

Strengthening Ties to the Recovery Community Integrating Treatment and Recovery Support Services

TOOLKIT

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1. Mutual Support Resources

Advocates For the Integration of Recovery and Methadone, Inc. (AFIRM)

International. Evolved from Methadone Anonymous, founded 1991. Self help group for, and led by, current and former methadone maintenance treatment patients. "Have you ever attended a 12 step meeting and were not allowed to 'share' because you are a methadone patient? Have you ever gone to one of these meetings and felt like you could not be honest about being a methadone patient because there were things you needed to talk about?" More information at http://www.afirmfwc.org/. Telephone numbers may be found at http://www.methadonetoday.org/m_isreco.htm or the Methadone Anonymous Support site at http://www.methadonesupport.org/ Refer: Recovering addicts who wish to follow a 12 Step program while on methadone maintenance.

Methadone Anonymous Support

International. Methadone Anonymous Support is a 12 Step program for people recovering from opiate addiction. It holds groups in all U.S. states and in Canada; the web site provides a meeting locater for groups in most of the states. In addition, their web site holds online support forums and an expert to answer questions. Online MA meetings will soon be added. The website can be found at http://www.methadonesupport.org More information can be found from the following email address: methadoneAnonymous@neo.rr.com

This information is from Faces & Voices of Recovery's Mutual Support Resource Guide

(http://www.facesandvoicesofrecovery.org/resources/support_home.php). The guide was developed by Linda and Ernie Kurtz and is updated on a monthly basis. It includes information about Group-Based Mutual Support Resources and Internet-Based Mutual Support Resources. Many of these groups offer both face-to-face meetings and some form of online participation.

2. Video Resources

The Joy of Being Normal

The Joy of Being Normal is a short film illustrating the ability of methadone treatment to produce responsible and productive citizens. The Joy of Being Normal is for patients and can be used one-on-one with families, in the clinic, or anywhere people are interested in increasing the acceptance of methadone treatment.

Format: Videotape

Price: \$99.95

(Shipping & Handling: \$7.95)

http://www.danya.com/products_joy.asp

The Power of Our Stories: Speaking Out for Addiction Recovery

The video includes an instructional session with three recovery advocates — Dona Dmitrovic of the Johnson Institute; Chris Kelly of Advocates for Recovery through Medicine; and James McClain of Oxford House — who practice telling their stories with trainer Julia Ritchie. The video also features prominent individuals from the recovery community including Ron Williams of the Recovery Association Project; Walter Ginter of the National Alliance of Methadone Advocates; Representative Jim Ramstad (R-MN), cofounder of the Congressional Caucus on Addiction, Treatment and Recovery; and historian William White. These individuals and others share their stories and discuss the importance of putting a face and a voice on recovery.

The Power of Our Stories is designed to empower people in recovery, their family members, friends, and allies to speak out for addiction recovery. Through example, the video emphasizes the importance of standing up and speaking out. It demonstrates how people are using their stories to change attitudes and policies that stigmatize and discriminate against people seeking or in recovery from addiction to alcohol or drugs.

The Power of Our Stories: Speaking Out for Addiction Recovery is available for web viewing or purchase and includes a brochure and a worksheet with group and individual exercises.

Ordering information:

Format: Videotape; 44 minutes running time

Price: \$15.95

http://www.facesandvoicesofrecovery.org/support/merch_video_bk.php

3. Recovery Community Support Services: A Key Component of Recovery-Oriented Care

By Tom Hill

Getting along without substances is hard enough, but only one of many challenges facing people in early recovery. Support from others in recovery is often needed, for example, to help find a drug-free place to live, land a job, reconnect with family members, find low-cost dental care or get citizenship restored. Treatment providers and mutual support recovery programs, notably 12-step groups, both provide important help. But neither can address all the educational, informational and social needs of early recovery.

