

Voices of Recovery



Presented by:
Tanya Vadala, PharmD

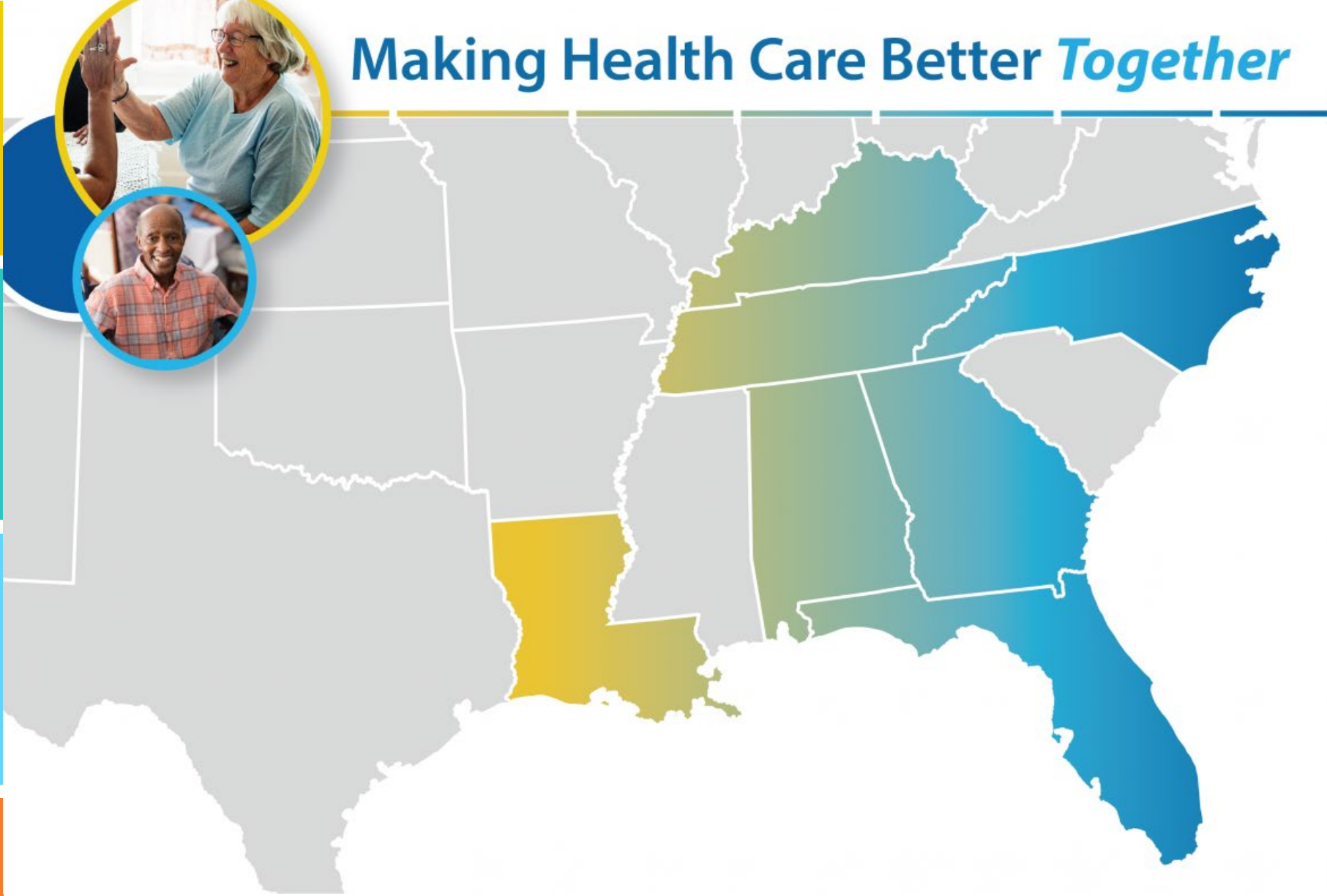
Panelists:
Jessica Stanley, Nathan Payne, Christi McAlexander

