can be fostered by peers, families, providers, allies, and others. Hope is the catalyst of the recovery process.

Relational: An important factor in the recovery process is the presence and involvement of people who believe in the person's ability to recover; who offer hope, support, and encouragement; and who also suggest strategies and resources for change



What is Recovery?



10 Guiding Principles

Person Driven: Self-determination and self-direction are the foundations for recovery as individuals define their own life goals and design their unique path(s) towards those goals.

Culture: Culture and cultural background in all of its diverse representations—including values, traditions, and beliefs—are keys in determining a person's journey and unique pathway to recovery

What is Recovery?

10 Guiding Principles

Many Pathways: Individuals are unique with distinct needs, strengths, preferences, goals, culture, and backgrounds—including trauma experience — that affect and determine their pathway(s) to recovery. Recovery is built on the multiple capacities, strengths, talents, coping abilities, resources, and inherent value of each individual. Recovery pathways are highly personalized.

Addresses Trauma: The experience of trauma (such as physical or sexual abuse, domestic violence, war, disaster and others) is often a precursor to or associated with alcohol and drug use, mental health problems and related issues



What is Recovery?



PEER SUPPORT

10 Guiding Principles

Holistic: Recovery encompasses an individual's whole life, including mind, body, spirit, and community

Peer Support: Mutual support and mutual aid groups, including the sharing of experiential knowledge and skills, as well as social learning, play an invaluable role in recovery

What is Recovery?

10 Guiding Principles

Respect: Community, systems, and societal acceptance and appreciation for people affected by mental health and substance use problems—including protecting their rights and eliminating discrimination—are crucial in achieving recovery.

Strengths and Responsibility: Individuals, families, and communities have strengths and resources that serve as a foundation for recovery



Types of Recovery Paths

Natural Recovery

Recovery Mutual Aid Groups

Medication-Assisted Recovery

Peer- Based Recovery Supports

Family Recovery

Technology Based Recovery

Alternative Recovery Supports



Natural Recovery

“Natural recovery is, according to some studies, the most common recovery pathway, but the prevalence of this style declines as problem duration and severity increase. Natural recovery is a more viable pathway for people with shorter and less severe alcohol and other drug problems and for those with higher incomes and more stable social and occupational supports” – William White

Recovery Mutual Aid Groups

Often called 'self-help' groups or 'support' groups, these groups are small scale community-oriented groups where people suffering from substance use disorders meet and provide support to each other.

12 Step Fellowships

Guiding principles
Abstinence-based
aa.org, ca.org, na.org

Celebrate Recovery

12 steps with additional 8 principles based on the Beatitudes,
Abstinence-based
Christian-based
celebraterecovery.com

LifeRing

Abstinence-based
Believes people DO have the power to overcome addiction
Empowerment to create own Personal Recovery Plan
lifering.org



Recovery Mutual Aid Groups

- ***Moderation Management***
 - Behavioral change program and national support group network
 - Alcohol abuse-focused
 - Moderation.org
- ***Phoenix Multisport***
 - Pursuits such as climbing, hiking, running, strength training, yoga, road/mountain biking, socials and other activities
 - Phoenixmultisport.com
- ***SMART Recovery***
 - Self-Management and Recovery Training
 - Science-based
 - Medication-assisted treatment friendly
 - 4 point program
 - Smartrecovery.org



Recovery Mutual Aid Groups

- **Wellbriety**
 - Native Nations
 - Cultural knowledge about recovery for individuals, families and communities.
 - Wellbriety.com
- **White Bison**
 - Native American/Alaska
NativePhoenixmultisport.com
 - Provides learning resources for sobriety, recovery, addictions prevention, and wellness
- **Women for Sobriety**
 - Abstinence-based
 - Self-help
 - 13 statement program
 - Womenforsobriety.org
- **Refuge Recovery**
 - *Uses Buddhist philosophy as foundation*
 - *Refugerecovery.org*



Medication-Assisted Treatment



MAT is the use of addiction medicines to fight opioid and alcohol dependence.