New Supports for Recovery

A new avenue to help has emerged via the Recovery Community Services Program (RCSP). This program, funded by the federal Center for Substance Abuse Treatment (CSAT), began in 1998 and has supported 43 projects. Initially, RCSP was intended to organize the recovery community to provide public education and affect systems and policy change. In 2002, RCSP changed its focus and began enabling peers in stable recovery to help others avoid relapse and move into long-term recovery. The emerging services include recovery centers, peer coaching and mentoring and a variety of educational and skill-training services. RCSP currently includes 28 community- and faith-based organizations.

RCSP projects reflect diversity in culture, ethnicity, gender, race, sexual orientation, religion and co-occurring conditions such as physical and mental disabilities, HIV/AIDS, Hepatitis C and/or homelessness. Some focus on issues such as child welfare, trauma or ex-offender status. All projects value, respect and affirm each person's paths to recovery, including mutual support, treatment, medically-assisted, faith-based and/or independent routes.

Peer Support Services

RCSP recovery centers house recovery activities and services and create a public space where people can hang out and socialize. Peer-directed activities include support groups, educational workshops and learning circles in which people can learn to manage basic finances, prepare nutritious meals or communicate more effectively. Recovery centers can be powerful statements to the community, helping defy and overcome stigma.

One-on-one coaching or mentoring is a popular service, with the roles of recovery coaches or mentors differing from project to project. Coaches and mentors primarily aim to help their peers establish recovery goals and access resources that will help get life on track.

Basic skills workshops, learning circles or educational activities constitute the third type of service, and range from discussions of peer groups' problems to specific services like training in job readiness skills.

Peers Become Peer Leaders

The RCSP projects offer opportunities for people who want to serve beyond their mutual support program or to give back in new ways. Every person who receives peer services is looked upon as a potential peer leader. And, in the phenomenon that distinguishes peer services from professional services, the person being helped also helps the helper. Most peer service programs incorporate the same mutual healing axioms as 12-step programs: 1) those who help others get helped in return and 2) you keep it by giving it away.

Neither Treatment nor Mutual Support

Peer services function as a conduit to and from treatment and stress the importance of mutual support groups. The work done by peer leaders in RCSP projects is clearly distinct from the professional work done in treatment settings and the close sponsoring and guidance work done in mutual support groups.

Peer Ethics Emerging

Because peer support programs establish new kinds of relationships between people at different stages of recovery, peer programs have had to establish appropriate roles and peer-based ethical codes that define how peers can work together and provide guidelines for establishing and maintaining roles and boundaries. Peer leaders need to be well grounded in the nuances of ethical behavior, and, as in any service organization, close supervision is a must.

Definitely Recovery-Oriented

Recent national efforts have aimed at creating recovery-oriented systems of care. Recovery support services are already here. It should not seem all that radical to design systems that support recovery as the final outcome, with peer services as a strong and stable component.

In their brief tenure, RCSP grantees have had an impact both in the recovery community and on addiction treatment. The grantees have demonstrated the power of recovery and shown that the recovery community, with help and resources, is capable of giving back far more than anyone dreamed possible. Recovery peer service pioneers are building an airplane that is already airborne, with significant and highly creative results.

Tom Hill launched Common Strength, a recovery organizing project; is the RCSP technical assistance manager at Health Systems Research in Washington, DC; is a Fellow in the Robert Wood Johnson Foundation's

Developing Leadership in Substance Abuse program and serves on the Board of Directors of Faces & Voices of Recovery.. This article is reprinted from the Winter 2006 issue of Rising! Faces & Voices of Recovery's quarterly publication.

4. Recovery Support Service Providers

This is a list of Recovery Community Service Program grantees. In addition, many recovery community organizations around the country are providing recovery support services. For a list of these organizations, go to

http://www.facesandvoicesofrecovery.org/regions/map.php

2004 Grantees

Accessing Success Program

Peer-to-Peer Recovery Support Services Project Relief Nursery, Inc. 1720 West 25th Avenue Eugene, OR 97405 www.reliefnursery.org

Cheryl MacGinitie
Project Director
(541) 485-0007 ext. 101
(541) 284-4362 (Fax)
cherylma@reliefnursery.org

Carla George Project Assistant (541) 485-0007 (541) 284-4362 (Fax) carlage@reliefnursery.org

Connecticut Community for Addiction Recovery (CCAR)