May 24, 2022

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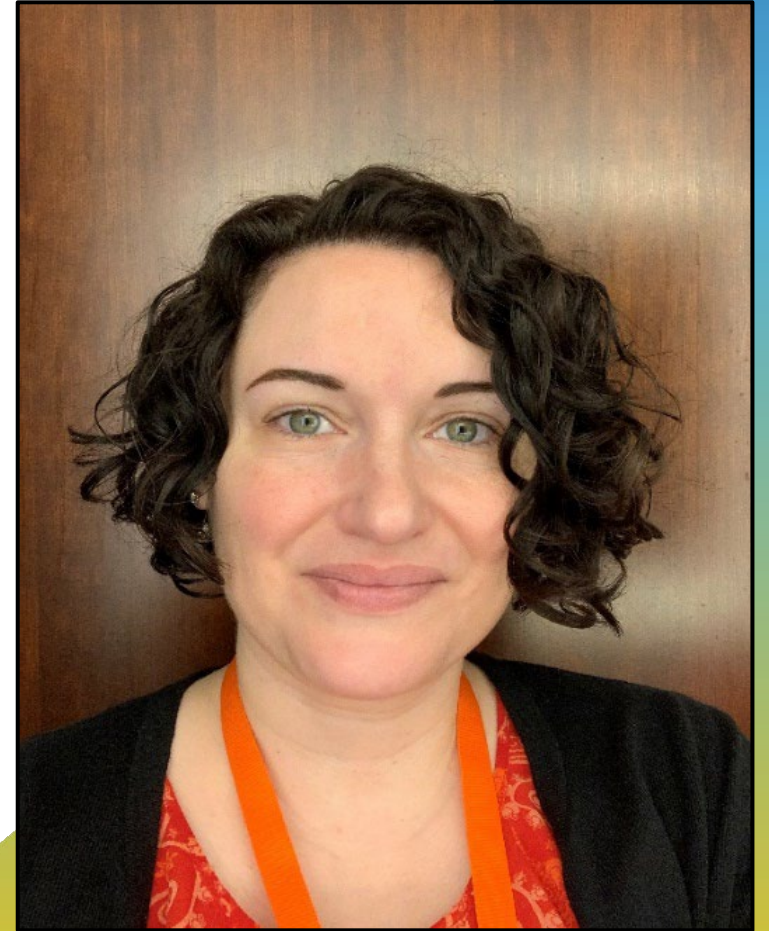
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Tanya Vadala, PharmD

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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Objectives

- Quick overview of recovery and recovery tools
 - For more detailed information, check out our The Different Pathways of Recovery presentation. [Download Presentation](#) | [Watch the Recording](#)
- Panel discussion

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.***

- Recovery is a very individualized process.
- There is no single way to have recovery.
- There is no single way to live a life of recovery.

What Is Recovery?

Four 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, volunteering, 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

A (Very) Brief Refresher on Common Approaches to Recovery

Natural Recovery

Without treatment or support groups

Recovery Mutual Aid Groups

Self-help or support groups

12-step fellowships, Celebrate Recovery, SMART Recovery

Peer-Based Recovery Supports

Services provided by individuals who have experienced SUD

Recovery coaching, recovery life coaching

Medication-Assisted Recovery

Use of medication with counseling and behavioral therapies

Methadone, Buprenorphine, Naltrexone

Family Recovery

Engaging the whole family in creating a healthy, safe and stable home for children with their parents

Technology-Based Recovery

Using tech to connect, learn and find help

Other Recovery

Tools

Yoga
Art
Meditation
Equine
Dance and Music
Fitness
Hypnotherapy
Mindfulness
Cognitive therapy

Content provided by Sherry Barnett,
BSN, MSN, FNP-BC, CPRS

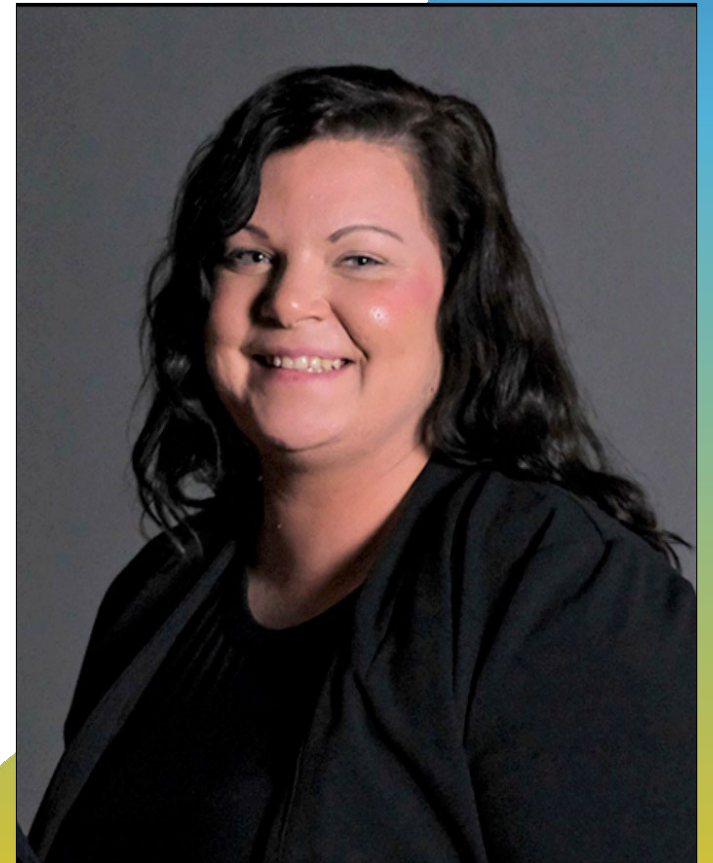
Meet the Panelists

Jessica Stanley

REGIONAL OVERDOSE PREVENTION SPECIALIST, KNOX COUNTY, TENN.

