

APPLYING PREVENTION STRATEGIES TO RECOVERY MESSAGING



PRESENTATION GOALS



Educate people on how to share their recovery story using prevention strategies, in order to cause no harm.

Age of Onset (school-based prevention)
Family and community attitudes about substance use (environmental prevention)
Community involvement (coalitions)



Connect Recovery and Prevention

Comparing models -- Recovery based systems of care + Strategic Prevention Framework
Prevention as a Peer Support tool
Continuum of care – why it's not too late to do prevention from the recovery perspective

THE BASICS OF PREVENTION & RECOVERY



Prevention Is....

- A profession
- A field of study
- A mind set
- Actions taken

Recovery Is....

- A profession
- A field of study
- A mind set
- Actions taken





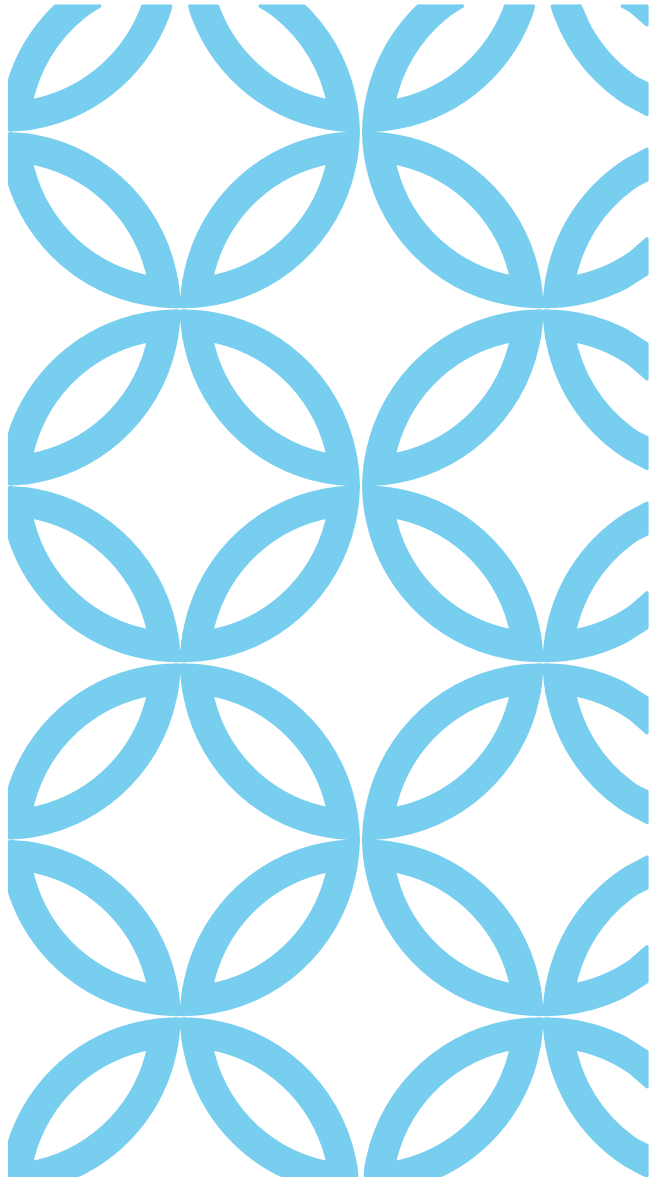
SAMHSA's Center for Substance Abuse Prevention (CSAP)
Definition of Prevention



“Prevention is a proactive process. It empowers individuals and systems to meet the challenges of life events and transitions by creating and reinforcing conditions that promote healthy behaviors and lifestyles.”



- William Lofquist



SAMHSA's Definition of Recovery

“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 DIFFERENCES, IF ANY?



Prevention Defined

“Prevention is a proactive process. It empowers individuals and systems to meet the challenges of life events and transitions by creating and reinforcing conditions that promote healthy behaviors and lifestyles.”

Recovery Defined

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”



Who Does Prevention?

