

Whatever Happened to Aftercare? The Emergence of Recovery Support Services

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Our History, Our Purpose:

- PRO-ACT, (*Pennsylvania Recovery Organization - Achieving Community Together*), was formed in 1998 by Bucks County Council on Alcoholism and Drug Dependence, which has been providing prevention, intervention, and recovery support services in the community for 31 years.
- PRO-ACT is a grassroots advocacy initiative founded to promote the rights of - and ensure opportunities for - those still suffering from the disease of addiction, members of the recovery community, and their family members who wish to advocate in southeastern Pennsylvania (Bucks, Chester, Delaware, Montgomery and Philadelphia Counties.)



Parallel Processes

PRO-ACT

- Engage
- Educate
- Activate
- Support



Mobilize

Collaborate

Initiate



**Five strategies to support our belief &
Five volunteer-driven committees with common goals:**

***Reduce stigma, Give back to community &
Build relationships to strengthen recovery:***

**Amends
In Action**

**Recreation
&
Celebration**

**Recovery
Support
Services**

**Educating
The
Community**

**Public
Policy**



Amends in Action/Habitat for Humanity



Recovery Walks! 2007



National Baseball Initiative



Tree of Hope



Through the Use of Participatory Process, PRO-ACT Developed:

- Organizational Structure
- Advisory Boards & Vision Teams
- Qualification/Eligibility for Peers
- Application Process
- Policies and Procedures
- Contract with Peer Providers
- Risk Management
- Training Requirements



Risk Management – Plans are in Place to Protect

- The Participant
- The Mentor/Recovery Coach
- The Facilitator
- The Organization



Policies and Procedures For Volunteers

Requirements:

- Contract
- Confidentiality Pledge
- Background Reference Check
- Liability Insurance
- Completion of Role-Specific Training
- On-going Supervision



Recovery Community Members Guide and Participate In:

- Leadership Training
- Policy Development
- Topic/Program Development
- Problem Solving Processes
- Recovery Coaching
- Program Facilitation
- Sober Recreation/Celebration Events



Programs include:

- Mentor Plus – Prison Project
- Family Program
- Career Transition
- Safe Sober Housing
- 24 hr. Information/Support
- 12 Session Life Skills Program
- Recovery Coaching
- Special Topics Workshops
- Monthly Calendar of Events



Recovery Support Services

Recovery Coaching:

- Recovery coaching is community based.
- The Recovery Coach understands the array of barriers that prevent people in recovery from staying connected to the recovering community and re-entering life. These barriers, such as emotional, medical and housing, employment and nutritional needs, are just some of the areas a Recovery Coach can help chart a plan to address these issues.



Ambassadors for Recovery

Recovery Support Services

Recovery Coaching (Continued):

- A Recovery Coach helps the person in recovery determine what are the needs, what barriers exist and what plan of action needs to be designed to address these issues, and has a working knowledge of the resources in the community that may help remove barriers.
- The Recovery Coach must have at least 2 years of continuous recovery.
- The Recovery Coach must be trained.
- The benefit: The Recovery Coach helps design the “Individual Road Map to Recovery” with their “Recoveree”.



Recovery Plan Phase I

Individual's Name _____

Individual Goals and Aspirations: Recovery Plan: PHASE I

Recovery Coach _____

Date _____

Life Domain	INDIVIDUAL GOALS AND ASPIRATIONS What do I want?	RESOURCES, STRENGTHS AND SKILLS What do I have access to or what have I used in the past?	BARRIERS AND PROBLEMS What barriers or issues do I need to remove or overcome to achieve my goals?
(1) Recovery from Substance Use or Abuse			
(2) Living and Financial Independence			
(3) Employment and Education			
(4) Relationships and Social Support			
(5) Medical Health			
(6) Leisure and Recreation			
(7) Independence From Legal Problems and Institutions			
(8) Mental Wellness And Spirituality			



Ambassadors for Recovery

Recovery Plan Phase II

Individual's Name _____

Individual Goals and Aspirations: Recovery Plan: PHASE II

Recovery Coach _____

DATE _____

Life Domain	ACCEPTANCE PHASE: How have I internalized and integrated the Goals, Resources, and Barriers into my life?	ACTION PHASE: What are the steps I need to take in order to improve my life on its multiple dimensions?
(1) Recovery from Substance use or Abuse		
(2) Living and Financial Independence		
(3) Employment and Education		
(4) Relationships and Social Support		
(5) Medical Health		



Recovery Plan Phase II

Individual's Name _____

Individual Goals and Aspirations: Recovery Plan: PHASE II

Recovery Coach _____

DATE _____

Life Domain	ACCEPTANCE PHASE: How have I internalized and integrated the Goals, Resources, and Barriers into my life?	ACTION PHASE: What are the steps I need to take in order to improve my life on its multiple dimensions?
(6) Leisure and Recreation		
(7) Independence from Legal Problems and Institutions		
(8) Mental Wellness and Spirituality		



Ambassadors for Recovery

Recovery Support Services

PRO-ACT Family Education Program:

- One of PRO-ACT's first outreach efforts – started in 2001.
- It is an education program for families of those addicted to alcohol or other drugs
- Provides a direct service needed within community
- Volunteers act as educators and mentors, and the project can be duplicated in other areas
- Reduces stigma & increases understanding of disease
- The benefit: Families can access the support and knowledge of not only the trained facilitators, but the other families around them who have had the same experience. Over 1400 families have been served.



Women's Recovery Community Center

- The nation's first gender specific recovery center of its kind in the country
- Opened for programming in May 2005
- Provides distinctive opportunities for any women in any stage of recovery to access the help she needs to maintain successful, long term sobriety.



PRO-ACT Recovery Community Centers

**Women's Recovery
Community Center**



New Britain, PA

**Philadelphia Recovery
Community Center**



Philadelphia, PA

**Southern Bucks Recovery
Community Center**



Bristol, PA



Recovery Support Services

Life Skills Program:

- A 12 session program (one session per week for 12 weeks), specifically designed for those in the early stages of recovery. The program teaches the skills needed not only to maintain successful, long term recovery, but to live independently.



Recovery Support Services

Life Skills Program

Topics Covered:

- Week One- Understanding Your Illness
- Week Two- Recovery 101
- Week Three- Sustaining Recovery
- Week Four- Taking Care of Yourself
- Week Five- The Impact of Addiction on the Family
- Week Six- Women's Health
- Week Seven- Fitness
- Week Eight- Employability
- Week Nine- Money Management
- Week Ten- 4 Steps to Credibility
- Week Eleven- Spirituality
- Week Twelve- Nutrition



Ambassadors for Recovery

PRO-ACT ACCOMPLISHMENTS AS OF TODAY:

- Over 10,000 participants
- Over 3600 members
- Over 300 volunteers
- Over 287 new registered voters
- 600 Act 106 cases have received help through the grievance and appeals process since January of 2003.
- Recovery Community is engaged in advocacy, peer driven problem identification, and resolution.
- Provide one on one direct support.



Lessons Learned

- Ongoing training, support, and supervision for peers providing one-on-one activities need to be a required component in all programming.
- It is important to understand what happens between baseline and follow-up and to link outcomes to the type and amount of services provided.
- Invest time, energy, and training in explaining research, design, and potential outcomes to staff volunteers and members.
- Recovery community members can create strong recovery oriented resource networks which can be important components of recovery support services.
- The development of peer-to-peer recovery support services take time, energy, and financial resources in order to be effective.



Ambassadors for Recovery

Recovery has **NOTHING** to
do with “luck”.
It requires **ACTION!**



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