Medication-assisted treatment (MAT) is the use of medications in combination with counseling and behavioral therapies for the treatment of substance use disorders.

Medication-Assisted Treatment

- **Methadone**
 - Full agonist opiate
 - Opioid
- **Buprenorphine**
 - Subutex
 - Suboxone
 - Sublocade
 - Partial agonist opiate
 - Opioid
- **Naltrexone**
 - Markedly attenuates or completely blocks, reversibly, the subjective effects of intravenously administered opioids
 - Full antagonist
 - Opioid and alcohol



Medication-Assisted Treatment



- **Functional Medicine, Neurotransmitter Restoration Therapy and Nutrient Therapies**
 - Based on science
 - Opioid and alcohol
- **Acamprosate**
 - Anti-alcohol agent
 - Must have already quit drinking or went through detox
 - Restores chemical balance to the brain
- **Disulfiram**
 - Blocks a specific enzyme involved in metabolizing alcohol
 - Severe side effects if drinks alcohol

Peer-Based Recovery Support Services

Peer-based recovery support services are a common and often effective means by which individuals have found and sustained long-term recovery. The services are provided by individuals who have suffered from a substance use disorder.

Recovery Coaches

The following organizations train and certify coaches, and provide lists of potential coaches as resources:

- Center for Addiction Recovery Training (CART): <https://addictionrecoverytraining.org/>
- Recovery Coaches International: www.recoverycoaching.org
- She Recovers Coaches: sherecovers.co/hire-a-recovery-coach
- Certified Recovery Nutrition Coaches: www.addictionnutritionacademy.com/crnc-directory
- Recovery Life Coaching Services: <http://www.recoverycoachingservices.com/> Crossroads
- Recovery Life Coaching: <https://www.crossroadscoaching.com>

Family Recovery



The purpose of Family-Based Recovery is to ensure that children develop optimally in substance-free, safe and stable homes with their parent/s. Family-Based Recovery (FBR) integrates an attachment-based parent-child therapeutic approach with contingency management substance use treatment, trauma informed psychotherapy and case management services.

Technology-Based

Using technology to promote long-lasting recovery at its most basic, access to technology has allowed those with substance disorders the opportunity to learn more and find services that will help them in recovery. This also helps those around the addict, such as friends or parents, who can find more information to help them understand addiction.

Online Recovery Support

- Weconnect weconnectrecovery.com
- 7 cups 7cups.com
- In the Rooms intherooms.com
- Recovery 2.0 recovery2point0.com
- Reddit www.reddit.com
- She Recovers sherecovers.co
- SMART Recovery smartrecovery.org
- Supplement Your Recovery supplementyourrecovery.com



Alternative Recovery Tools

- Amino Acid Therapies
- Yoga in Recovery
- Wolf Therapy
- Nutrition Therapy for Biochemical Recovery
- The Artist's Way
- Cognitive Therapy
- Meditation
- Dance, Music, Art, Journaling/Therapeutic Writing
- Equine
- Therapy Fitness for Recovery
- Holistic Health and Natural Alternatives
- Hypnotherapy
- MBSR (Mindful-Based Stress Reduction)
- MBRP (Mindful-Based Relapse Prevention)
- WRAP - Wellness Recovery Action Plan



In Summary

Based on a person's perception of wellness and what is self-fulfilling, their recovery can vary in shape and size. Most individuals in recovery will not use only one pathway. They will take pieces and parts of several recovery pathways and make their own successful combination. Always remember, recovery is like your thumbprint. There are no two pathways the same.

References

http://www.williamwhitepapers.com/pr/dlm_uploads/Multiple-Pathways-of-Recovery-Guide-2018.pdf#:~:text=We%20de%20C3%9Ene%20pathways%20of%20recovery%20as%20those%20practices%2C,the%20criminal%20justice%20system%2C%20or%20a%20personal%20epiphany.

<https://www.samhsa.gov/find-help/recovery>

Recovery Services

Federal

SAMHSA

SAMHSA's National Helpline: [1-800-662-HELP \(4357\)](tel:1-800-662-HELP(4357)), (also known as the Treatment Referral Routing Service), via text message: [435748](tel:435748) (HELP4U), or TTY: [1-800-487-4889](tel:1-800-487-4889) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Read more about the [HELP4U text messaging service](#).