Jessica Stanley is the regional overdose prevention specialist in Knox County, Tenn. and the meeting facilitator of the Board of DrugFree WilCo in Wilson County, Tenn. Jessica is a Tennessee-certified peer recovery specialist, young adult peer support specialist, CCAR-certified recovery coach, recovery coach academy facilitator and mindfulness facilitator. She is fighting to break the stigma and increase access to harm reduction. Jessica is currently under clinical supervision to obtain licensure for alcohol and drug counseling and is pursuing a bachelor's degree in criminal justice.

Jessica is an overdose survivor and uses her own experience, strength and hope to educate others who have or know someone with a substance use disorder. She is passionate about sharing her story and remains transparent as she makes connections with people from all walks of life.

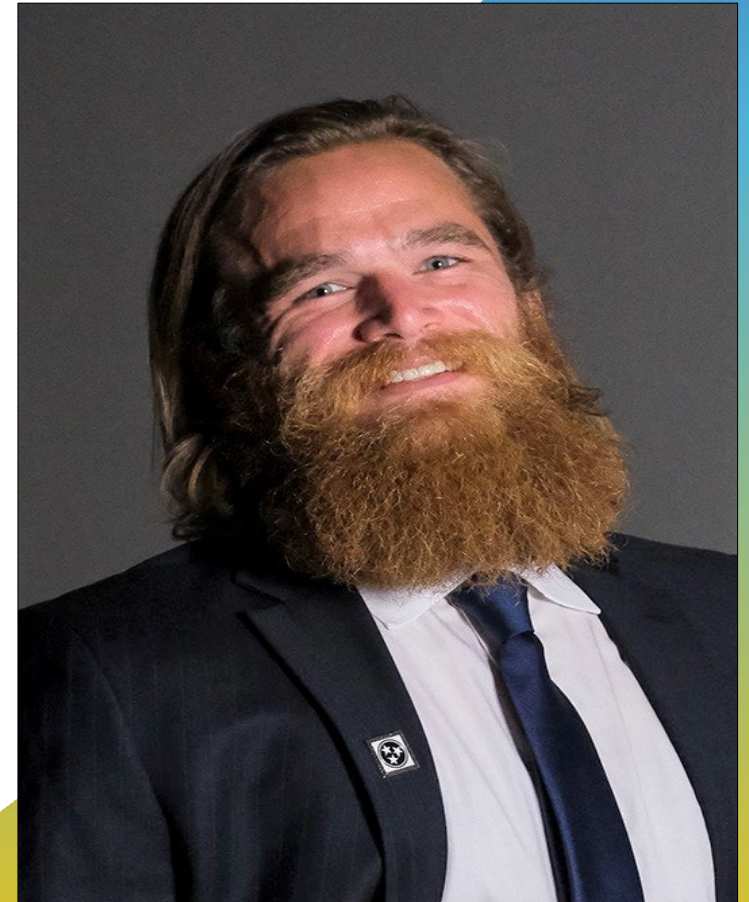


Nathan Payne

**DIRECTOR OF COLLEGIATE RECOVERY, TENN. DEPT. OF MENTAL
HEALTH AND SUBSTANCE ABUSE SERVICES**

Nathan Payne is a person in long-term recovery and is the director of collegiate recovery with the Tennessee Department of Mental Health and Substance Abuse Services.

Prior to this, Nathan worked with the department doing community outreach for those struggling with substance use and developed the Tennessee Collegiate Recovery Initiative. He is a recent graduate of the mental health counseling program at Tennessee Tech University and a lover of all things outdoors.



Christi McAlexander

RECOVERY NAVIGATOR, ASCENSION ST. THOMAS RUTHERFORD

Christi McAlexander is a recovery navigator with Buffalo Valley and is colocated at Ascension St. Thomas Rutherford. She recently completed training to become a certified peer recovery specialist, serves on a district- and state-level in AA, and volunteers her time at treatment centers.

Christi is passionate about helping others find quality recovery. Her goal in life is to continue to share her experience, strength and hope with those who are sick and suffering from the disease of addiction. She loves to travel and collect rare/hard-to-find plants.