530 Silas Dean Highway, Suite 220 Wethersfield, Connecticut 06109

www.ccar.us

Phillip Valentine Executive Director (860) 571-2985 (860) 571-2987 (Fax) phillip@ccar.us Cheryle Pacapelli Director of Operations (860) 571-2985 (860) 571-2987 (Fax) cheryle@ccar.us

Face to Face—Capacity Development Through Interpersonal Connectiveness

Welcome Home Ministries 104 South Barnes Oceanside, California 92054

Carmen Warner-Robbins Executive Director (760) 439-1136 (760) 439-6381 (Fax) jhnhrbbns@sbcglobal.net whministries@hotmail.com

Heartland Cares

Heartland Cares Inc.

3025 Clay Street Paducah, Kentucky 42001

Krista Wood Executive Director (270) 444-8183 ext. 103 (240) 444-8147 (Fax) kwood@hcares.org

Gilmar Dycus Project Coordinator (270) 444-8183 (240) 444-8147 (Fax) gdycus@hcares.org James Michael Elliott Project Supervisor (270) 444-8183 (270) 444-8147 (Fax) melliott@hcares.org

Northern Ohio Recovery Association (NORA)

3476 Prospect Avenue Cleveland, Ohio 44115 www.norainc.org

Anita Bertrand Executive Director (216) 391-6672 (440) 256-5117 (Fax) abertrand@norainc.org Lesly Welky Program Manager (216) 391-6672 (440) 256-5117 (Fax) lwelky@norainc.org

Peer to Peer Project

The Fortune Society
53 West 23rd Street
New York, New York 10010
www.fortunesociety.org

Max Lindeman Associate Vice President of Programs (212) 206-7070 (212) 366-6323 (Fax) mlindeman@fortunesociety.org Stanley Richards
Deputy Executive Director
(212) 691-7554
(212) 255-4948 (Fax)
srichards@fortunesociety.org

PROSPER— Peers Reach Out Supporting Peers to Embrace Recovery

Walden House, Inc. 520 Townsend Street San Francisco, California 94103 www.waldenhouse.org

Demetrius Andreas Program Director (213) 741-3731 (415) 864-0795 (Fax) dandreas@waldenhouse.org Salvador Wilson Program Manager (213) 741-3709 (415) 746-3019 (Fax) swilson@waldenhouse.org

Donald Ivy Frazier

Director of Contracts/Grants Management and Compliance (415) 355-2540 (415) 864-0795 (Fax) dfrazier@waldenhouse.org

Circles of Recovery III

White Bison, Inc. 6145 Lehman Drive, Suite 200 Colorado Springs, CO 80918-3440 www.whitebison.org

Don L. Coyhis Project Director (719) 548-1000 (719) 548-9407 (Fax) Don@whitebison.org Kim Tunnell Project Manager (719) 548-1000 (719) 548-9407 (Fax) Kim@whitebison.org

2003 Grantees

Asian Pacific American Community of Recovery Network (ACORN)

Asian Counseling and Referral Service 720 8th Avenue South, Suite 200 Seattle, Washington 98104 www.acrs.org

Yoon Joo Han Project Director (206) 695-7591 (206) 695-7606 (Fax) yoonjooh@acrs.org

Association of Persons Affected by Addiction (APPA)

2438 Butler Street, Suite 120 Dallas, Texas 75235

Joe Powell Project Director (214) 634-2722 (214) 634-2721 (Fax) Joep2722@aol.com

Detroit Recovery Project (DRP)

Clark Associates 1151 Taylor, Room 317B Detroit, Michigan 48202

Andre Johnson Project Director (313) 876-4566

(313) 876-0788 (Fax) JohnsonA@health.ci.detroit.mi.us

G.M.I. Wings

Group Ministries, Inc. 1333 Jefferson Avenue Buffalo, New York 14208

Arthur Boyd Executive Director (716) 883-4367 ext. 18 (716) 883-4449 (Fax) groupbuffalo@aol.com Kenneth Smith Project Director (716) 883-4367 ext. 21 (716) 883-4449 (Fax) khsmith101@aol.com