PARENTS

Grandparents

Teachers

Youth

Counselors

Treatment Providers

Aunts/Uncles

Community Members

You

Me

EVERYONE!

Who Does Recovery?

PARENTS

Grandparents

Teachers

Youth

Counselors

Treatment Providers

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Community Members

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PROMOTING PREVENTION IN RECOVERY STORIES



SHARING RECOVERY STORIES USING PREVENTION STRATEGIES

SAMHSA's Center for Substance Abuse Prevention has 6 strategies directing prevention work that can also be used to view recovery work:

1. Information Dissemination
2. Education
3. Alternatives
4. Problem Identification and Referral
5. Community-Based Process
6. Environmental

SHARING RECOVERY STORIES USING PREVENTION STRATEGIES

EDUCATION (school-based / age of onset)

CSAP's definition – *This strategy involves two-way communication and is distinguished from the Information Dissemination strategy by the fact that interaction between the educator/facilitator and the participants is the basis of its activities. Activities under this strategy aim to affect critical life and social skills, including decision-making, refusal skills, critical analysis (e.g., of media messages) and systematic judgment abilities.*

Where This Prevention Strategy Fits in a Recovery Story:

- ❖ When discussing age of first use where could education have made a difference?
 - Parenting classes?
 - SUD prevention curriculum in elementary, middle and high school?
 - Collegiate intervention?

SHARING RECOVERY STORIES USING PREVENTION STRATEGIES

ENVIRONMENTAL

CSAP's definition – This strategy establishes or changes written and unwritten community standards, codes and attitudes, around SUD/ BH in the general population. This strategy is divided into two subcategories to permit distinction between activities which center on legal and regulatory initiatives and those that relate to service and action-oriented initiatives.

Where This Prevention Strategy Fits in a Recovery Story:

- ❖ When discussing your background look at how the family and community attitudes about substance use had impact and what changes in the environment could have made a difference?
 - Were there a lot of liquor stores in the area? (“high density areas”)
 - Was the family connected to their community?
 - Did parents set expectations about not using drugs?

SHARING RECOVERY STORIES USING PREVENTION STRATEGIES

COMMUNITY-BASED PROCESS

CSAP'S definition – *This strategy aims to enhance the ability of the community to more effectively provide prevention and treatment services for alcohol, tobacco and other drug use disorders. Activities in this strategy include organizing, planning, enhancing efficiency and effectiveness of services implementation, inter-agency collaboration, coalition building and networking.*

Where this Prevention Strategy Fits in a Recovery Story:

- ❖ When discussing your background look at levels of community involvement (at an individual, family, or across the community) and identify where more involvement could have made a difference.
- Was there a drug-free coalition or any other coalition in the area?
- What level of involvement did you have in community activities? (sports? church? Etc.)
- Were parents involved in community activities?

CONNECTING RECOVERY AND PREVENTION MODELS



WHAT'S IN COMMON?



Prevention Defined

“Prevention is a proactive process. It empowers individuals and systems to meet the challenges of life events and transitions by creating and reinforcing conditions that promote healthy behaviors and lifestyles.”

Recovery Defined

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”



SAMHSA CSAP'S 6 PREVENTION STRATEGIES AS A PEER SUPPORT TOOL

1. Information Dissemination
2. Education
3. Alternatives
4. Problem ID & Referral
5. Community-based Process
6. Environmental



SAMHSA'S 8 DIMENSIONS OF WELLNESS

What Are the Eight Dimensions of Wellness?

Learning about the Eight Dimensions of Wellness can help you choose how to make wellness a part of your everyday life. [Wellness strategies](#) are practical ways to start developing healthy habits that can have a positive impact on your physical and mental health.

