

# Whatever Happened to Aftercare:

The Emergence of Recovery Support Services



## Aftercare



But, what about transportation, employment, a place to live, friends in recovery, substance-free social activities, family services?



### ***Traditional aftercare has been:***

Stage following ‘successful’ discharge from treatment

Generally occurs in the treatment facility or some affiliation

Little Connection with the client’s real-life environment including family members and allies

Referrals (No or Inadequate follow-up)

# Models of Continuing Care are:

- Flexible
- Tailored to changing needs of the client
- Include family and other allies
- Community-based
- All treatment clients are engaged in continuing care as opposed to those with “adequate” discharge

# Recovery Support Services Defined

- Include social support, linkage to and coordination among allied service providers, and a full range of human services that facilitate recovery and wellness contributing to an improved quality of life.
- These services can be flexibly staged and may be provided prior to, during, and after treatment. Recovery Support Services may be provided in conjunction with treatment, and as separate and distinct services, to individuals and families who desire and need them.

*Kaplan, L., The Role of Recovery Support Services in Recovery-Oriented Systems of Care, SAMHSA, 2008*

# Recovery Support Services

Housing Assistance

Employment Training and Job Coaching

Case Management and Individual Services Coordination

Transportation to and from treatment, recovery support activities, employment, etc.

Child care

Relapse Prevention

Mutual Aid and other support groups

Family/Marriage education

Life Skills

Alcohol and Drug Free Socialization

Spiritual and faith-based support

Peer-to-Peer Services, Mentoring, Coaching