Women in New Recovery

Patricia Henderson Project Director, Executive Director (480) 464-5764 (480) 834-5372 (Fax) winrpah@winr.org

Project H.I.G.H.—How I Got Help (on Recovery)

AIDS Service Center of Lower Manhattan, Inc. 41 East 11th Street, 5th Floor New York, NY 10003 www.ascnyc.org

Eric Driver Project Director (212) 645-0875 ext. 344 (212) 645-8712 (Fax) eric@ascnyc.org

RECOVER Project—Recovering and Empowering Community Through Outreach and Vision to Encourage Resilience

Western Massachusetts Training Consortium 187 High Street, Suite 204 Holyoke, Massachusetts 01040 www.wmtcinfo.org

Rene Andersen Principal Investigator (413) 536-2401 ext. 3006 (413) 536-4166 (Fax) randersen@wmtcinfo.org Laurie Kamansky Project Manager (413) 774-5489 (413) 774-6039 (Fax) Ikamansky@wmtcinfo.org

Recovery Association Project (RAP)

Central City Concern

1903 South East Ankeny Portland, OR 97214 (Fax) www.centralcityconcern.org www.rap-nw.org

Kathy Brazell Executive Director (503) 234-3133 ext. 205 (503) 235-0446 (Fax) kb@rap-nw.org E.V. Armitage
Project Director
(503) 294-1681
(503) 294-4321 (Fax)
EV@centralcityconcern.org

Recovery Resource Center

1140 Lake Street, Suite 500 Oak Park, Illinois 60301 www.rrcinfo.org

Cynthia Cameron Executive Director (708) 445-0500 (708) 445-9301 (Fax) RRCDONTUSE1@aol.com

2001 Grantees

Alaska Women's Recovery Project (AWRP)

South Central Foundation 4130 San Ernesto Avenue Anchorage, Alaska 99508 www.southcentralfoundation.org

Vera Paschke Project Director (907) 729-5090 (907) 729-5071 (Fax) vpaschke@scf.cc Katie Johnson Dena A Coy Program Manager (907) 729-5073 (907) 729-5071 (Fax) kjohnson@scf.cc

A-Ye-Ga: Awakening the Recovery Spirit

Eastern Band of Cherokee Indians 59 Echota Church Road Cherokee, North Carolina 28719

Jodie Adams
Health Operations Director
(828) 497-7454
(828) 497-7459 (Fax)
jodiadam@nc-cherokee.com

Virginia Johnson
Project Coordinator
(828) 497-6976
(828) 497-6977
virgjohn@nc-cherokee.com

Community Change Oriented Recovery Effort (C-CORE)

Pasqua Yaqui Tribe of Arizona 9405 South Avenida del Yaqui Guadalupe, Arizona 85283 www.pascuayaqui-nsn.gov

Clare Cory
Project Director
Program Manager
Guadalupe Behavioral Health
(480) 768-2025
(480) 768-2053 (Fax)
Clare.Cory@pascuayaqui-nsn.gov

Angelita Hinojosa Program Coordinator Pascua Yaqui Tribe, C-CORE (480) 768-2087 (480) 768-2053 (Fax) Angelita.Hinojosa@pascuayaqui-nsn.gov Michael Shanley ASAP Satellite Services Coordinator Guadalupe Behavioral Health (480) 768-2026 (480) 768-2053 (Fax) Michael.Shanley@pascuayaqui-nsn.gov

Friends of Addiction Recovery-New Jersey FOAR-NJ

National Council on Alcohol and Drug Dependence-New Jersey 1675 Whitehorse-Mercerville Road, Suite 205 Hamilton, New Jersey 08619 www.friendsofrecoverynj.org www.ncaddnj.org

Yury Tarnavskyj
Project Director
(609) 689-0121 ext. 110
(609) 689-3244 (Fax)
YTarnavskyj@ncaddnj.org

Jeanette Grimes Volunteer Coordinator/Community Organizer (609) 689-0121 ext. 109 (609) 689-3244 (Fax) jgrimes@ncaddnj.org

Frontier Recovery Network (FRN)