The Eight Dimensions of Wellness are:

Emotional—Coping effectively with life and creating satisfying relationships

Environmental—Good health by occupying pleasant, stimulating environments that support well-being

Financial—Satisfaction with current and future financial situations

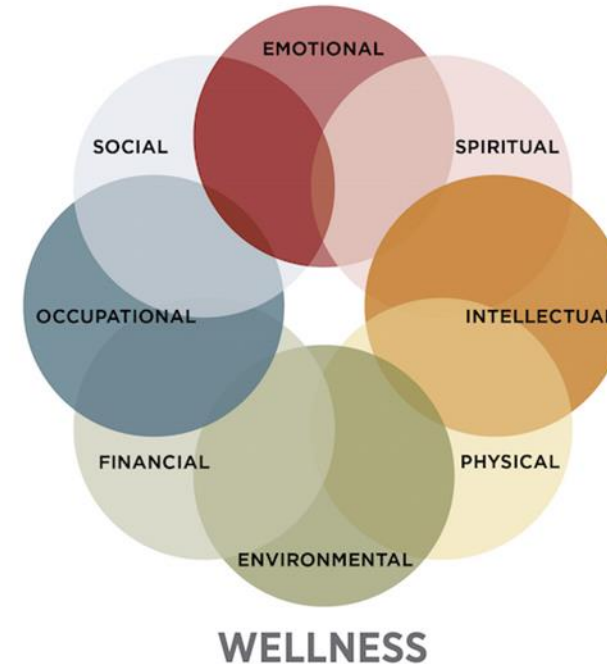
Intellectual—Recognizing creative abilities and finding ways to expand knowledge and skills

Occupational—Personal satisfaction and enrichment from one's work

Physical—Recognizing the need for physical activity, healthy foods, and sleep

Social—Developing a sense of connection, belonging, and a well-developed support system

Spiritual—Expanding a sense of purpose and meaning in life



SAMHSA'S 10 GUIDING PRINCIPLES OF RECOVERY

RECOVERY:

Emerges from hope

Is person-driven

Occurs via many pathways

Is holistic

Is supported by peers and allies

Is supported through relationship and social networks

Is culturally-based and influenced

Is supported by addressing trauma

Involves individual, family, and community strengths and responsibilities

Is based on respect



SAMHSA'S STRATEGIC PREVENTION FRAMEWORK

The steps of the SPF include:

Step 1: Assess Needs: What is the problem, and how can I learn more?

Step 2: Build Capacity: What do I have to work with?

Step 3: Plan: What should I do and how should I do it?

Step 4: Implement: How can I put my plan into action?

Step 5: Evaluate: Is my plan succeeding?

The SPF also includes two guiding principles:

Cultural competence: The ability to interact effectively with members of diverse population

Sustainability: The process of achieving and maintaining long-term results



SPF MODEL IN RECOVERY LANGUAGE

Strategic Prevention Framework (Systems Level & can impact individuals)

Step 1: Assess Needs: What is the problem, and how can I learn more?

Step 2: Build Capacity: What do I have to work with?

Step 3: Plan: What should I do and how should I do it?

Step 4: Implement: How can I put my plan into action?

Step 5: Evaluate: Is my plan succeeding?

The SPF also includes two guiding principles:

Cultural competence: The ability to interact effectively with members of diverse population

Sustainability: The process of achieving and maintaining long-term results

Principles of Recovery (Individual Level & can impact systems)

→ **Involves individual, family, and community strengths and responsibilities; emerges from hope**

→ **Occurs via many pathways; Is supported by addressing trauma; Is based on respect**

→ **Is person-driven; is holistic**

→ **Is supported by peers and allies**

- **Is culturally-based and influenced**
- **Is supported through relationship and social networks**

RECOVERY ORIENTED SYSTEM OF CARE

A recovery-focused system of care is also a prevention-focused system of care.