<https://www.samhsa.gov/find-treatment>

<https://findtreatment.gov/>

National

Alcoholics Anonymous

www.aa.org

Narcotics Anonymous

www.na.org

Celebrate Recovery

www.celebraterecovery.com

Alabama

Alabama Department of Mental Health

<https://mh.alabama.gov/>

VitAL Virtual Recovery Services

<https://mh.alabama.gov/covid-19/>

Florida

Florida Statewide Substance Abuse Hotline 24/7
2-1-1

Florida Public Health Department Substance Abuse Program: Drug Crisis Hotline
1-850-487-2929

<https://addictionresource.com/addiction-and-rehab-hotlines/florida-numbers/>

Florida Drug Abuse Hotline 24/7 (americanaddictioncenters.org)
1-888-761-7719

Georgia

Georgia Department of Behavioral Health and Developmental Disabilities

Crisis & Access Line: For access to services and immediate crisis help, call the [Georgia Crisis & Access Line](#) (GCAL) at **1-800-715-4225**, available 24/7.

<https://dbhdd.georgia.gov/how-do-i-find-dbhdd-services>

Kentucky

KY HELP Statewide Call Center

[1-877-318-1871](tel:1-877-318-1871)

Speak with a screening and referral specialist Monday through Friday from 8:30 am to 10:00 pm and Saturday and Sunday from 8:30 am to 5:30 pm EST/EDT.

After Hours: Kentucky Opioid Assistance and Resource Hotline (KY-OAR)

Kentucky Opioid

[1-800-854-6813](tel:1-800-854-6813)

Louisiana

Louisiana Department of Health

Alcohol/Drug Helpline: 1-877-664-2248

Information about treatment services: 1-855-229-6848

<https://ldh.la.gov/page/95>

<https://ldh.la.gov/subhome/54>

North Carolina

North Carolina Department of Health & Human Services

Drug Helpline:

To assist with treatment of alcohol and/or substance use disorders 24/7
1-800-688-4232

Crisis Solutions

<http://crisissolutionsnc.org/>

To Find a provider:

<https://www.ncdhhs.gov/providers/lmemco-directory>

Tennessee

TN REDLINE

Referral service for addiction
treatment

1-800-889-9789 Call or Text 24/7

<https://www.tn.gov/behavioral-health/substance-abuse-services/prevention/tennessee-redline.html>

**TN
REDLINE** 

1.800.889.9789

CALL OR TEXT 

Questions?



CMS 12th SOW Goals



Behavioral Health Outcomes & Opioid Misuse

- ✓ Promote opioid best practices
- ✓ Decrease high dose opioid prescribing and opioid adverse events in all settings
- ✓ Increase access to behavioral health services



Patient Safety

- ✓ Reduce risky medication combinations
- ✓ Reduce adverse drug events
- ✓ Reduce C. diff in all settings



Chronic Disease Self-Management

- ✓ Increase performance on ABCS clinical quality measures (i.e., aspirin use, blood pressure control, cholesterol management, cardiac rehab)
- ✓ Identify patients at high-risk for developing kidney disease & improve outcomes
- ✓ Identify patients at high risk for diabetes-related complications & improve outcomes



Quality of Care Transitions

- ✓ Convene community coalitions
- ✓ Identify and promote optimal care for super utilizers
- ✓ Reduce community-based adverse drug events



Nursing Home Quality

- ✓ Improve the mean total quality score
- ✓ Develop national baselines for healthcare related infections in nursing homes
- ✓ Reduce emergency department visits and readmissions of short stay residents

Making Health Care Better *Together*



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Upcoming Events



Learning and Action Webinars

Combined Nursing Homes and Community Coalitions LAN:
Applying Evidenced-Based Best Practices to Prevent, Mitigate and Manage Delirium
Across Care Settings: A Multi-Part Series
Tuesday, April 19, 2022 at 2 p.m. ET | 1 p.m. CT

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