Center for the Application of Substance Abuse Technologies University of Nevada, Reno (CASAT, UNR) 900 W. 1st Street, Suite 102 Reno, Nevada 89503 www.casat.unr.edu

Gary Fisher
Executive Director
Mailstop 279/CASAT
Reno, Nevada 89557
(775) 784-6265
(775) 324-5662
gfisher@casat.org

Denise Everett Project Director (775) 324-7560 (775) 324-5662 (Fax) deverett@casat.org

Full Circle Project

Easy Does It, Inc. 1300 Hilltop Road Leesport, Pennsylvania www.easydoesit.inc.org Dave Reyher Executive Director (610) 373-2463 (610) 373-2459 (Fax) dreyheredi@comcast.net Tom Scornavacehi Project Coordinator (610) 373-2463 (610) 373-2459 (Fax) tscornavacchi@comcast.net

Nashville Area Recovery Alliance (NARA)

Alcohol & Drug Council of Middle Tennessee 2612 Westwood Drive Nashville, Tennessee 37204 www.adcmt.org www.nashvillerecovery.org

Mary McKinney
Executive Director
(615) 269-0029 ext. 100
(615) 269-0299 (Fax)
mmckinney@adcmt.org

Terri Dorsey Program Director (615) 269-0029 ext.121 (615) 269-0299 (Fax) tdorsey@adcmt.org

Proyecto Bienestar (Project Well Being)

Pinal Hispanic Council 330 North Picacho Street Casa Grande, Arizona 85222 www.pinalhispaniccouncil.org

Ralph Varela Project Director (520) 466-7765 (520) 466-4475 (Fax) Varela Ralph@yahoo.com Rosalinda Caudillo-Ruiz Project Coordinator (520) 876-5833 (520) 876-5833 (Fax) rruiz@pinalhispaniccouncil.org

Recovery Consultants of Atlanta (RCA)

1904 Glenwood Avenue, South East Atlanta, Georgia 30316 www.recoveryconsultants.org

David L. Whiters
Project Director
(404) 370-0123
(404) 370-1423
David@recoveryconsultants.org

Cassandra Collins Program Manager (404) 370-0123 (404) 370-1423

cassandra@recoveryconsultants.org

Restoring Citizenship
Treatment Alternative for Safe Communities, Inc. (TASC)

1500 North Halsted Street Chicago, IL 60622 www.tasc.org

Cheri Hunter Jerome Collins
Project Director Project Supervisor

(312) 573-8302 (312) 787-9663 (Fax) chunter@tasc-il.org (312) 573-8224 (312) 787-9663 (Fax) JCollins@tasc-il.org

Syracuse Recovery Community Support Project (SRCSP)

Center for Community Alternatives 115 East Jefferson Street Syracuse, New York 13202 www.communityalternatives.org

Marsha Weissman
Executive Director
(315) 422-5638 ext. 218
(315) 471-4924 (Fax)
mweissman@communityalternatives.org

Jackson Davis
Project Director
(315) 422-5638 ext. 222
(315) 471-4924 (Fax)
jdavis@communityalternatives.org

5. Medication-Assisted Treatment and Recovery Organizations

Addiction Treatment Watchdog (ATW) http://www.atwatchdog.org Advocates For the Integration of Recovery and Methadone (AFIRM) http://www.afirmfwc.org

Advocates for Recovery through Medicine (ARM) $\underline{\text{http://www.arm-advocates.org}}$

The National Alliance of Advocates for Buprenorphine Treatment www.naabt.org/

National Alliance of Methadone Advocates (NAMA) http://www.methadone.org

Opiate Dependence Resource Center http://www.methadone.net Faces & Voices of Recovery maintains a list of recovery community organizations. Available at:

http://www.facesandvoicesofrecovery.org/regions/map.php

6. Medication-Assisted Treatment Patients' Rights

Sponsored by The Patient Support and Community Education Project

Rights and Responsibilities

- 1. Treatment provided will be fair and impartial regardless of race, sex, age, source of payment, etc., and conveys a sense of dignity and trust between program and patient.
- 2. Treatment will be provided according to accepted clinical practice.
- 3. Patients will be fully informed, as evidenced by a patient's written acknowledgement, at the time of admission and during ongoing treatment (once the patient is stabilized), of their rights and responsibilities, and of all the rules and regulations governing patient conduct and responsibilities. Such rights and responsibilities are posted at the treatment site and/or provided to the patient in writing and/or by tape or video or other electronic media as appropriate, and are reviewed with the patient following admission, at the end of the stabilization period, and then if any changes have occurred. Patients who are unable to read have the rules and regulations explained verbally, and such actions documented.
- 4. Patients will receive adequate and humane services.
- 5. Patients will receive services within the least restrictive, and most accommodating environment possible. Procedures are in place to ensure the right to a medication schedule (dosing hours/schedule) which is most accommodating, and least intrusive and disruptive for most patients.
- 6. Patients will receive an individualized treatment plan, participate in the development of that plan, receive treatment based on the plan, and a periodic, joint staff/patient review of the patient's treatment plan.
- 7. The program will provide an adequate number of competent, qualified, and experienced professional clinical staff to implement and supervise the treatment plan, consistent with patient needs.
- 8. Patients will be informed about alternative medications, treatment alternatives, alternative modalities, and scientific advances affecting treatment.
- 9. Patients will be informed about potential interactions with and adverse reactions to other substances, including those reactions that might result from interactions and adverse reactions to alcohol, other prescribed or over-the- counter pharmacological agents, other medical procedures, and food.
- 10. Patients will be encouraged and assisted throughout treatment to understand and exercise his/her rights as a patient, including:

- a. Reporting, without fear of retribution, any instances of suspected abuse, neglect, or exploitation of patients being served in the program.
- b. A grievance and appeal process, in accordance with State laws and regulations.
- c. Input into program policies and services through patient satisfaction surveys.
- 11. Patients will be informed regarding the financial aspects of treatment, including the consequences of nonpayment of required fees.
- 12. Patients will be given an assessment, acceptance into the program or, in the case of denial of admission, a full explanation and a referral to another program based upon the results of the initial assessment.
- 13. Programs have the responsibility to protect other patients, staff, and the public from a patient who acts out. However, programs also have a responsibility to determine the cause of that behavior so an appropriate referral to an alternative method of care can be made.
- 14. Patients have the right to communicate with program staff in confidence and to have confidentiality of their individually identifiable health care information protected. Patients also have the right to review and copy their own medical records and request amendments to their records.

Principles

- 1. Patients have the right to treatment that:
 - a. Is given with full informed consent
 - b. Is individualized and participatory
 - c. Responds adequately to patient needs
 - d. Promotes dignity and is humane
 - e. Promotes autonomy and patient responsibility
 - f. Protects confidentiality
 - g. Protects and promotes overall health and well being.
- 2. Program administration obtains and is responsive to patient's feedback concerning their care.
- 3. Programs develop and implement policies and procedures to promote and protect patient's rights as well as their health and well being.
- 4. Programs must inform patients both verbally and in writing of clinic rules and regulations and patient rights and responsibilities.
- 5. Programs establish procedures to cooperate in the medicating of traveling patients.

7. Know Your Rights

Want to find out more about how to effectively exercise your rights under federal laws protecting people in alcohol or other drug treatment or in addiction recovery from discrimination?

A 15-page, information-packed brochure, written by the Legal Action Center (www.lac.org) for the federal government's Center for Substance Abuse Treatment (CSAT), outlines federal laws that protect against discrimination in employment and job training, housing, health care, education and government services and programs.

Are You in Recovery from Alcohol or Drug Problems? Know Your Rights explains how key federal laws like the Americans with Disabilities Act (ADA), Rehabilitation Act, Fair Housing Act and Workforce Investment Act protect people in recovery against discrimination.

In easy-to-understand language, find answers to questions such as:

- Who is protected by these federal antidiscrimination laws?
- What is and is not illegal discrimination?

The Legal Action Center plans to hold advocacy trainings using this new resource. *Know Your Rights* is available in English (and soon, in Spanish) and can be ordered online at www.ncadi.samhsa.gov or call 800.729.6686.