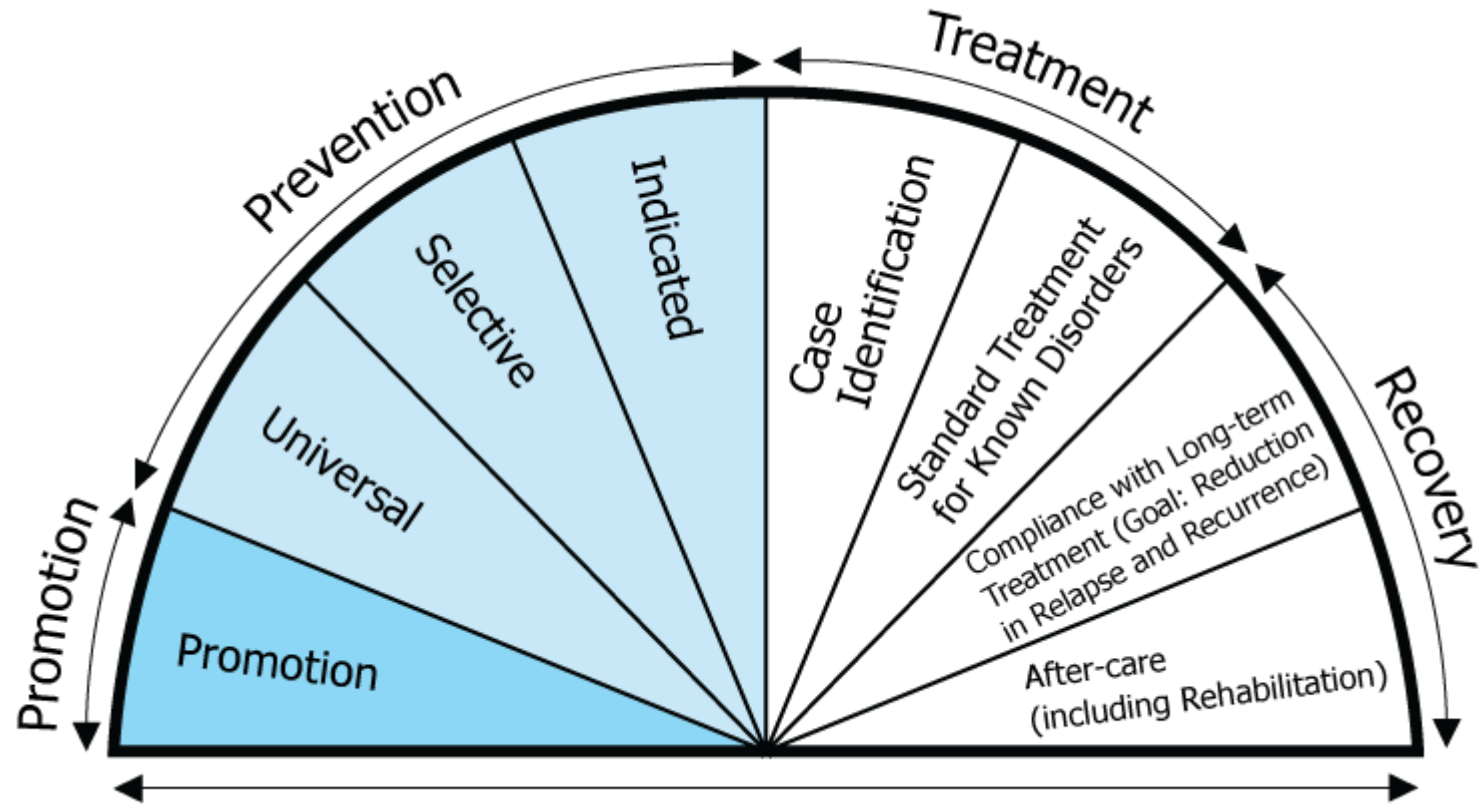
This image captures elements from each of the models listed above.



CHARACTERISTICS OF A RECOVERY ORIENTED SYSTEM OF CARE

- person-centered
- inclusive of family and other ally involvement
- individualized and comprehensive services across the lifespan
- systems anchored in the community
- continuity of care
- partnership-consultant relationships
- strength-based
- culturally responsive
- responsiveness to personal belief systems
- commitment to peer recovery support services
- inclusion of the voices and experiences of recovering individuals and their families
- integrated services
- system-wide education and training
- ongoing monitoring and outreach
- outcomes driven
- research based and
- adequately and flexibly financed

Why Being in Recovery is Not “Too Late” for Doing Prevention





QUESTION AND ANSWER PERIOD