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

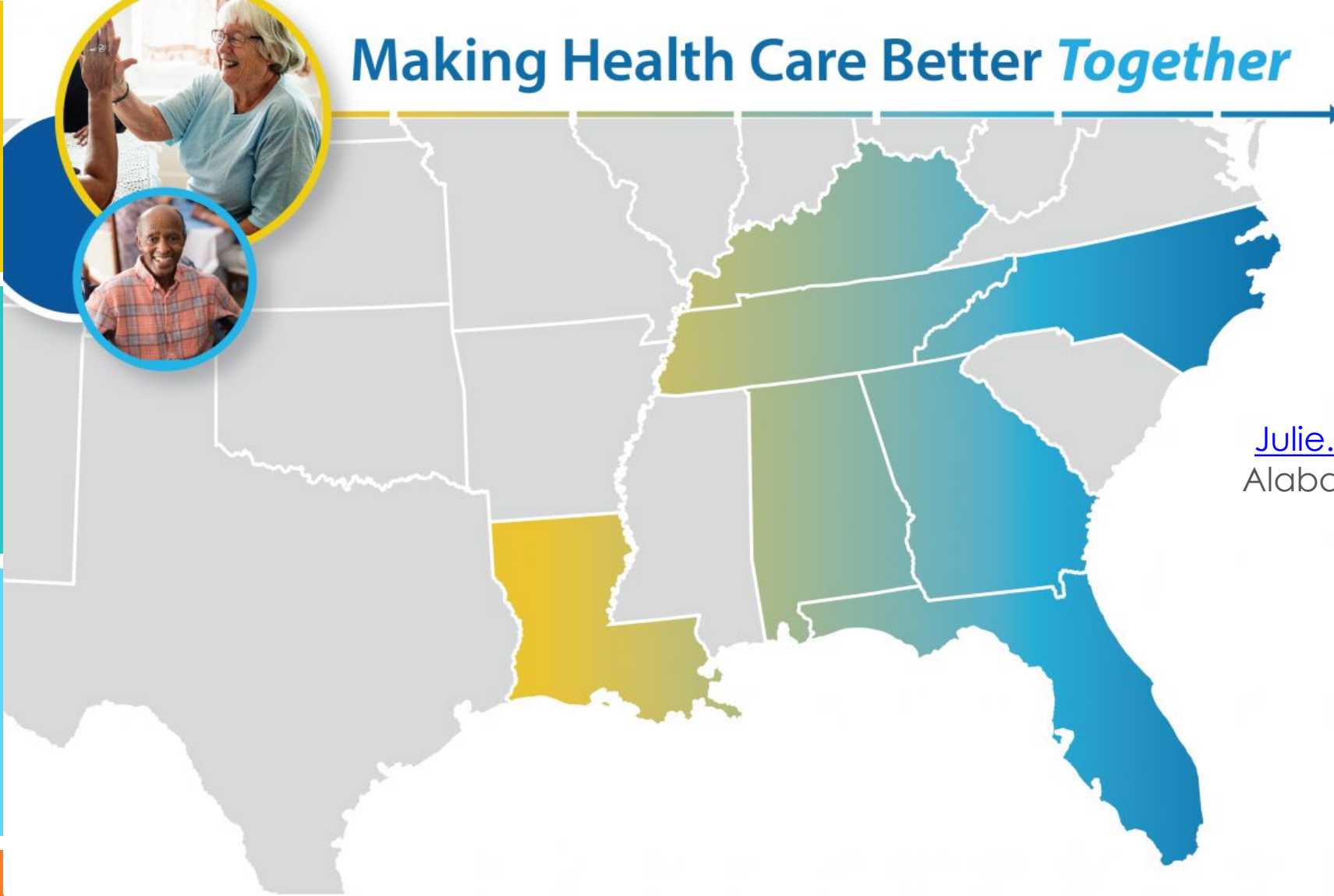
- ✓ Convene community coalitions
- ✓ Identify and promote optimal care for super utilizers
- ✓ Reduce community-based adverse drug events



Nursing Home Quality

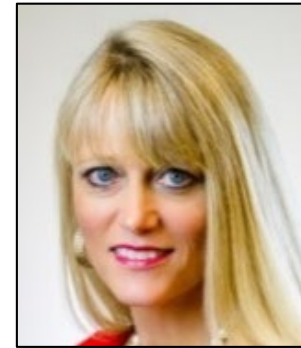
- ✓ Improve the mean total quality score
- ✓ Develop national baselines for healthcare related infections in nursing homes
- ✓ Reduce emergency department visits and readmissions of short stay residents

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Julie Kueker

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Program Directors

Upcoming Events



Learning and Action Webinars

Combined Nursing Homes and Community Coalitions LAN:
Strategies to Support Care Partners and Improve Care Transitions to Reduce
Readmissions

Thursday, May 26, 2022 at 12:30 p.m. ET | 11:30 a.m. CT

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